

# 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**  
★  
COLORECTAL CANCER