



## Know of a friend or loved one who is due for a colorectal cancer screening?

We know it is hard to start the conversation, but you might be playing a pivotal role in helping to protect a loved one's health. Follow these tips to help you begin talking about colorectal cancer screening with someone you care about.



### 1. Understand their risk

Determine if your friend or loved one meets the colorectal cancer screening criteria.



### 2. Choose the right moment

Find a comfortable and relaxed setting where you can talk openly without distractions or time constraints.



### 3. Begin with care and empathy

Start by letting your loved one know that you are having this conversation because you care deeply about their well-being. They matter to you.



### 4. Share the benefits and ease of screening

Emphasise that colorectal cancer is often treatable when detected early and screenings play a vital role in catching it before it becomes a more serious issue. Also, provide available screening options they can consider such as blood-based tests, stool-based tests or colonoscopy.



### 5. Let the information sink in

There may be a lot of information to process and your loved one needs time to mull over it before they come to a decision. After a few months, you may want to check in on them to see where they're at. Let them know you are there to support them throughout the entire process.



### 6. Accompany the patient during screening and doctor visit

Be there with your loved one for support when they go for their screening or to get the result of their screening.

Initiating a conversation about colorectal cancer screening with your friend or loved one is an act of genuine care and support. By discussing about the topic, you can encourage them to take proactive steps toward better health. Remember, the most important thing is letting them know that you're there for them, no matter what they decide. Your support can make a significant difference in their health journey.

### Note

Large blue-bordered area with horizontal dashed lines for taking notes.