



Date: 12-05-2023

Your Result

Discuss Symptoms with a Doctor

Based on symptoms you reported, you should talk to your doctor soon.

- Many people experience no symptoms in the early stages of CRC. When symptoms appear, it's important to talk to your doctor to determine their cause.
- Your health history increases your CRC risk. You have both personal and family history risk factors.
- You have lifestyle risk factors that can be improved. If you need help making the recommended changes, be sure to ask for it.
- You indicated you had a colonoscopy within the past five years.

View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Alcohol Use	<i>Increased Risk</i> ▾
Alcohol Use	
Current	Recommended Goal
<div style="background-color: #f4a460; padding: 10px; border-radius: 5px;"> More than 2 drinks daily Increased Risk </div>	<div style="border: 2px solid #0070c0; padding: 10px; border-radius: 5px;"> Fewer than 2 drinks daily Average Risk </div>

Colorectal Cancer Symptoms *Increased Risk* ▾

Colorectal Cancer Symptoms

1 or more reported symptoms
Increased Risk

Exercise *Average Risk* ▾

Weekly Exercise

<p>Current</p> <p>Equal to 60 min. (moderate)*</p> <p>Average Risk</p>	<p>Recommended Goal</p> <p>150 min. or more (moderate)**</p> <p>Decreased Risk</p>
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Family History *Increased Risk* ▾

Family History

Increased Risk

You reported:
Family history of pre-cancerous polyps

Personal History *Increased Risk* ▾

Personal History

Increased Risk

You reported:
History of pre-cancerous polyps

Tobacco Use *Increased Risk* ▾

Tobacco Use

Current/Former User of Tobacco
Increased Risk

Weight *Average Risk* ▾

Weight

<p>Current</p> <p>155 lbs. Average Risk</p>	<p>Recommended Goal</p> <p>179 lbs. or less Average Risk</p>
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Take Your Next Steps

We recommend that you follow up with a primary care provider with any health concerns.

[Find a Doctor](#)

Take the time to review these results with a physician.

Discuss the many options available to you that can add years to your life. If you do not have a primary care provider, click here to find one that matches your needs. You may also call our Care 24/7 service at 888-888-8888 to talk to one of our referral specialists.

Our Cancer Services

To learn more about our personalized approach to cancer care at National Health, visit nationalhealth.org. We provide a comprehensive array of services to help our community maintain and improve their health.

Thank you for participating in the ColonCancerAware Risk Assessment.

NOTICE: Health assessments are based on averages from studies of large groups of people. Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

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