

PATIENT RISK ASSESSMENT FOR COLORECTAL CANCER



Are you interested in finding out if you or a loved one has any habits or characteristics that might mean a higher risk of developing colorectal cancer? This short quiz can help you think about whether you should ask your doctor about being screened.

WHICH OF THE FOLLOWING BEST DESCRIBES YOUR GENDER?

- Male
 - Female
 - Transgender male
 - Transgender female
 - Gender non-conforming/gender-variant
 - Other
 - Prefer not to answer
-

WHAT IS YOUR RACE/ETHNICITY?

- White
 - Black or African American
 - American Indian/Alaskan Native
 - Asian
 - Native Hawaiian/Pacific Islander
 - Hispanic/Latino
 - South Asian
 - Prefer Not to Answer
-

WHAT IS YOUR AGE?

- 21-29
 - 30-39
 - 40-49
 - 50-59
 - 60-79
 - 80+
-

HAVE YOU EVER BEEN DIAGNOSED WITH CHRONIC INFLAMMATORY BOWEL DISEASE?

- No
 - Yes
-

ARE YOU OVERWEIGHT OR OBESE?

- No
 - Yes
-

DO YOU SMOKE TOBACCO?

- No
 - Yes
-

HAVE YOU EVER BEEN DIAGNOSED WITH TYPE II DIABETES?

- No
 - Yes
-

HOW ACTIVE WOULD YOU SAY YOU ARE?

- Quite active, 3+ times per week
 - Fairly active, 1-2 times per week
 - I'm not active most weeks
-

HOW MANY STANDARD DRINKS CONTAINING ALCOHOL DO YOU HAVE ON A TYPICAL DAY?

- 1 or 2
 - 3 or 4
 - 5 or 6
 - 7 to 9
 - 10 or more
-

HAVE YOU EVER HAD ANY OF THE FOLLOWING CANCERS?

- Breast cancer
- Colon cancer
- Ovarian cancer
- Pancreatic cancer
- Stomach cancer
- Uterine cancer
- Other cancer
- No Cancer

▶ (DEPENDING ON SELECTION): WERE YOU UNDER 50 WHEN DIAGNOSED WITH COLON CANCER?

- Yes
 - No
-

DO YOU HAVE ANY RELATIVES THAT HAVE HAD CANCER?

- Yes
- No

▶ (DEPENDING ON SELECTION): CHOOSE A RELATIVE WHO HAS CANCER

- Parent or grandparent
- My child or grandchild
- Aunt or uncle
- Full Sister or Brother
- Half Sister or Brother
- Niece or Nephew
- None of these

▶ (DEPENDING ON SELECTION): WHICH SIDE OF THE FAMILY IS THAT RELATIVE ON?

- Mother's side
 - Father's side
-

WHAT CANCER DID THEY HAVE?

- Breast
- Colon
- Ovarian
- Pancreatic
- Stomach
- Uterine
- Other

▶ (DEPENDING ON SELECTION): WERE THEY OVER 50 WHEN DIAGNOSED WITH COLON CANCER?

- Yes
- No

Based off your answers to the quiz, here is additional information about the potential of increased risks associated with lifestyle choices and factors you cannot control such as ethnicity, age and family history. This is information that your provider needs to assess the next steps for your care.

INFLUENCE OF GENDER

- Males have 1.6x greater incidence of experiencing colorectal cancer at 50+; no difference for under 50.¹
- Transgender and Gender non-conforming participants have lower rates of screening; thus potentially delaying their access to early diagnosis and treatment.²

RACE AND ETHNICITY

- Colorectal cancer cases in non-Hispanic Black Americans are 20% higher than that of non-Hispanic whites.¹
- Alaska Natives have slightly higher cases of colorectal cancer when compared to non-Hispanic whites.¹

HAVING CHRONIC INFLAMMATORY BOWEL DISEASE

People with inflammatory bowel disease (IBD) have 2x risk of colorectal cancer and 70% higher likelihood of dying from their cancer compared to those without IBD.¹

OVERWEIGHT

Compared to people with normal weight and body mass index, obese men have 50% higher risk of colon cancer and 25% increased risk of rectal cancer, and obese women have a 10% increased risk of colon cancer.¹

DIABETES

People with Type 2 Diabetes have a slightly increased risk of colorectal cancer that appears to be stronger in men than women.¹

SMOKING

If you smoke, you have a 50% higher risk of developing colorectal cancer compared to people who have never smoked.¹

STAYING ACTIVE

People with the highest amount of physical activity have 25% reduce risk of developing colorectal cancer compared to people with the lowest levels of physical activity.¹

FAMILY HISTORY

People with a parent, sibling, or child that has been diagnosed with colorectal cancer have 2-4x greater risk of developing it compared to those with no family history. The risk increases if the relative was diagnosed before the age of 50, and/or if multiple relatives are affected.¹

PREVIOUS BOUTS WITH CANCER

Current research shows that cancer survivors in general have an increased chance of developing cancer compared to people of the same age and gender who have not had cancer. Make sure to share your health history with your provider.

SOURCES:

1. American Cancer Society. Colorectal Cancer Facts & Figures 2020-2022. (2020).
2. Charkhchi, P., Schabath, M. B. & Carlos, R. C. Modifiers of Cancer Screening Prevention Among Sexual and Gender Minorities in the Behavioral Risk Factor Surveillance System. J. Am. Coll. Radiol. 16, 607-620 (2019).