

Colorectal Cancer Screening and Prevention for Individuals with Serious Mental Illness

Impact of Colorectal Cancer (CRC)

- ▲ **2nd** leading cause of cancer-related deaths
- ▲ **3rd** most diagnosed cancer
- ▲ **9 out of 10** people will have a long term survival and can be cured from the disease if detected early.

Everyone needs a colonoscopy by the age of 50.

What is a colonoscopy?

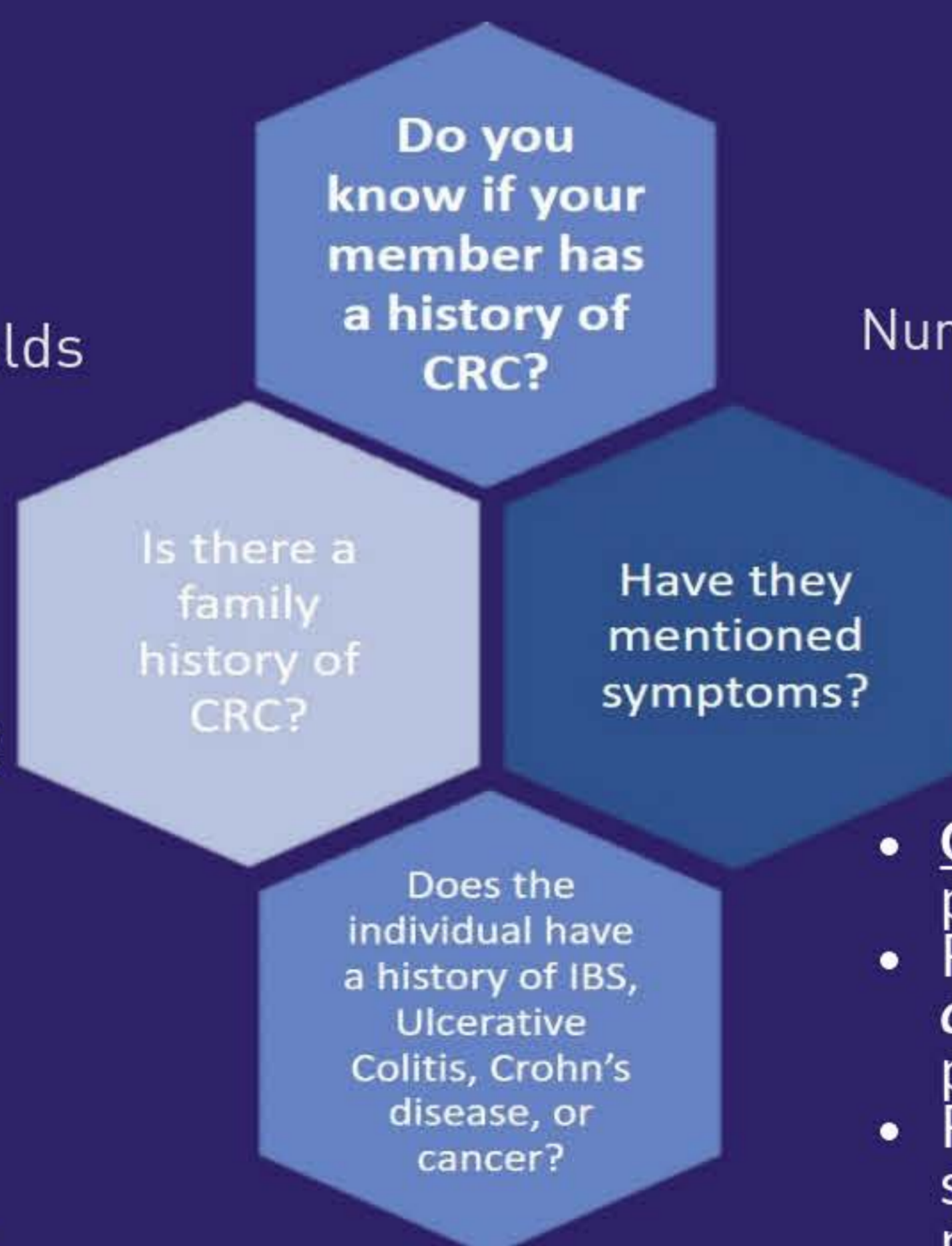
A colonoscopy is a procedure that uses a small tubular camera which is inserted into the rectum to look for colon or bowel cancer.

48

The average age of Thresholds members

Higher Risk Factors:

- Individuals with a Family history of CRC, or polyps should consider screening at 40 years-old;
- African American individuals should consider screening at 45 years-old; and
- Anyone with a history of ulcerative colitis, Irritable Bowel Syndrome (IBS), or Crohn's Disease should discuss their options with their PCP.



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Number of days it takes to prepare the body for a colonoscopy

Ways to support someone during colonoscopy preparation:

- **Guide** them through the bowel preparation medication;
- Remind individuals what they **can, and cannot** eat before the procedure.
- Remind individuals when they should stop eating before they procedure; and
- Offer to arrange transportation to and from the screening, if needed.

Trauma Informed Care and Gastrointestinal Health

Studies have provided information to help further understand the impact of trauma such as sexual abuse on gastrointestinal care, including colonoscopies. They show that people who have experienced trauma were more likely to report experiencing discomfort and abdominal pain, as well as needing after care (Nicolai et al., 2014).

Reducing Retraumatization in CRC

Utilize the 4 R's to decrease the risk of retraumatization.

1. Realizing the widespread impact of trauma
2. Recognizing signs and symptoms of trauma, including in patients and their families
3. Responding by fully integrating knowledge about trauma into policies, procedures, and practices
4. Actively seeking to resist retraumatization

Supporting Individuals Who Need Screening:

If an individual feels they cannot handle the colonoscopy procedure, other options include:

- Fecal Immunochemical test
- The Flexible Sigmoidoscopy
- Stool DNA
- Among other test options

Individuals should talk to their PCPs for other options, and to discuss their risk factors, and comfort levels.

Strategies to Support CRC Screening Services

Coverage for CRC Screening

While Medicare is federally mandated to cover colonoscopies, **Medicaid is not.**

This means, **individuals with public insurance do not qualify for an insured colonoscopy.** They must wait up to ***15 years after*** the recommended screening age.

Find Ways to Reduce Cost

Refer to organizations like Colon CARES, and partnering hospitals which include: RUSH, Swedish Covenant, Heartland Health Centers, and Family Friend Health that offer free or reduced cost preventative colonoscopy services.

Identify additional resources within your local community. In the Chicago area: Rush Medical Center, Heartland Health Centers, and Family Friend Health offer free or reduced cost colonoscopy services.

Find ways to reduce the cost of a colonoscopy with Colonoscopyassist.com

