

**To:** AmeriHealth Caritas Louisiana Providers

**Date:** September 21, 2021

**Subject:** Colorectal Cancer Screening Recommendation Update

**Summary:** Below is an update regarding Colorectal Cancer Screening.

As of May 2021, the U.S. Preventive Services Task Force (USPSTF) expanded the recommended ages for colorectal cancer screening from 45 to 75 years (previously 50 to 75 years). The USPSTF continues to recommend selectively screening adults aged 76 to 85 years for colorectal cancer.

This recommendation is for asymptomatic adults ages 45 to 75 who are at average risk of colorectal cancer. The term “average risk” refers to an adult having no prior diagnosis of colorectal cancer, adenomatous (benign) polyps, or inflammatory bowel disease, and no individual diagnosis or family history of known genetic disorders that indicate a higher risk of colorectal cancer.

Age is one of the most important risk factors for colorectal cancer, with incidence rates increasing with age and nearly 94% of new cases of colorectal cancer occurring in adults 45 years or older. Routine screening is the best way to prevent colorectal cancer, and helps find the disease at an early stage, when treatment works best.

Click to view the [USPSTF’s recommendations for colorectal cancer screening](#).

Several screening options are available. Providers and patients should discuss a variety of factors in deciding which test is best. Recommended screening tests that meet criteria for the Colorectal Cancer Screening HEDIS measure include:

- Fecal occult blood test (FOBT) or fecal immunochemical test (FIT) every year
- Stool DNA-FIT test every 3 years
- Computed tomography (CT) colonography every 5 years
- Flexible sigmoidoscopy every 5 years
- Colonoscopy screening every 10 years

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