

# I told Ella how to spice up her chicken soup.

She told me why she got a screening test for colorectal cancer.

**W**hen Ella talked to me about colorectal cancer, I listened—and learned. Her doctor said that colorectal cancer (cancer of the colon or rectum) is the second-leading cancer killer. And that the risk increases as you age, especially after 50. Screening tests are often the only way to detect the disease in the early stages—when there may not be any symptoms and when treatment can be most effective. Everyone, both men and women, 50 and older should get colorectal cancer screening tests. So that's exactly what I'm doing. Thanks to Ella!

Screening tests can save lives. Talk with your doctor about your screening options.



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