

do you know your risk for COLORECTAL CANCER?

At Menorah Medical Center and Research Medical Center we know the best weapons against colorectal cancer are knowledge, early detection and treatment. We want to help you understand your symptoms and personal risk factors to report to your doctor. We have created these simple tools for you to identify possible warning symptoms and evaluate your risk factors.

Survey questions are based on information from the American Cancer Society and the National Cancer Institute.

Possible Warning Symptoms

Read each statement carefully. Check Yes if the statement is true and No if it is false.

SYMPTOM	YES	NO
Rectal bleeding, very dark stools or blood in or on your stool		
A significant change in bowel habits such as constant constipation or diarrhea		
Stools that are more narrow or thin than usual		
Unexplained weight loss		
Unexplained fatigue or loss of appetite		
New and unexplained abdominal or rectal pain or cramping		

If you answered yes to any of these symptoms, you should notify your physician. Many of these symptoms can be caused by conditions other than cancer, but should be checked out by a physician. Only a physician can determine if you are at risk for developing colorectal cancer. To find a physician call 913-541-7400 or 816-751-3000.

Know Your Risk Factors

Read each statement carefully. Check Yes if the statement is true and No if it is false.

RISK FACTOR	YES	NO
You are over the age of 50		
You have a history of colon polyps or colorectal cancer		
You have a personal history of inflammatory bowel disease such as ulcerative colitis or Crohn's Disease		
You have a personal history of breast, ovarian, or uterine cancer		
A member of your immediate family (mother, father, brother or sister, child) has a history of colorectal cancer		
A member of your immediate family has been diagnosed with pre-cancerous polyps, familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer (HNPCC or Lynch syndrome)		

(continued on back)

RISK FACTOR (continued)	YES	NO
You have Type 2 Diabetes		
You eat a diet high in fat and low in fiber		
You are overweight		
You smoke		
You regularly drink alcohol		

Each yes answer can increase your risk for developing colorectal cancer. You should see a physician yearly and discuss your risk factors and cancer screening plan.

Cancer screenings can result in early detection, diagnosis, and treatment. Early detection and diagnosis can lead to a more favorable prognosis when treatment is received early in the disease course. Ask your physician to develop a colorectal cancer screening plan individualized to meet your needs based on family history, lifestyle habits, and health status.

No Excuses, Get Screened.

For more information, call Midwest Cancer Care at Menorah Medical Center at 913-541-7400 or Research Medical Center, 816-276-4700.



Menorah Medical Center
Research Medical Center