

## Colon and Rectal Cancer Risk Assessment Form

**Name:** \_\_\_\_\_

**DOB:** \_\_\_\_\_

**Sex:** Male / Female

**Yes**

**No**

**Primary Risk Factors:**

- |  |                          |                          |
|--|--------------------------|--------------------------|
| 1) Are you age 50 or older?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Have you ever had colon or rectal polyps?   | <input type="checkbox"/> | <input type="checkbox"/> |
| a) Has anyone in your family had polyps?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Do you have inflammatory bowel disease?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Have you experienced rectal bleeding or a change in bowel habits?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Has anyone in your family had colon, rectal, breast, lung, renal, gastric, ovarian, endometrial, or any other cancer? | <input type="checkbox"/> | <input type="checkbox"/> |

*If yes, please indicate which family members, the age they were diagnosed, and the type of cancer(s) they were diagnosed with.*

**Age(s) at  
Diagnoses**

**Type(s) of  
Cancer**

- |  |                          |                          |       |       |
|--|--------------------------|--------------------------|-------|-------|
| Mother   | <input type="checkbox"/> | <input type="checkbox"/> | _____ | _____ |
| Father   | <input type="checkbox"/> | <input type="checkbox"/> | _____ | _____ |
| Child(ren)   | <input type="checkbox"/> | <input type="checkbox"/> | _____ | _____ |
| Sibling(s)   | <input type="checkbox"/> | <input type="checkbox"/> | _____ | _____ |
| Grandparent(s)   | <input type="checkbox"/> | <input type="checkbox"/> | _____ | _____ |
| Aunt(s) / Uncle(s)   | <input type="checkbox"/> | <input type="checkbox"/> | _____ | _____ |
| 6) Has it been over five years since you had a colonoscopy? <b>(If you have never had a colonoscopy please answer YES)</b> | <input type="checkbox"/> | <input type="checkbox"/> |       |       |
| 7) Are you anemic?   | <input type="checkbox"/> | <input type="checkbox"/> |       |       |

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### Additional Risk Factors Include:

- Physical inactivity
- High red-meat/fat content and/or low in fiber content diet
- Low daily serving of fruits/vegetables
- Overweight or obesity
- Smoking
- Diabetes
- High alcoholic intake

If you answered “NO” to questions 1 through 7, you are at low risk for colorectal cancer and screening is not recommended until you are age 50.

If you answered “YES” to # 1, but “NO” to questions 2 through 7, you are at average risk for colorectal cancer. We recommend you contact your primary care provider about receiving a colonoscopy exam, which should be provided every 10 years.

If for any reason you are unable to receive a colonoscopy your doctor may consider one of the following other options:

- Annual stool blood test combined with Flexible Sigmoidoscopy every 5 years
- Double contrast barium enema with Flexible Sigmoidoscopy every 5 years
- Virtual Colonoscopy

If you answered “YES” to any of the questions 2 through 7, you may be at an increased risk for colorectal cancer. We recommend that individuals at increased risk or with symptoms such as change in bowel movements or blood in stool should contact their physician right away to determine the screening test that is right for you.

The items listed under additional risk factors may also indicate that you may be at an increased risk for colon or rectal cancer. Please discuss your responses to these questions with your primary care provider or call our offices at 225-765-6426 to determine your level of risk for colon and rectal cancer.

### Useful Definitions

**Flexible Sigmoidoscopy** – A routine outpatient procedure in which the inner lining of the lower large intestine is examined.

**Inflammatory Bowel Disease** – A disorder in which the intestines become inflamed as a result of an immune reaction of the body against its own intestinal tissue.

**Polyp** – An extra piece of tissue that grows inside your body. Colonic polyps grow in the large intestine or colon. Most polyps are not dangerous, but some polyps may turn into cancer or already be cancer.

**Virtual Colonoscopy** - A virtual colonoscopy uses X-rays and computers or magnetic resonance imaging to take two- or three-dimensional images of the interior lining of your colon and rectum.