






FECAL OCCULT BLOOD TESTING (FOBT) *for*

COLORECTAL HEALTH

-  **RECOMMEND** an annual FOBT for average risk Native American men and women age 50-75.
-  **STRESS** the importance of prevention and early detection for colorectal cancer.
-  **ENCOURAGE** your patients to complete and return their FOBT every year.

THE ISSUE

- Among cancers that affect both men and women, colorectal cancer (CRC) is the most common cancer among Native Americans.
- Native Americans are two times more likely to be diagnosed with late stage CRC than early stage CRC.
Source: NCI SEER Surveillance, Epidemiology, and End Results Program
- FOBT is an effective, affordable and accessible way to screen for CRC in the privacy of a person's home.

CLINICAL RECOMMENDATIONS

- All Native Americans age 50-75 should be routinely screened for CRC.
- One recommended option is annual fecal occult blood testing (FOBT).
- Any positive FOBT must always be followed up with colonoscopy.
- A digital rectal exam (DRE) is NOT an appropriate method for CRC screening.

iFOBT

(Immunochemical Fecal Occult Blood Test)

- iFOBT has several advantages over guaiac FOBT (gFOBT):
 - * iFOBT has no food or medication restrictions.
 - * iFOBT only detects lower GI bleeding.



www.aastec.net

REFERENCE: <http://www.uspreventiveservicestaskforce.org/recommendations.htm>

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