

# 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.