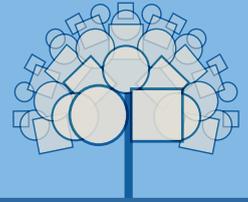


What is _____'s risk of colorectal cancer?

(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

yes no

Is the answer **1** or more?
(Circle yes or 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

yes no

Is the answer **2** or more?
(Circle yes or 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:

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 a doctor about screening:

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