

Are you at risk for COLON CANCER?

Cancer of the colon and rectum - called colorectal cancer - is the third leading cause of cancer deaths among men and women in the United States. However, if detected early, colorectal cancer can be prevented and often times cured. Colorectal cancer develops from non-cancer polyps called adenomatous polyps. A polyp is a grape-like growth on the inside wall of the colon or rectum. Polyps grow slowly over three to ten years. Most people do not develop polyps until after the age of 50. Some polyps become cancerous, others do not.

In order to prevent colorectal cancer, it is important to get screened to find out if you have polyps, and to have them removed if you do. Removal of polyps has been shown to prevent colon cancer. With simple preventive steps, you can greatly reduce your risk of developing the disease. It is important for you to understand your risks for colorectal cancer, the warning signs, and screening tests that can detect cancerous growths.

Please check off any of the items below that apply to your own risk factors:

- mail this form to Digestive Health Specialists, 2025 Frontis Plaza Blvd, Suite 200, Winston-Salem, NC 27103, or
- email to forms@digestivehealth.ws.

You are at *average* risk for colorectal cancer if you:

- Are age 50 or older and have no other risk factors.

You are at *increased* risk for colorectal cancer if you:

- Have a personal history of Colorectal cancer or adenomatous polyps.
- Have a family history - one or more parents, brothers and/or sisters, or children - of Colorectal cancer or adenomatous polyps
- Have a family history of multiple cancers, involving the breast, ovary, uterus, and other organs
- Have a personal history of inflammatory bowel disease, such as ulcerative colitis or Crohn's Disease

Other factors that increase your risk of developing Colorectal cancer are:

- A diet that is low in fiber and high in fat (and high in red meats)
- A non-active lifestyle

Colorectal cancer often begins without symptoms. However, there are a number of warning signs; if you are experiencing any of the following conditions please contact our office immediately:

- Rectal bleeding
- Blood in your stool (bright red, black, or dark)
- Cramping pain in your lower abdomen
- Frequent gas pains
- Weight loss without dieting
- Constant fatigue
- Change in your bowel movements, especially in the shape of the stool (e.g., narrow like a pencil)
- Discomfort in or the urge to move your bowels when there is no need

I have already been screened for colon cancer and have had one of the following tests:

Hemocult Sigmoidoscopy Colonoscopy on Date: _____ Location _____

Name _____ Age _____ Phone Number _____

Email _____