



## Colon Cancer Risk Assessment

<u>Primary Risk Factors:</u>	Yes	No
1. Are you age 50 or older?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you ever had colon or rectal polyps?	<input type="checkbox"/>	<input type="checkbox"/>
a. Has anyone in your family had polyps?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you have inflammatory bowel disease? (Crohn's disease or ulcerative colitis)	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you experienced rectal bleeding or a change in bowel habits?	<input type="checkbox"/>	<input type="checkbox"/>
5. Has anyone in your family had colon, rectal, ovarian, or endometrial, cancer?	<input type="checkbox"/>	<input type="checkbox"/>
Mother	<input type="checkbox"/>	<input type="checkbox"/>
Father	<input type="checkbox"/>	<input type="checkbox"/>
Child(ren)	<input type="checkbox"/>	<input type="checkbox"/>
Sibling(s)	<input type="checkbox"/>	<input type="checkbox"/>
Granparent(s)	<input type="checkbox"/>	<input type="checkbox"/>
Aunt(s)/Uncle(s)	<input type="checkbox"/>	<input type="checkbox"/>
6. Has it been over ten years since you had a colonoscopy? (If you have never had a colonoscopy please answer YES)	<input type="checkbox"/>	<input type="checkbox"/>

*Assessment Results on Reverse Side*

## Determine Your Results:

- If you answered “NO” to questions 1 through 6, **you are at LOW risk for colorectal cancer** and screening is not recommended until you are age 50.
- If you answered “YES” to #1, but “NO” to questions 2 through 6, **you are at AVERAGE risk for colorectal cancer**. We recommend you contact your primary care provider about receiving a colonoscopy exam.
- If you answered “YES” to any other questions in 2 through 6, **you may be at an INCREASED risk for colorectal cancer**. We recommend that you contact your primary care physician right away to determine the screening test that is right for you.

**You may also be at increased risk for colon and rectal cancer if you have the following additional risk factors:**

- Physical inactivity
- High red-meat/fat content and/or low fiber content diet
- Low daily serving of fruits/vegetables
- Overweight or obesity
- Smoking
- Diabetes
- High alcohol intake
- African American or Northern American ethnicity

**For more information,** visit Minnesota Gastroenterology’s website at [www.mngastro.com](http://www.mngastro.com).

***To discuss your risk factors contact the Pipe Trades Family Health & Wellness Centers at 651-348-8851. The Wellness Centers can also assist in making your appointment and provide you with the necessary prep kit at no cost.***

To make an appointment for a screening colonoscopy directly, call 612-871-1145.  
*When asked for your insurance, be sure to mention that you are participating in the Pipe Trades Services MN colonoscopy program.*



MINNESOTA  
GASTROENTEROLOGY, P.A.  
Premier Gastroenterology Care

Minnesota Gastroenterology clinics and endoscopy centers  
are conveniently located in: Coon Rapids, Eagan,  
Bloomington, Maplewood, Plymouth and Saint Paul.