

KNOWING YOUR FAMILY HISTORY CAN SAVE YOU OR A LOVED ONE

Family history matters when it comes to your health. This is a tool to help you start a conversation with your family members about your family history of colorectal cancer. Only a health professional can counsel you about your risk for developing colorectal cancer.

1. For each blood relative below, note down any of the following health conditions and age of diagnosis: colon or rectal cancer, colon or rectal polyps, stomach or bowel problems, other cancers (endometrial, kidney, stomach, small intestine, liver), Crohn's or Ulcerative Colitis
2. Make copies of this chart for your family members and update regularly
3. Share this information with your healthcare professional

