

Here's a list of questions to guide your discussion with your doctor about colorectal cancer

If you have one or more of the below risk factors, it's recommended to reach out to a physician and ask those questions.*

☐ **Age:**

- More common after age 50
- But rates rising in people under 50

☐ **Family History:**

- Family history of colorectal cancer
- Family history of colorectal polyps
- Personal history of irritable bowel conditions

☐ **Lifestyle:**

- Smoking
- Heavy alcohol use
- Sedentary lifestyle
- Obesity

☐ **Ethnicity:**

- Certain ethnic groups (e.g., African American)

☐ What is colorectal cancer?

☐ When to start screening?

☐ How often should I get screened?

☐ Which screening method should I use?

☐ Are screenings painful or uncomfortable?

☐ Is it covered by my insurance?

☐ Where can I find a screening facility in my insurance's network?

☐ What happens after I get my screening results?

* This is not an inclusive list of colorectal cancer risk factors. Please consult with your physician to understand your risk.

