

Internal Medicine and Gastroenterology Clinic

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Do I have an increased risk for colon cancer?

Self assessment

	YES	NO
Have you noticed fecal blood recently?	<input type="checkbox"/>	<input type="checkbox"/>
Does one of your close relatives (parents, brothers, sisters, children) suffer from colon cancer? If so, at what age did the cancer occur?	<input type="checkbox"/>	<input type="checkbox"/>
Are you 50 years of age or older?	<input type="checkbox"/>	<input type="checkbox"/>
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Do you suffer from chronic inflammatory bowel disease?	<input type="checkbox"/>	<input type="checkbox"/>
Are you having digestion problems for a longer period of time?	<input type="checkbox"/>	<input type="checkbox"/>
Are you NOT exercising regularly?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat a lot of meat and greasy food?	<input type="checkbox"/>	<input type="checkbox"/>
Is your nutrition low in fibers?	<input type="checkbox"/>	<input type="checkbox"/>
Are you overweight?	<input type="checkbox"/>	<input type="checkbox"/>
Do you smoke?	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink more than 2 glasses of wine or beer?	<input type="checkbox"/>	<input type="checkbox"/>

Conclusion:

If you answered one of the first 3 questions with yes you should see your doctor and ask him to transfer you for a colonoscopy.

If you answered one of the other questions with yes you should regard yourself at increased risk for colon cancer, and discuss this issue with your doctor at your next visit.

Further information

Free Hotline: **0800 / 22 44 22 1**

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