

■ Risk Factors for Colorectal Cancer



Research has shown that people with certain risk factors are more likely than others to develop colorectal cancer. A risk factor is something that may increase the chance of developing a disease.

Studies have shown the following risk factors for colorectal cancer:

- Age 45 or older
- African American
- Personal history of cancer
- Genetic alterations (e.g., hereditary nonpolyposis colon cancer or familial adenomatous polyposis)
- Personal or family history of colorectal cancer or colorectal polyps
- Personal history of inflammatory bowel disease (e.g., ulcerative colitis or Crohn's disease)

Some studies have suggested that people may be at an increased risk for colorectal cancer due to several lifestyle factors. If you think you may be at risk, talk to your doctor. Your doctor may be able to suggest ways to reduce your risk and can plan an appropriate schedule for screening. Colorectal cancer screening can find and remove polyps, thus decreasing your risk for developing colorectal cancer.

For more information and resources, visit AAHealth.org/colorectal-cancer

