

# CDC suggests ways to increase CRC screening rates

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(HealthDay)—Various approaches should be implemented to increase the use of colorectal cancer (CRC) screening tests, according to the November issue of the U.S. Centers for Disease Control and Prevention's *Vital Signs*.

Noting that CRC is the second leading cancer killer of U.S. men and women and that about 90 percent of people live five or more years when CRC is found early through testing, researchers from the CDC looked at ways to increase testing.

According to the report, about one in three adults (28 percent; 23 million) aged 50 to 75 years are not getting tested as recommended, and most of these adults (76 percent) are insured. To increase testing, [health care providers](#) should offer recommended test options ([fecal occult](#)

[blood](#) test [FOBT], [fecal immunochemical test](#) [FIT], and sigmoidoscopy), with information about each test; match patients with the tests they are most likely to complete; work with health professionals to increase testing via hiring and training of patient navigators; and create ways to make it easy to get FOBT/FIT kits in places other than the doctor's office.

"Testing saves lives, but only if people get tested. Studies show that people who are able to pick the test they prefer are more likely to actually get the test done. Increasing the use of all recommended [colorectal cancer](#) tests can save more lives and is cost-effective," according to the report.

**More information:** [More Information](#)

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