



# Get FIT with S7HD

FIT stands for “Fecal Immunochemical Test”. Southern 7 Health Department is now offering colon screening kits as part of the new FIT program. This program is for anyone 45 years and older, who has not undergone a colonoscopy in the last 10 years. FIT is not meant to take the place of a colonoscopy procedure, but an option for people looking for a comfortable way to screen for colon cancer.

COLON CANCER  
SUPPORT♥LOVE  
HOPE

# Southern 7 Clinic LOCATIONS

**ALEXANDER COUNTY**  
3014 Elm Street  
Cairo, IL 62914  
618-734-4167

**POPE COUNTY**  
118 N. Market Street  
Golconda, IL 62938  
618-638-8022

**HARDIN COUNTY**  
RT. 146, Building 2  
Elizabethtown, IL 62931  
618-285-6215

**PULASKI COUNTY**  
37 Rustic Campus Drive  
Ullin, IL 62992  
618-634-9405

**JOHNSON COUNTY**  
513 ½ East Vine  
Vienna, IL 62995  
618-658-5011

**UNION COUNTY**  
260 Lick Creek Road  
Anna, IL 62906  
618-833-8561

**MASSAC COUNTY**  
1230 Commercial Park Rd.,  
Metropolis, IL 62960  
618-524-2657

*Hours & Days of  
Operation vary  
by location*

**ADMINISTRATIVE OFFICE**  
37 Rustic Campus Drive  
Ullin, IL 62992  
618-634-2297

Visit Southern 7 Health Dept. at  
[www.southern7.org](http://www.southern7.org)  
and on the Southern 7 app



Scan QR code to request a FREE Colon Cancer FIT kit



Southern Seven Health Department is an Equal Opportunity Employer and Provider, complies with applicable federal civil rights laws, and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

# GET TESTED for COLORECTAL CANCER



# FIT

(Fecal Immunochemical Test)





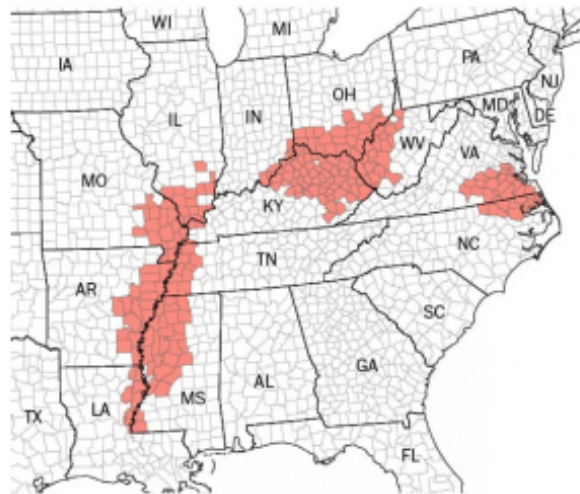
## Colon Cancer

Colon Cancer is a major public health concern, especially in rural areas within the United States. All of the counties within the Southern 7 Region are located in 1 of 3 clusters of high colorectal mortality rates in the U.S.

**Colorectal cancer is the third leading cause of cancer-related deaths in women in the U.S. and the second leading cause in men.**

**Anyone 45 and older is at risk of developing colon cancer.**

**Overall, the lifetime risk of developing colorectal cancer is about 1 in 21 (4.7%) for men and 1 in 23 (4.4%) for women.**



Source: American Cancer Society

THE WASHINGTON POST

There are 16 counties in the state of Illinois that are designated as a Colorectal Cancer "Hotspot". Each of the lower 7 counties in Illinois is within that "Hotspot". That means that incidence and mortality rates are very high in Southern Illinois.

***Be Proactive.  
Be Screened TODAY!***

## What is FIT?

The fecal immunochemical test (FIT) is a screening test for colon cancer. The test is used to detect blood in stool that cannot be seen with the naked eye. This detection is important because it can be a sign of precancerous polyps or colorectal cancer. Blood vessels at the surface of larger polyps or cancers are often fragile and easily damaged by passing stool. The damaged blood vessels usually release a small amount of blood into the stool, but only rarely is there enough bleeding to be visible in the stool, which is why these tests are so important.

## The Prep

There are NO prep or dietary restrictions for FIT. Simply return your test in the postage paid envelope within 10 DAYS of completing your test. You and your dr. will be notified of test results.

## The Procedure

Visit your local Southern 7 Health Department Clinic to pick up your test kit. The kit will give you detailed instructions on how to collect the stool specimen.

***In 2017, 42 local health departments in the state of Illinois joined together to provide FIT during flu clinics. 28% of those screenings turned out to be abnormal. In the United States, the average rate of abnormal screenings is 7 to 12 percent. Colorectal cancer is a big problem in Illinois. Don't become a statistic. Get screened today!***

## Know the Signs & Symptoms

*It is important to remember that not everyone will show symptoms*

- Blood in or on your stool
- Stomach pain, aches, or cramps
- Unexplained weight loss
- A change in bowel habits
- Weakness or fatigue

## What can you do to lower *your* risk?

1. Achieve and maintain a healthy weight
2. Be physically active
3. Eat at least 2 1/2 cups of fruit and vegetables daily
4. Choose whole grains over refined grains
5. Limit red meat and processed meat
6. Limit alcohol to no more than 2 drinks per day
7. Don't use any form of tobacco products

## 8. GET TESTED