Hitting Cancer Below the Belt

Can We Talk? I Care About You.

Moving Family From Awareness about Colorectal Cancer to Action

Colorectal cancer is the #1 cause of cancer-related death in people under age 50. One of the best interventions to combat the early age onset of this disease is to understand your family history. Individuals with a family history of colon polyps or colorectal cancer are at a higher risk of developing colorectal cancer. This risk is particularly pronounced if close relatives, such as parents, or siblings, have had colon polyps or colorectal cancer.

Do You Know Your Family History of Colorectal Cancer?

How many first degree relatives have been diagnosed with colorectal cancer?

(Mother, Father, Sister, Brother, Daughter or Son)

Enter total number: _____

Is the answer 1 or more? ☐ Yes ☐ No

How many second degree relatives have been diagnosed with colorectal cancer?

(Grandmother, Grandfather, Aunt, Uncle, Niece or Nephew)

Enter total number: _____

Is the answer 2 or more? ☐ Yes ☐ No

How many first degree relatives have had *precancerous polyp(s) removed?*

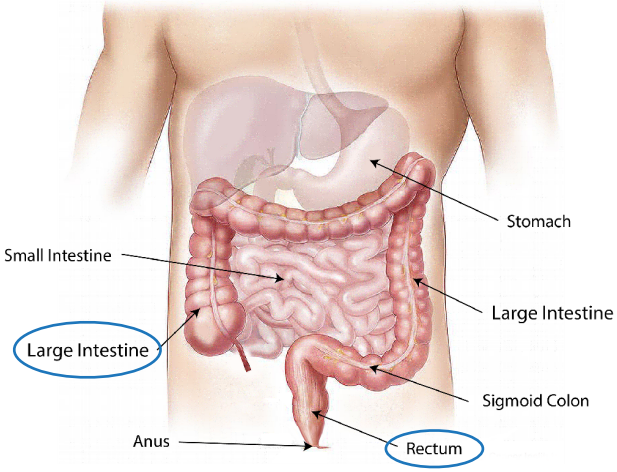
(Mother, Father, Sister, Brother, Daughter or Son)

Enter total number: _____

Is the answer 1 or more? ☐ Yes ☐ No

If the answer is YES, there is an INCREASED risk of colorectal cancer in your family.

Photo: Rich Conklin (center) pictured with his two children. He lost his life to colorectal cancer at the age of 43 in 2011. His story is now too common. Talk to your loved ones today.



Talk to your doctor about your family history and your experience with the following symptoms at any age:

- **blood in your stool (poop)**
- **abdominal pain/bloating**
- **irregular bowel habits**
- **chronic constipation**
- **thin or flat stools**
- **unexplained weight loss**

Learn More

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