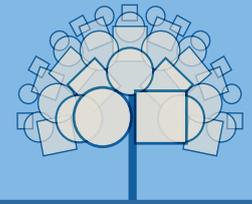


# What is \_\_\_\_\_'s risk of colorectal cancer?

(relative's name)



● How many of \_\_\_\_\_'s **first degree relatives** listed in the **blue** box have been diagnosed with colorectal cancer?

Mother  
Father  
Sister(s)  
Brother(s)  
Daughter(s)  
Son(s)

Enter total number

Is the answer **1** or more?  
(Circle yes or no)

yes    no

● How many of \_\_\_\_\_'s **second degree relatives** listed in the **green** box have been diagnosed with colorectal cancer?

Grandmother(s)  
Grandfather(s)  
Aunt(s)  
Uncles(s)  
Nieces(s)  
Nephew(s)

Enter total number

Is the answer **2** or more?  
(Circle yes or no)

yes    no

If the answer is **yes** to either of these questions, he/she is at increased risk of colorectal cancer.

**If your family member is at increased risk, tell him/her to talk to his/her doctor about how to prevent colorectal cancer.**

## Important:

Some families may have an inherited cancer syndrome. If you or your relatives have had cancer before the age of 50, multiple cancers, or recurring cancers, your family member should share this information with his/her doctor to see if genetic testing is recommended.

## Some tips that may help prevent and detect colorectal cancer...



**Eat fruits and vegetables for vitamins, minerals, fiber, and antioxidants:**

- At least 1.5 cups of vegetables
- At least 1.5 cups of fruit



**Eat plenty of fiber-rich foods.**

- Fiber can promote bowel health, control blood sugar levels, and reduce cholesterol levels.
- Children may require 14-45 grams of fiber each day depending on age, calorie intake and activity level

• Check here for more information:

[mayoclinic.com/health/nutrition-for-kids/NU00606](http://mayoclinic.com/health/nutrition-for-kids/NU00606)