

# PROVIDER LETTER—INCREASED RISK

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## **This individual's familial risk for colorectal cancer is increased.**

This individual has completed the colorectal cancer risk assessment module of the **U.S. Surgeon General's My Family Health Portrait** web-based family history tool (<https://phgkb.cdc.gov/FHH/>). The module is based on recommendations from the National Comprehensive Cancer Network (NCCN) and the United States Preventive Services Task Force (USPSTF).

The risk estimate generated by this tool uses both family and personal medical history information to classify patients into not increased or increased risk categories for colorectal cancer. This patient's risk increase may be due to having a single relative with colon cancer (relatively common) or having a family medical history that suggests a familial or an inherited cancer syndrome (e.g., several relatives with colon, endometrial or other cancers, a relative with colon cancer diagnosed before 50, a relative with more than one primary cancer, etc.). The risk estimate **does not** reflect other risk factors such as diet, race, or body mass index.

## **Next Steps**

- **Please review the family and personal history of this individual to confirm colorectal risk factors**
- **Please discuss the need for colorectal cancer screening with the individual based on your clinical judgment.**

As no risk assessment tool is perfect, the patient has been instructed to seek your advice regarding their risk for colon cancer and steps they should take to reduce their risk. This patient may benefit from early (beginning before age 50) and more frequent colon cancer screening as well as preventive measures such as diet, exercise, and use of non-steroidal anti-inflammatory medication. Preventive measures such as improved diet and exercise can begin at any age.

**For more information on risk factors for colorectal cancer and screening recommendations see:**

- National Cancer Institute Colorectal Cancer PDQ:  
<http://www.cancer.gov/cancertopics/pdq/genetics/colorectal/HealthProfessional>
- United States Preventive Services Task Force (USPSTF) colorectal cancer screening recommendations:  
<http://www.uspreventiveservicestaskforce.org/Page/Topic/recommendation-summary/colorectal-cancer-screening>