

Colorectal Cancer Risk Factors

Hereditary

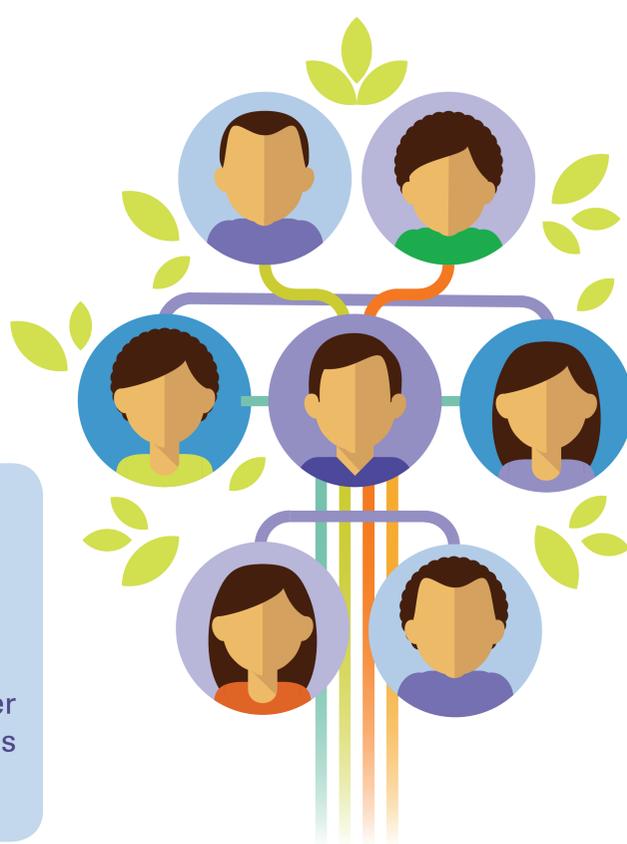
Do you have a first-degree relative—parent, sibling or child—with colorectal cancer or advanced colorectal polyps before the age of 60?

Yes

10 to 20 percent lifetime risk of developing colorectal cancer if no screening is performed

No

5 to 6 percent lifetime risk of developing colorectal cancer if no screening is performed



Genetic

People who have **Lynch syndrome** can have a lifetime risk of colorectal cancer as high as 80 percent.

Almost all people with **familial adenomatous polyposis (FAP)** will develop colorectal cancer by age 40. Most people with this genetic mutation have their colons removed as a preventive measure against colorectal cancer.

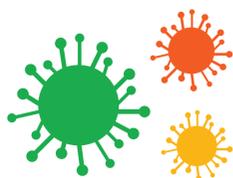
Racial and Ethnic

African Americans have the highest occurrence and mortality rates of colorectal cancer in the U.S.

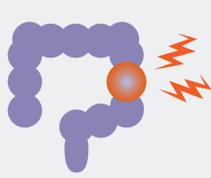
Ashkenazi Jews have the highest risk of developing colorectal cancer in the world.

Personal History

Your risk is also greater if...



You've had precancerous colorectal polyps or colorectal cancer previously.



You have an inflammatory bowel disease, like ulcerative colitis, or Crohn disease of the colon.



You are over the age of 50.



You are overweight or physically inactive*.



You smoke*.



You drink heavily*.

*These are things you can change.

Colorectal Cancer Symptoms

- Blood in stool
- Changes in bowel movements, especially if you're older
- Iron deficiency anemia
- Rectal discomfort
- Abdominal pain or masses

The more symptoms you have, the greater the concern. It's common for people with colorectal cancer to have no symptoms at all. That's why regular screening is vital.

Sources:

https://www.cdc.gov/cancer/colorectal/pdf/sfl_inserts_riskfactors.pdf
https://www.cdc.gov/cancer/colorectal/basic_info/risk_factors.htm
<https://www.cancer.org/cancer/colon-rectal-cancer.html>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4977418/>
<https://www.cancer.org/cancer/colon-rectal-cancer/detection-diagnosis-staging/acs-recommendations.html>