

COLON CANCER QUICK CHECK

Check your risks – and find out when you should go to a screening test.

1 ARE YOU PAST THE AGE OF 50?	
YES People over 50 are subject to a higher risk and are entitled to an annual stool test. Men past the age of 50 and women past the age of 55 are entitled to have a colonoscopy once every ten years.	NO continue with question 2
2 HAVE YOU DISCOVERED BLOOD IN YOUR STOOL DURING THE LAST 12 MONTH?	
YES Blood in your stool is a warning signal, because it might come from a polyp or colon cancer. You should have a colonoscopy to find out where this blood comes from. Arrange an appointment with your doctor.	NO continue with question 3
3 HAVE YOU EVER HAD POLYPS (ADENOIDS)?	
YES Probably you have a higher risk for colon cancer. It is therefore important to undergo regular follow-up checks (according to your specific diagnosis and risk).	NO continue with question 4
4 ARE YOU SUBJECT TO CONGENITAL OR FAMILY RISKS?	
YES Have three or more members of your family ever been suffering from cancers of the colon, stomach, uterus, ovaries, pancreas, bile duct or ureter? You should definitely consult a human geneticist to discuss your congenital risks and suitable precautionary measures. People with congenital risks (Lynch Syndrome) should undergo regular colonoscopies past the age of 25.	
YES Has a close relative of yours ever suffered from colon cancer or undergone an operation to have intestinal polyps (adenoids) removed before their 50th birthday? You are advised to have a colonoscopy at a time when you are 10 years younger than your close relative was when the illness was diagnosed, but no later than at the age of 40 to 45.	NO continue with question 5
5 ARE YOU SUFFERING FROM COLITIS ULCEROSA OR CROHN'S DISEASE?	
YES Patients with inflammatory bowel disease are at a higher risk. Consult a specialist to discuss suitable precautionary measures.	NO continue with question 6
6 ARE YOU SUFFERING FROM TYPE 2 DIABETES?	
YES People with Type 2 Diabetes are also at a higher risk. Before your diabetes is treated with insulin, ask your doctor whether you should have a precautionary colonoscopy.	NO continue with question 7
7 DO YOU SMOKE?	
YES Smoking can cause colon cancer. Consult your doctor.	NO continue with question 8
8 WOULD IT BE FAIR TO SAY THAT YOU ARE NOT GETTING ENOUGH EXERCISE?	
YES Regular exercise can decrease your cancer risk. Consult your doctor.	NO continue with question 9
9 ARE YOU OVERWEIGHT (BMI > 25)? DO YOU HAVE AN UNHEALTHY DIET?	
YES The metabolic syndrome and an unhealthy diet increase the colon cancer risk. Consult your doctor.	NO

TEST COMPLETED!

If you have answered “**NO**” to all of the questions, you do not belong to any of the colon cancer risk groups. Since, however, the colon cancer risk increases significantly once you are over 50, you should still – when the time comes – make use of the colon cancer screening tests that are universally offered according to public health regulations.

If you have answered “**YES**” to at least one question, you should definitely discuss this with your doctor.