



TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER™

News Release

FOR IMMEDIATE RELEASE

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CONTACT: Meaghan Collier, meaghan.collier@ttuhsc.edu
(806) 681-6274

Colorectal Cancer Screening Program Partnering with Kendra Scott
March is Colorectal Cancer Awareness Month

[Get F.I.T to Stay Fit](#), a colorectal cancer screening program at [Texas Tech Physicians Surgery](#), the clinical practice of [Texas Tech University Health Sciences Center](#) (TTUHSC) in Amarillo, will benefit from a Kendra Scott shopping event.

Kendra Scott, located in Westgate Mall, will host a shopping event on Friday, March 1 from 3 to 5 p.m. Get F.I.T to Stay Fit will receive 20% of the proceeds. Shoppers can also shop online at www.kendrascott.com on March 1 and 2 with code: GIVEBACK-GBQ EJ.

The Get F.I.T to Stay Fit program uses a free, at-home testing method called Fecal Immunochemical Test (F.I.T) for colorectal cancer screening. The program is grant-funded through the Cancer Prevention and Research Institute of Texas (CPRIT) and serves the top 32 counties of the Texas Panhandle

Colorectal cancer impacts both men and women. Almost all colorectal cancers begin as precancerous polyps in the colon. These polyps can exist for years before invasive cancer develops. Colorectal polyps and colorectal cancer do not always cause symptoms, especially at first. That is why getting screened regularly for colorectal cancer is so important. Screening can find the precancerous polyps so they can be removed before they turn into cancer or early in their development, when treatment works best.

The CDC recommends that adults age 45 to 75 be screened for colorectal cancer. People at an increased risk of getting colorectal cancer should talk to their doctor about when to begin screening, which test is right for them and how often to get tested.

Symptoms may include a change in bowel habits, blood in or on stool, diarrhea, constipation, or feeling that the bowel does not empty all the way, abdominal pain, aches, or cramps that don't go away, and losing weight.

The risk of getting colorectal cancer increases as people age. Most cases occur in people who are 50 years old or older. Other risk factors include having inflammatory bowel

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disease, a personal or family history of colorectal cancer or colorectal polyp or a genetic syndrome. Lifestyle factors that may contribute to an increased risk of colorectal cancer include obesity, alcohol consumption, tobacco use, a lack of regular physical activity, a diet low in fruits and vegetables, a low-fiber and high-fat diet, or a diet high in processed meats.

To learn more about Get F.I.T to Stay Fit, call (806) 414.9175 or visit www.cancerscreening-tx.com.