

COLON CANCER AWARENESS MONTH



In Loving Memory of Robin Nelson, RN 1963 – 2020

Colorectal cancer is the second leading cause of cancer death worldwide; however, **colon cancer is also one of the most preventable of all cancers.** The U.S. Preventive Services Task Force recommends adults at average risk of developing colorectal cancer **begin screening at age 45 and continue until age 75.**

Unfortunately, putting off screening for even just a few years can mean the difference between life and death... **Robin Nelson, Caterpillar Occupational Health Nurse – Goldsboro, NC**, was just 56 years old when she tragically passed away from metastatic colon cancer. With no troublesome symptoms, Robin had delayed scheduling her first colonoscopy until age 55. However, during her procedure, doctors found a large, cancerous tumor. Despite undergoing chemotherapy and radiation, Robin's cancer quickly spread, and after a short but fierce battle, she succumbed to the disease on January 4, 2020. Robin did not want to die in vain, and one of her final wishes was for her colleagues to share her story and encourage everyone to schedule their colonoscopy screening on time.

Caterpillar active employee health plans cover colonoscopy screenings at 100 percent—meaning no out-of-pocket costs to you! Certain age and risk factor requirements may apply, so contact your insurance carrier to learn the details about your benefit. **Don't delay—schedule your preventive screening today!**

Learn more about colorectal cancer and preventive screening at TotalHealth.cat.com.