

COLORECTAL CANCER RISK FACTORS



INACTIVITY

(little physical activity and exercise)



AGE

The older you get, the higher your risk of colorectal cancer (although colorectal cancer can happen at any age!).



HEAVY ALCOHOL USE

(more than one drink/day for women and two drinks/day for men)



PERSONAL DIAGNOSIS OF TYPE 2 DIABETES



A DIET HIGH IN RED MEAT

(beef, pork, lamb), MEATS, FATS, AND SUGARY DRINKS



FAMILY HISTORY OF COLORECTAL CANCER AND/OR COLON POLYPS



MEAT PREPARATION

(including frying, grilling, broiling, or other methods of cooking at very high temperatures that lead to charring)



PREVIOUS RADIATION THERAPY

(directed at the abdomen or pelvis)



LITTLE FRUIT, VEGETABLE, GRAINS, AND FIBER CONSUMPTION



PERSONAL HISTORY

(large or advanced colon polyps, a previous diagnosis of breast cancer, ovarian cancer, uterine cancer, pancreatic cancer, or colorectal cancer, or an irritable bowel disorder like Crohn's disease or ulcerative colitis)



OVERWEIGHT AND OBESE



IF YOU SMOKE OR HAVE EVER SMOKED TOBACCO



LOW VITAMIN D

ARE YOU AT RISK?

Learn about if you're average-risk, increased-risk, high-risk, or hereditary risk for colorectal cancer and what that means for your screening.

TAKE OUR 1-MINUTE QUIZ NOW!



RACE AND ETHNICITY PLAY A ROLE

Of all racial groups in the U.S., **Alaska Native People, American Indians, African Americans and Young Hispanics** are at highest risk, although the cause of this is not currently known. Worldwide, **Jews of Eastern European descent (Ashkenazi Jews)** may have the highest risk of colorectal cancer. Doctors may suggest earlier screening if your race and ethnicity present an increased risk.

FIGHT
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COLORECTAL CANCER