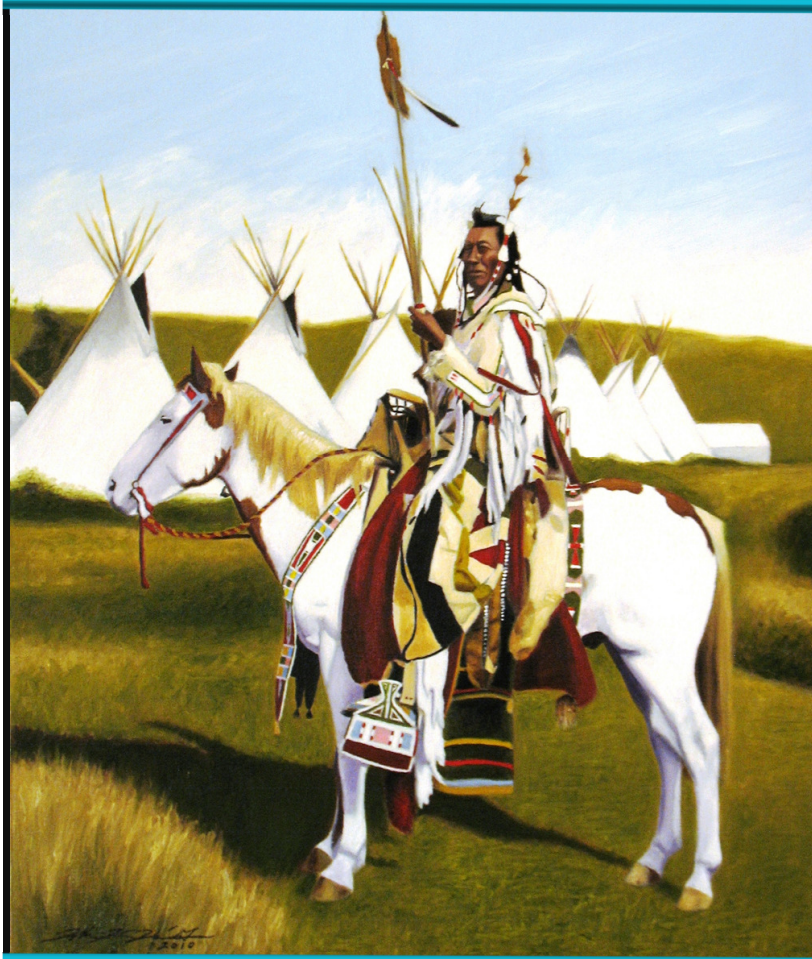


CROW WARRIORS FOR HEALTH



*The well-being of our men
leads to stronger families
and
a more resilient community.*

www.messengersforhealth.org/warriors

Messengers for Health is a 501(c)3 Native nonprofit organization.
Donations are tax deductible

“Education is our
strongest weapon.”

-Chief Plenty Coups

The path to good health for all Crow men includes
colorectal screening exams.

Most colorectal cancers are commonly known as
cancers of the colon or rectum.

What is colorectal screening? Some exams look for
signs of cancer in a person’s stool or other exams look
at the colon and rectum (a visual exam).

Here are two examples of exams:

- **Every year** Fecal immunochemical test (FIT)
(stool-based exam)
- **Every 10 years** Colonoscopy (visual exam of colon)

When do I need this screening exam? The American
Cancer Society recommends that people with average
risk start regular colorectal screening at **age 45**.

Why do I need this screening exam? These exams can
help prevent cancer or find it early so it can be taken
care of and you can be healthy and be around for your
family.

**What can increase my chances or risk of getting
colorectal cancer?**

Being overweight - Diet high in fat - Smoking - Being inactive

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Where can I schedule a colorectal screening exam?

Crow Agency HIS	(406) 638-2626
Pryor Clinic	(406) 259-8238
Lodge Grass Clinic	(406) 638-2317
Big Horn Valley Community Health Center	(406) 665-4103
Sheridan Veterans Medical Center	(307) 672-3473

Diichikaatah

“Take good care of yourself.”