



# Can We Talk?

*Begin the conversation with family members about preventing colon and rectal (colorectal) cancer by answering six simple questions.*

Is my mother and/or father 50 years of age or older? Yes No

(If you are an African American, screening should begin by age 45 as studies have shown an increased risk of colorectal cancer. If you are the recommended age or older, it's important to talk to your doctor about scheduling a routine screening).

Have my parents and loved ones received their routine colonoscopy? Yes No

(Routine colonoscopies begin at age 50 or age 45 for African Americans. Screening when you have no symptoms is when lives can be saved. Polyps – indicators that something is off with the body and could potentially develop into cancer – can be without symptoms.)

Have my parents screened for colorectal cancer with a different test? Yes No

(These tests may include a stool test – FOBT/FIT or stool DNA/Cologuard test – or other types of tests such as a flexible sigmoidoscopy, etc.)

Ask family members: Do we have an immediate family member with a history of colon cancer or rectal cancer? Yes No

(Screening needs to begin earlier than age 50 when a first-degree relative - a parent, sibling, etc. - has been diagnosed with colorectal cancer or has had polyps removed.)

Ask family members: Has a family member been diagnosed with IBS, IBD, Colitis, Celiac's Disease, Diverticulitis, or Crohn's Disease? Yes No  
(The above GI disorders may increase your risk of developing colorectal cancer. Talk with your doctor.)

Do any family members, including younger students, suffer from any of the following GI issues:

Less than 1-3 bowel movements each day? Yes No

Blood on toilet paper or blood in the stool? Yes No

Abdominal pain or bloating? Yes No

(The above GI symptoms should be discussed with your doctor immediately.)

Colorectal cancer is the second leading cancer killer in men and women in the U.S. It does not have to be this way. Colorectal cancer is highly beatable and treatable when discovered early. Routine screening even when you are not experiencing symptoms is what saves lives and helps you to avoid the physical, emotional, and financial stress that often comes with cancer. Please start the conversation with your family and remind your doctor about your age, family history, and/or any symptoms you may be experiencing. **Talk!** - the best way to stop colorectal cancer.