



## ***Assess Your Risk: Talk to Your Health Care Professional***

Following are some important questions in assessing your risk of colorectal cancer. Choose either "yes" or "no" for each. Your answers to the questions below will help determine your risk of developing colorectal polyps and cancer. Be sure to print out this sheet and take it to your next doctor's appointment to help initiate a conversation with your doctor about colon cancer.

### **Age/Personal History/Family History**

**1. Are you 50 years old or older?**

Yes  No

**2. Have you had a colorectal polyp or colorectal cancer in the past?**

Yes  No

**3. Have you had inflammatory bowel disease, such as ulcerative colitis?**

Yes  No

**4. Has anyone in your family had polyps or colorectal cancer?**

Yes  No

### **Lifestyle Risk Factors**

**1. Do you eat a lot of red meat?**

Yes  No

**2. Do you eat enough fiber or fresh vegetables?**

Yes  No



**3. Do you smoke?**

Yes  No

**4. Are you overweight?**

Yes  No

**5. Do you exercise regularly?**

Yes  No

**Signs/Symptoms**

**1. Have you noticed persistent changes in your bowel habits (e.g. diarrhea, constipation, narrower than normal stools)?**

Yes  No

**2. Have you experienced abdominal discomfort (e.g. gas, bloating, fullness, cramps)**

Yes  No

**3. Have you had blood in your stool?**

Yes  No

**4. Have you experienced unexplained weight loss or anemia?**

Yes  No