

# Risk factors for colorectal cancer...

## Risk factors that you can't change:

# AGE > 50

More than **9 out of 10 people** diagnosed with colorectal cancer are at least **50 years old**.



A personal history of colorectal polyps or colorectal cancer.



Personal history of inflammatory bowel disease (IBD), which includes ulcerative colitis and Crohn's disease.

**1 in 5 people** who develop colorectal cancer have other family members who have been affected by colorectal cancer or adenomatous polyps.

About **5% to 10%** of people who develop colorectal cancer have inherited gene defects that cause the disease.



# DIABETES

People with type 2 (usually non-insulin dependent) diabetes have an increased risk of developing colorectal cancer.

African Americans have the highest colorectal cancer incidence and mortality rates of all racial groups in the United States.

## Lifestyle-related factors that you CAN change:



Diets high in vegetables, fruits, and whole grains have been linked with a decreased risk of colorectal cancer.



If you are not physically active, you have a greater chance of developing colorectal cancer. Increasing activity may help reduce your risk.

Obesity raises the risk of colon cancer in both men and women.

Colorectal cancer has been linked to the heavy use of alcohol.

# OBSISITY

Long-term smokers are more likely than non-smokers to develop and die from colorectal cancer.



*Regular colorectal cancer screening or testing is one of the most powerful weapons for preventing colorectal cancer.*