Family History of Colorectal Cancer

#CancerScreeningsSaveLives
#BlueBeadsforCRC
Our family history provides a blueprint for our life, including insight into our healing journey.

*A family history of colorectal cancer (CRC) can increase the risk of an individual developing CRC over their lifetime*

*1 in 4 people diagnosed with CRC have a family history*
Knowing your family health history of CRC can help you take steps to lower your risk. A family history of CRC means having:

- At least one immediate family member (parents, siblings, and children) diagnosed under the age of 60

- Multiple second-degree relatives (aunts, uncles, grandparents, grandchildren, nieces) and/or at least one immediate family member (parents, siblings, children) diagnosed under the age of 60

- Multiple second-degree relatives (aunts, uncles, grandparents, grandchildren, nieces, nephews) who were diagnosed with CRC or advanced colon polyps
Having multiple family members with CRC due to inherited gene mutations, shared environmental factors, or a combination of factors may increase your risk of developing CRC.

If you are aware of a diagnosis in your family history, it is important to share the type of cancer and what age they were diagnosed with your health care provider to discuss a screening plan that meets your specific health needs.
1 in 3 people are not up to date with CRC screening

**When to Get Screened**

- Screenings should begin at the age of 45 if you have a first-degree family history (parent, sibling, child), you should be screened 10 years earlier than your relative’s diagnosed age. For example, if your family member was diagnosed at age 45 you should start screening at 35.
How Often Should You Get Screened:

- Colonoscopy screenings should occur every 5 to 10 years; 3 years, or sooner, if you have a history of colon polyps.

- Your health care provider can determine other colorectal screening options for you based on your risk factors.
Your loved ones need you around. Preventing CRC in your family starts with you. Talk to your health care provider about your risk factors for cancer.

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References

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