

# Colorectal Cancer Risk Assessment

## **ARE YOU AT RISK FOR COLORECTAL CANCER?**

Take this self-assessment to determine your need for a screening.

### **IF YOU ARE 50 OR OVER A SCREENING IS ESSENTIAL.**

The risk for getting colorectal cancer increases with age. In fact, 9 out of 10 people diagnosed with colorectal cancer are age 50 or older. So, even though the below factors might not apply to you, get screened.

### **IF YOU ARE UNDER 50, THE FOLLOWING FACTORS CAN CONTRIBUTE TO AN INCREASED RISK. IF ANY OF THESE APPLY TO YOU, TALK TO YOUR DOCTOR ABOUT GETTING SCREENED.**

#### **HEALTH FACTORS**

*(check all that apply)*

- Diagnoses of Crohn's disease or ulcerative colitis
- Family history of colon polyps
- Family history of colon, breast or uterine cancer

#### **LIFESTYLE FACTORS**

*(check all that apply)*

- Drinking one or more servings of alcohol a day
- Obesity
- Eating 2-3 servings of red meat a week
- Participation in less than 30 minutes of physical activity a day

### **THE BOTTOM LINE**

If you are 50 or over, or if you are under 50 with a family history of colorectal cancer, get a screening. Talk to your doctor, especially if you have any of the increased risks listed above. Find the polyp early and stop colorectal cancer before it starts.