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Media Contact:

Carla Newman
publicaffairs@legacycommunityhealth.org
(713) 814-3379

Free At-Home Colorectal Cancer Screening Kits Now Available

Legacy Community Health Expands Life-Saving Access to Early Detection

HOUSTON, TX – (February 27, 2025) – Colorectal cancer is the second deadliest cancer in the U.S., yet it's highly preventable—and early detection could save over 60% of lives lost each year. Despite this, thousands skip life-saving screenings due to cost, fear, or lack of access. Legacy Community Health is breaking down those barriers with free at-home colorectal cancer screening kits—making it easier than ever to take control of your health and prevent this deadly disease.

March is Colorectal Cancer Awareness Month, but the need for screenings doesn't stop when the month ends. Thanks to grant funding, Legacy Community Health will continue offering free screenings beyond March, providing year-round access to early detection tools for Houston residents and surrounding communities.

By eliminating financial and logistical obstacles, Legacy is empowering individuals to take control of their health and detect colorectal cancer early—before it progresses. Early detection significantly improves survival rates, making screening one of the most effective tools in the fight against colorectal cancer.

Expanding Access with Free Colonoscopies

For Dr. George Shelton, Adult Primary Care Physician at Legacy, colorectal cancer is deeply personal. "My grandmother was diagnosed with colorectal cancer when I was a child. Seeing her struggle through treatments made me realize the life-saving power of early detection," he shares.

This experience fuels his commitment to ensuring that every eligible patient has access to free and convenient screening options. "Too many lives are lost because people don't get screened in time. That's why I urge everyone to take advantage of this free opportunity—because early detection truly saves lives."

Colorectal cancer often develops without noticeable symptoms in its early stages, making regular screenings essential for early detection and effective treatment. When caught early, colorectal cancer has a 90% survival rate. However, most cases are diagnosed at later stages when treatment is less effective. That's why **experts recommend starting regular screenings at age 45**, even if you feel healthy. A simple stool-based test or colonoscopy could mean the difference between early treatment and a late-stage diagnosis.

"Colorectal cancer is highly treatable when detected early, yet far too many people delay screening due to financial concerns, fear, or lack of access," said Dr. Shelton. "Legacy is removing barriers by providing free Cologuard kits and, when needed, colonoscopies at no cost. We urge everyone who qualifies to take advantage of this opportunity and prioritize their health."

Cologuard is a non-invasive, at-home screening test that detects DNA markers and blood in the stool associated with colorectal cancer. The test has a 92% sensitivity rate and can identify precancerous polyps before they develop into cancer.

Legacy's free kits will be mailed directly to patients to complete in the privacy of their homes. Those who receive positive results can schedule a free follow-up colonoscopy, ensuring that patients get timely diagnostic care without financial barriers. Patients with a positive Cologuard result will be eligible for a free colonoscopy through the Houston Methodist Neal Cancer Center C-CUR CPRIT Initiative, ensuring that those needing further evaluation receive timely diagnostic testing at no cost.

Upcoming Community Information Sessions

Ever wondered what the inside of your colon looks like? Step inside a life-sized inflatable colon for a one-of-a-kind, interactive experience that shows how polyps form and progress into cancer.

Meet medical experts, ask questions, and learn why early detection is your best defense against colorectal cancer. Don't miss this eye-opening event—it could save your life!

Tuesday, March 4, 2025, at 10 am to 2 pm

Legacy Montrose Clinic
1415 California St.
Houston, TX 77006

Thursday, March 6, 2025, at 10 am to 2 pm

Legacy Southwest Clinic
6441 High Star Dr.
Houston, TX 77074

Don't wait—early detection saves lives! If you're 45 or older, you may qualify for a free at-home colorectal cancer screening kit. Get tested in the comfort of your home and take the first step toward protecting your health. To learn more about your risk factors and if you qualify for free screenings and risk assessments, visit www.legacycommunityhealth.org/PreventCancer/ or call (832) 548 5431 to speak with a caring team member.

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About Legacy Community Health

Legacy Community Health (Legacy) is a full-service network of community health clinics offering primary and specialty care in the Texas Gulf Coast region. Services include adult primary care, behavioral health services, community outreach, dental care, endocrinology, geriatrics, comprehensive HIV/AIDS care, nutrition and wellness, OB/GYN and maternity care, pediatrics, pharmacy, public health, school-based health, social services, and vision care. With more than 57 locations across Houston, Baytown, Deer Park, Stafford and Beaumont, Legacy is the largest Federally Qualified Health Center (FQHC) in Texas. Legacy has been a United Way-affiliated agency since 1990. To learn more, visit www.legacycommunityhealth.org.