



## What are the risk factors for colorectal cancer ?

**Age:** The older the person the higher the risk of developing colorectal cancer. Most of the cases occur in individuals above the age of 50.

**Family History:** A family history of colorectal cancer or other certain genetic diseases like:

- familial adenomatous polyposis (FAP)
- Lynch syndrome would increase the risk.

**Personal history:** Individuals with a past history of colorectal cancer or certain types of colorectal polyps are at a higher risk.

## What are the risk factors for colorectal cancer?

Chronic inflammatory bowel disease  
like ulcerative colitis and crohns



Diagnosis of colonic polyps



Family history



Diabetes and obesity



High intake of processed meat



Obesity



Smoking



Sedentary lifestyle



### Prevention:

Converting to a rich diet in  
fruits and vegetables



Smoking cessation



Restricting alcohol consumption

