

## Colon Cancer Screening: Top 5 Things to Know

1. Average-risk adults should begin screening at age 45. ([USPSTF](#))
2. Screening continues through age 75 for most people. ([CDC](#))
3. Ages 76–85: screening is individualized (talk with your clinician). ([CDC](#))
4. Family history or higher-risk conditions may mean earlier screening. ([CDC](#))
5. Don't ignore red flags: blood in stool, persistent change in bowel habits, unexplained weight loss, or abdominal pain (get evaluated). ([CDC](#))