



# Colon Cancer HRA

Date: 08-13-2024

## Your Result

**Schedule Routine Screening Now**

**Based on your age, you should be screened for colorectal cancer.**

Talk to your doctor.

- There are several tests to look for colorectal cancer, including at-home stool tests. Colonoscopy has the benefit of being able to find polyps before they become cancer.
- If you're concerned about any of your health history risk factors, talk to a health care professional.
- You have lifestyle risk factors that can be improved. If you need help making the recommended changes, be sure to ask for it.
- You indicated you have never been screened for colorectal cancer.

## View Your Risk Factors

*Open any Risk Factor below to learn more about your risk and what you can change.*

## Alcohol Use

Increased Risk ▼

## Alcohol Use

## Current

More than 2 drinks daily  
**Increased Risk**

## Recommended Goal

Fewer than 2 drinks daily  
**Average Risk**

Moderate to heavy alcohol use increases the risk of colorectal cancer.

An average of 2 to 3 drinks daily is "moderate use." Four drinks daily is "heavy use."

Moderate drinkers have a 20% higher risk of colorectal cancer than nondrinkers or light drinkers.

## Colorectal Cancer Symptoms

Average Risk ▼

## Colorectal Cancer Symptoms

No reported symptoms  
**Average Risk**

## Colorectal Cancer Symptoms

Early colorectal cancer often has no symptoms. That's why screening is so important.

If you routinely have any of these symptoms, talk to your doctor soon:

- Blood in or on your stool (bowel movement)
- Diarrhea, constipation, or feeling that the bowel does not empty all the way
- Significant change in size or frequency of bowel movement
- Abdominal pain, aches, or cramps that don't go away
- Unexplained weight loss

These symptoms can be caused by things other than cancer. The only way to find out what's causing them is to ask your doctor.

Exercise

Average Risk 

Weekly Exercise

Current

Equal to 0 min. (moderate)\*  
**Average Risk**

Recommended Goal

150 min. or more (moderate)\*\*  
**Decreased Risk**

Physical activity lowers the risk of colon cancer, but not rectal cancer.

It's never too late to start exercising. Even people who have been inactive most of their lives can lower their colon cancer risk.

Taking a brisk walk or climbing stairs count towards the weekly recommended goal.

The recommended goal can be met by a mix of moderate and vigorous exercise.

## Family History

Average Risk 

## Family History

Average Risk

**Family History**

Most people with colorectal cancer (CRC) don't have a history of the disease in their family. But when people do have an immediate family member (parent, brother, sister, or child) with CRC or pre-cancerous polyps, their risk for CRC is increased.

The risk is even higher if CRC or pre-cancerous polyps are diagnosed:

- Before age 60
- In 2 or more immediate family members

Having an immediate family member with a hereditary CRC syndrome increases the risk of developing CRC. This is because the gene change that causes the syndrome may be passed on through generations.

## Personal History

Average Risk 

## Personal History

Average Risk

## Personal History

Type 2 diabetes increases the risk of developing colorectal cancer (CRC). This appears to be true even if a person with type 2 diabetes is physically active and within the recommended weight range.

People who have an inflammatory bowel disease (ulcerative colitis or Crohn's disease) have almost double the risk.

A history of certain types of polyps or other abnormal test results can increase a person's CRC risk.

Inherited gene changes can greatly increase the risk of developing colorectal cancer. Hereditary CRC syndromes include:

- Familial adenomatous polyposis (FAP)
- Family colon cancer syndrome X
- Lynch syndrome (sometimes referred to as hereditary nonpolyposis colon cancer, or HNPCC).

Tobacco Use

Increased Risk 

Tobacco Use

Current/Former User of Tobacco  
Increased Risk

Smoking tobacco causes colorectal cancer. The risk seems higher for rectal cancer than for colon cancer.

People who quit smoking have a better chance of surviving colorectal cancer than those who don't.

Weight

Increased Risk 

Weight

Current

290 lbs.  
Increased Risk

Recommended Goal

220 lbs. or less  
Average Risk

Too much body fat increases the risk of colorectal cancer. Compared to people in the healthy weight range:

- Men with obesity have about a 50% higher risk of colon cancer and a 20% higher risk of rectal cancer.
- Women with obesity have about a 20% increased risk of colon cancer and a 10% increased risk of rectal cancer.

Take Your Next Steps

If you're between 45-74 and haven't been screened for colorectal cancer, it's time to start.

[Schedule Screening Today](#)

Smoking increases your cancer risk. Get support and resources to quit smoking today.

[Enroll in Smoking Cessation](#)

Learn about our weight management programs designed to help you achieve a healthier weight and lower your risk.

[Learn More About Weight Loss](#)

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Our Colon Cancer Services offer comprehensive care for the prevention, diagnosis, and treatment of colorectal cancer. Our dedicated team of oncologists, gastroenterologists, and healthcare professionals is committed to providing personalized care and support at every stage.

For appointments and inquiries, please call us at (123) 456-7896. You can reach our Colon Cancer Services team at [coloncancer@demohospital.com](mailto:coloncancer@demohospital.com).

Visit our website for more information and to schedule an appointment online: [Schedule Appointment](#).

Unlock Demo Hospital, 209 10th Ave South Ste 530, Nashville, TN 37203.

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NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

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