

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 passed on. The existing of a hereditary 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, if 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. Yes No **a first-degree relative** in my family (parents, siblings or children) has been diagnosed with colorectal cancer.
2. Yes No **a first-degree relative** in my family (parents, siblings or children) has been diagnosed with colorectal cancer **before the age of 50.**
3. Yes No **a first-degree relative** in my family (parents, siblings or children) has been diagnosed with a **polyp** (adenoma) of the colon **before the age of 50.**
4. Yes No within my family **more than three relatives** have been diagnosed with colorectal-, stomach-, cervical-, ovarian-, renal pelvic- or uruthel cancer.

Prevention recommendations

If you have answered **all questions** with a „No“, there is **no higher risk within your family** to contract colorectal cancer. It is sufficient for all family members to start with colorectal screening at the age of 50.

If you have answered **question 1 only** with “Yes”, it **could** be the case that your family encounters a **higher risk of contracting colorectal cancer**. In this case **all first-degree relatives** (parents, siblings and children) of the patient, diagnosed with colorectal cancer, are advised to visit their general practitioner or a gastroenterologist for consultation, as further preventive measures might be necessary.

If you have answered one or more questions out of **questions 2 to 4** with “Yes”, it **could** be the case that there is hereditary colorectal cancer in your family. In this case **all first-degree relatives** (parents, siblings and children) of the patient, diagnosed with colorectal cancer, are encountering a higher risk of contracting colorectal cancer and are strongly advised to visit a gastroenterologist or a medical specialist for human genetics for consultation on adequate prevention measures.