



Just a reminder that screening for colorectal (colon) cancer saves lives. It's both preventable and treatable if detected early. Screenings are recommended for everyone over 50 – possibly earlier if you have other risk factors.

Colon Cancer Risk Assessment

<u>Primary Risk Factors:</u>	Yes	No
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? (Crohn's disease or ulcerative colitis)	<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, ovarian, or endometrial, cancer?	<input type="checkbox"/>	<input type="checkbox"/>
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"/>
Granparent(s)	<input type="checkbox"/>	<input type="checkbox"/>
Aunt(s)/Uncle(s)	<input type="checkbox"/>	<input type="checkbox"/>
6. Has it been over ten years since you had a colonoscopy? <i>(If you have never had a colonoscopy please answer YES)</i>	<input type="checkbox"/>	<input type="checkbox"/>

Assessment Results on Reverse Side



Calculate Your Level of Risk:

If you answered “NO” to questions 1 through 6, you are at low risk for colorectal cancer and screening is not recommended until you are age 50. Your first colonoscopy will determine the timing for your next procedure. If there are no polyps detected, the recommended timing for a follow-up colonoscopy would be 10 years later.

If you answered “YES” to #1, but “NO” to questions 2 through 6, you are at average risk for colorectal cancer. If you are under age 50, we recommend that you contact your primary care physician to determine the screening test that is right for you. If you are 50 or older, contact Minnesota Gastroenterology for your first (or follow-up) colonoscopy based on recommended guidelines or previous colonoscopy results.

If you answered “YES” to any of the questions 2 through 6, you may be at an increased risk for colorectal cancer. We recommend you contact your primary care physician (or Minnesota Gastroenterology) right away about when to schedule your colonoscopy exam. If you schedule your exam directly with MN Gastroenterology, your procedure results will still be shared with your primary care physician.

You may also be at increased risk for colon and rectal cancer with the following additional risk factors:

- Physical inactivity
- High red-meat/fat content and/or low fiber content diet
- Low daily serving of fruits/vegetables
- Overweight or obesity
- Smoking
- Diabetes
- High alcohol intake
- African American or Native American Indian ethnicity

Please do not ignore your screening because you don’t have any symptoms or risk factors. Colorectal cancers do not often cause symptoms until they are advanced. If you have other symptoms that concern you or questions about your general health, please consult with your primary care provider.

Schedule your screening test today – not only for yourself but for all those who love you.

To make an appointment for a screening colonoscopy, call 612-871-1145.

**Our clinic and endoscopy centers are conveniently located in
Bloomington, Chanhassen, Coon Rapids, Eagan,
Maplewood, Minneapolis, Plymouth, St. Paul and Woodbury**

For more information about GI specialty care:

Visit Minnesota Gastroenterology’s website at www.mngi.com.