

Colorectal Cancer

1) What are the risk factors?

a. Age

- Screening for low-risk individuals should be considered at 45 years of age.

b. Inflammatory Bowel Diseases including:

- Crohn's Disease
- Ulcerative Colitis

c. Family History of:

- Colorectal cancer
- Colorectal polyps

d. Genetic Syndromes such as:

- Familial adenomatous polyposis
- Hereditary non-polyposis colorectal cancer (Lynch Syndrome)

2) Lifestyle factors?

a. Lack of activity

- American Heart Association recommends 150-minutes of moderate aerobic exercise per week.
 - Estimated 23% of American adults meet that standard.
 - Highest percentage (31%) are those between the ages of 18 and 24.
 - Even small amounts of exercise demonstrate significant results! Can you exercise 5-minutes 3 times per week?

b. Diet low in fruits and vegetables

- 90% of Americans do not get the RDA for fruits and vegetables
- "Strive for 5" (fruit 2+ servings and vegetables 3+ servings per day)

c. Low-fiber and high fat diet, or a diet high in processed meats

- 90% of Americans do not get enough fiber, two main reasons:
 - 1) Complex carbs from bread, pasta, and cereal are poor quality in the US.
 - 2) 90% of people do not get the RDA of fruits and vegetables (high fiber foods).

d. Overweight and obesity

- Body Mass Index (BMI) of 18.0 – 24.9
 - Google search: BMI calculator (you will need to know your height and weight).

e. Alcohol

- RDA for alcohol, encourages those of age to not drink or drink in moderation. What is moderate drinking?
 - 2 glasses or less per day for men and 1 glass or less for women.

f. Tobacco

3) Symptoms include:

- Change in bowel habits.
- Blood in or on the stool.
- Abdominal pains, aches, or cramps that don't go away.
- Weight loss and you don't know why.