

Colon Cancer Prevention | Risk Assessment and Screening Form

Patient Instructions: 1. Complete this form. 2. Talk to your health care provider about your risks and screening options.

Patient Information

How old are you? _____ Were you ever screened for colon cancer? No I do not know Yes

If yes,

How were you screened? Colonoscopy Stool-based (fecal) test Other _____

When was your last screening? Less than one year ago One to nine years ago 10 or more years ago

Risk Questions

Screening History:

1. Have you ever received a diagnosis of colon cancer or rectal cancer? No I do not know Yes

2. Has a colon or rectal polyp ever been found? No I do not know Yes

Symptoms:

Have you ever had any of the following symptoms?

3. Bleeding from your rectum or blood in your stool No I do not know Yes

4. Change in bowel movements, such as constant constipation, frequent diarrhea or change in type of stool No I do not know Yes

5. Unexplained weight loss No I do not know Yes

6. Abdominal or rectal pain that does not go away No I do not know Yes

Personal and Family History:

Have you ever received a diagnosis of:

7. Ulcerative colitis No I do not know Yes

8. Crohn's disease No I do not know Yes

9. Cystic fibrosis No I do not know Yes

Have you or your biological parent, sibling or child ever been diagnosed with:

10. Familial adenomatous polyposis (FAP) No I do not know Yes

11. Hereditary nonpolyposis colon cancer (HNPCC) or Lynch syndrome No I do not know Yes

12. Colon cancer, rectal cancer, or polyps in the colon or rectum? No I do not know Yes

If yes,

Which relative(s)? Biological parent Biological sibling Biological child I do not know

Age(s) at diagnosis? _____

For more information on colon cancer:

Visit nyc.gov/health and search for **colon cancer**, or call **311**.

Ask your health care provider for a colon cancer prevention brochure.



Provider Instructions: Review the form to help you assess the patient's individual risk and screening options. Answering "yes" to any of the questions above indicates the patient may be at increased risk; consult a specialist for screening recommendations. Patients who answer "no" to all of the risk questions may be at average risk and may be eligible for any of the recommended screening options.

Reduce Your Risk and Get Screened for Colon Cancer

What is colon cancer?

Colon (or colorectal) cancer occurs in the large intestine (colon) or rectum. It is a leading cause of cancer death for New Yorkers.

What is your risk for colon cancer? When should you begin screening?

Determining your risk is an important step to colon cancer screening. We encourage most adults without risk factors to start colon cancer screening at age 45. Some people may need to get an earlier or more frequent screening due to certain risk factors, such as having a history of colon cancer or precancerous polyps in the family. Tell your health care provider if your biological parents, siblings or children have or had colon cancer or polyps, rectal cancer, or any other cancers. You can also help protect your family by sharing your cancer or polyp history with your family. This will help them know their risk factors and when to get screened.

Even if you are under 45 years old, it is important to recognize colon cancer symptoms and your individual risk based on your family history. Do not ignore potential symptoms at any age. Tell your health care provider if you experience blood in your stool, persistent abdominal or rectal pain, or unexplained weight loss. Colon cancer may not cause symptoms right away. If you are eligible for screening, you should get screened even if you feel healthy.

Screening Options to Detect or Prevent Colon Cancer

Routine screening can prevent colon cancer or help find it early, when treatment often works best. Talk with your health care provider about your screening options.

NYC Health Department-recommended colon cancer screening test options include:

- ▶ A visual test that looks for signs of cancer in the colon or rectum.
 - **Colonoscopy:** Small tube with a light and camera is inserted into the rectum to look for polyps and cancer
- ▶ Stool-based tests* that look for signs of cancer in stool (feces).
 - **Fecal immunochemical test (FIT):** Patient provides one small stool sample that is tested for signs of blood
 - **High-sensitivity guaiac-based fecal occult blood test (HSgFOBT):** Patient provides several stool samples that are tested for signs of blood
 - **Multi-target stool DNA test (FIT-DNA):** Patient provides one stool sample that is tested for blood and abnormal DNA

*These tests require a timely follow-up colonoscopy for people who have an abnormal result.

Payment

Most insurance plans, including Medicaid and Medicare, cover colon cancer screenings. However, coverage can vary. Check with your health care provider and insurer about coverage before your screening test.

If you do not have insurance, you may be eligible for low- or no-cost coverage. Call **311** for free enrollment assistance.

If you are unable to obtain insurance, you may be eligible for low- or no-cost screening. Visit nyc.gov/health and search for **colon cancer** to learn more.