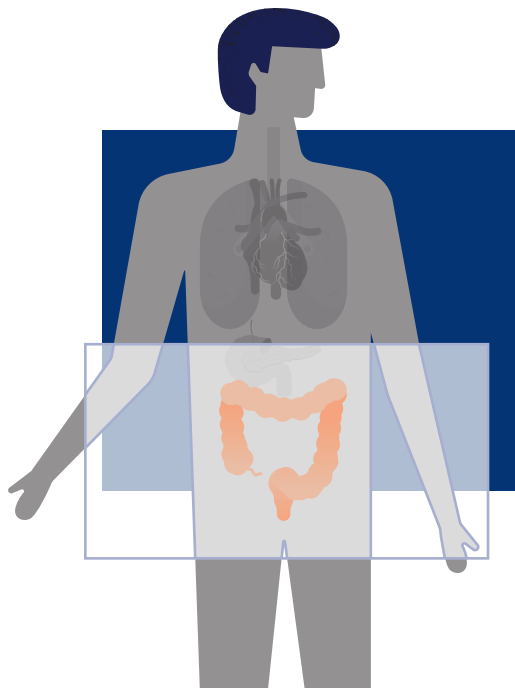


What is Colorectal Cancer?

Colorectal cancer is tumors in the large intestine (colon) or the rectum (end of the colon). Most colorectal cancers begin as growths along the colon or rectum called polyps.



Colorectal cancer is also known as colon cancer or bowel cancer. Colon cancer can often be treated if it is found early.

What are some factors that may increase your risk of colorectal cancer?

- Eating a diet high in fat and/or processed meats
- Eating a diet low in fiber
- Lack of exercise
- Obesity
- Smoking tobacco
- Heavy alcohol use

Some health screenings for colorectal cancer

- Sensitive stool tests
- Colonoscopy

How does family health history affect one's risk of colorectal cancer?

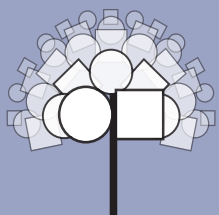
Use the worksheet on the next page to find out.

Check out these websites for more information:

MedlinePlus
medlineplus.gov/colorectalcancer.html

Mayo Clinic
mayoclinic.org/diseases-conditions/colon-cancer/symptoms-causes/syc-20353669

Families SHARE
genome.gov/research-at-nhgri/Projects/Families-SHARE



What is _____'s risk of Colorectal Cancer?

(relative's name)

How many of your first-degree relatives listed to the right have been diagnosed with colorectal cancer?

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

Enter total number

yes no

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

How many of your second-degree relatives listed to the right have been diagnosed with colorectal cancer?

- Grandmother(s)
- Grandfather(s)
- Aunt(s)
- Uncle(s)
- Niece(s)
- Nephew(s)

Enter total number

yes no

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

If the answer is **yes** to either of these questions, they have an increased risk of colorectal cancer.

If your family member is at increased risk, tell them to talk to their 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 their doctor to see if genetic testing is recommended.

Some tips that may help prevent and detect colorectal cancer:



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

- Daily, adults should eat—
- at least 2 cups of vegetables
 - at least 1.5 cups of fruit
 - and about 30-35 grams of fiber



Talk to your doctor about screening:

- Polyps can be removed if found early, before they become cancer.