

Colorectal Cancer Assessment Client Review Document

Overview

The 2021 update to the Colorectal Cancer Assessment focuses primarily on screening recommendations for colorectal cancer (CRC) from the American Cancer Society¹ (ACS), the United States Preventative Task Force Services² (USPSTF) and the American College of Gastroenterology³ (ACG).

The assessment also assesses risk factors related to CRC and family history that include:^{1,2}

- Personal history of Crohn's disease, ulcerative colitis, or type 2 diabetes.
- Personal history of polyps or other abnormal colorectal cancer screening results.
- Any hereditary colorectal cancer syndrome (familial adenomatous polyposis [FAP], Lynch syndrome, familial colon cancer syndrome X).
- History of colorectal cancer or pre-cancerous polyps in the immediate family.

A few lifestyle-related factors, such as alcohol use, smoking, and BMI, are assessed and evaluated.⁴

Symptoms⁴ of possible colorectal cancer are also assessed. They include:

- Blood in stool
- Diarrhea or constipation
- Abdominal pain, aches or cramps that don't go away
- Unexplained weight loss

Results

A comprehensive printed report contains a CRC screening recommendation that is based on user's age, ethnicity, personal health history, and family history.^{1,2,3} They also will receive information about their personal health and family history risks and lifestyle risk factors, such as alcohol use, smoking, and BMI, that may influence the development of CRC.⁴

References

1. Wolf AMD, Fontham ETH, Church TR, et al. Colorectal Cancer Screening for Average-Risk Adults: 2018 Guideline Update from the American Cancer Society. *CA Cancer J Clin* 2018;68:250-281. <https://doi:10.3322/caac.21457>.
2. US Preventive Services Task Force. Screening for Colorectal Cancer US Preventive Services Task Force Recommendation Statement. *JAMA*. 2021;325(19):1965-1977. <https://doi:10.1001/jama.2021.6238>.
3. Shaukat A, Kahi CJ, Burke CA, et al. ACG Clinical Guidelines: Colorectal Cancer Screening 2021. *Am J Gastroenterol* 2021;116:458–479. <https://doi.org/10.14309/ajg.0000000000001122>
4. American Cancer Society. *Colorectal Cancer Facts & Figures: 2020-2022*. Atlanta, GA: American Cancer Society. 2020. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/colorectal-cancer-facts-and-figures/colorectal-cancer-facts-and-figures-2020-2022.pdf>