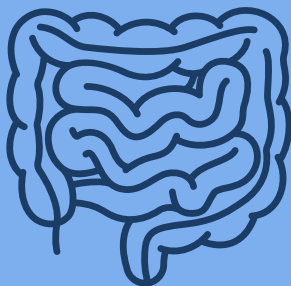


# COLORECTAL CANCER & YOUR FAMILY

Your cancer diagnosis could help save the lives of your family

## HOW COMMON IS COLORECTAL CANCER?

Colorectal cancer is the third most common cancer in the United States. The American Cancer Society estimates that this year almost 150,000 new cases will be diagnosed. That's about 411 new cases a day. Each new diagnosis is a new patient, and also a new family.



## WHY DOES COLORECTAL CANCER HAPPEN?

Most cases of colorectal cancer happen because of a mix of bad luck and lifestyle issues (like what you eat, whether you smoke, etc). Some people, though, are more likely to get colorectal cancer because of the DNA they inherited from their parents.

## CAN YOU PREVENT COLORECTAL CANCER?

Yes! Every colorectal cancer starts in a precancerous polyp. Removing that polyp before it becomes a cancer stops the cancer from happening. Colonoscopy is a screening test that allows us to look inside the colon and remove polyps at the same time as we find them.



## WHAT DOES IT MEAN FOR MY FAMILY???

Your diagnosis means that your family is now at higher-than-average risk themselves, particularly your brothers and sisters, and your children. If you are under 50, your relatives' risk of colorectal cancer is 4 times average. If you are older than 50, your relatives' risk is 2 and a half times average.

## WHAT CAN MY FAMILY DO ABOUT THE RISK?

The best way to stop colorectal cancer is to have a colonoscopy. The first colonoscopy should be when they are 45 or when they are 10 years younger than you are if you are younger than 55. If any relative has bowel symptoms (such as rectal bleeding, abdominal pain, change in bowel habit) it is very important for them to see their doctor without delay.

If anyone has questions or would like to make an appointment to discuss or schedule a colonoscopy, please call our team at **(212) 342-1155**