

Below is a checklist of colorectal cancer-associated risk factors to speak about with your healthcare provider. Independently, each risk factor adds a small amount of risk to your chances of developing colorectal cancer (green means a little less risk and red a little more risk). Check the YES or NO box to the left or right of each risk factor.

If the box you select is **red** your risk is slightly higher because of that factor.

If the box is **green** your risk is average, or perhaps slightly lower.

I AM OR I HAVE...

YES

FAMILY HISTORY

NO

Family members who have developed colorectal cancer

Family members who have developed many polyps

MEDICATION

Taking a daily aspirin

Taking metformin

MEDICATION (FEMALE ONLY)

Used oral contraception (for _____ years total)

Used hormone replacement therapy (for _____ years total)

LIFESTYLE HABITS

A moderate-to-high physical activity level

A diet high in red meats (beef, pork, lamb, liver...)

A diet high in processed meats (hot dogs and lunch meats)

A diet high in fiber (like whole grains, fruits and vegetables)

A smoking habit

An alcoholic drink regularly (more than 2/day for men and more than 1/day for women)

MEDICAL CONDITIONS

Inflammatory bowel disease (Ulcerative colitis or Crohn's disease)

Type-2-Diabetes

RACE/ETHNICITY

African American, Japanese American or Native Hawaiian

SCREENING

Ever had a colonoscopy

If yes, had one in the past 10 years

Ever had another type of CRC screening like FOBT, FIT (Cologaurd for example)

BIOPSY/POLYPECTOMY

Ever had a polyp removed during your colonoscopy (polypectomy)

If yes, did your biopsy report* mention dysplasia, or adenoma

IF YOU ARE 30 OR OLDER, GENETYPE MAY BE RIGHT FOR YOU

Do you know your colorectal cancer polygenic risk?

*As a note, hyperplastic and inflammatory polyps are more common in adults and are not pre-cancerous like adenomatous polyps. But any polyp given the chance to grow too large may have the opportunity to transform—which is why colonoscopy screening is a great tool to reduce your risk of developing colorectal cancer.

Remember, this checklist is not meant to predict whether you will or will not develop colorectal cancer. This list is to help you increase your own colorectal cancer risk awareness. If you are interested in knowing your official clinical risk score, your healthcare provider can perform a risk assessment.



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