

Test your personal colorectal cancer risk!

[Questionnaire on familial and hereditary colorectal cancer to hand out to patients in GPs and other doctors' practices as well as in clinics where colorectal cancer patients are operated and treated]

Colorectal Cancer is a diagnosis that can be inherited, i.e. it can be passed on. The existence of a hereditary or familial colorectal cancer diagnosis implies for the first-degree relatives of the CRC patient (parents, siblings and children), that they might encounter a higher risk for colorectal cancer already whilst being a young adult.

In most cases of hereditary colorectal cancer the individual risk of contracting colorectal cancer can be drastically reduced if the correct risk-adapted prevention measures are taken. Talk frankly to your doctor about your and your family's colorectal cancer risk! Use the chance offered to you by colorectal cancer screening! **Colorectal cancer is the only kind of cancer which can be prevented nearly 100%.**

Questions

The following questions will help you to determine yourself, whether your family and you are encountering a higher risk of contracting colorectal cancer. It is important that you find out exactly **who** in your family has been diagnosed with cancer or a polyp of the colon and **at what age** the diagnosis has been made.

1. Do you have a **first-degree relative** in your family (parents, siblings or children) diagnosed with colorectal cancer? Yes/No
2. Do you have a **first-degree relative** in your family (parents, siblings or children) diagnosed with a **polyp** (adenoma) of the colon **before the age of 50 yrs**? Yes/No
3. Do you have a **first-degree relative** in your family (parents, siblings or children) diagnosed with colorectal cancer **before the age of 60 yrs**? Yes/No
4. Do you have **two first-degree relatives** in your family (parents, siblings or children) diagnosed with colorectal cancer? Yes/No
5. Does your family include **three or more relatives** diagnosed with colorectal-, stomach-, uterus-, ovarian-, small bowel-, pancreas-, bile duct- or urethelial cancer? Yes/No

Prevention recommendations

If you have answered **all questions** with a „No“, there is **no higher risk within your family** to contract colorectal cancer. Preventive measures start at the age of...
[depends on the national guidelines]

If you have answered **question 1 or 2** with “Yes”, you have a **slightly increased risk of contracting colorectal cancer** and are advised to visit your general practitioner for consultation as further preventive measures might be necessary.
[depend on national guidelines]

If you have answered **question 3, 4 and 5** with “Yes”, you have an **increased risk of contracting colorectal cancer**. In these cases a colonoscopy is recommended from age 40.
[might differ in national guidelines]

In case you have answered **question 3 and 5** with “Yes”, you are advised to consult a clinical geneticist for additional molecular genetic study to exclude hereditary colorectal cancer.