

QUIZ TIME!


ARE YOU AT RISK FOR COLORECTAL CANCER?

Take this quiz to find out!



- 1** What is your age?
Younger than 45 0
Age 45 or older 1
- 2** Have you had a first-degree relative (parent, brother, sister, child) with colon or rectal cancer?
Yes 1
No 0
- 3** Do you have a history of polyps in your colon or rectum?
No 0
Yes 1
Not Sure 1
- 4** Do you have a history of inflammatory bowel disease?
Yes 1
No 0
- 5** Are you overweight?
Yes 1
No 0
- 6** Do you smoke or have you ever smoked?
Yes 1
No 0
- 7** Are you physically inactive?
Yes 1
No 0
- 8** Do you eat a diet high in red meats, processed meats, and fat?
Yes 1
No 0
- 9** Do you drink alcohol?
0-1 drinks per day 0
2+ drinks per day 1
- 10** Do you eat a diet low in fiber, grains, vegetables, and fruit?
Yes 1
No 0
- 11** Do you have Type 2 diabetes?
Yes 1
No 0
- 12** Have you ever been diagnosed with breast, ovarian, or uterine cancer?
Yes 1
No 0
- 13** Are you African American?
Yes 1
No 0

TOTAL POINTS _____



The higher your score, or the more times you answered “Yes” to the questions, the greater your risk for developing colorectal cancer. Regardless of your score, if you are 45 years or older, talk to your doctor about screening.