

## Understanding Your Risk:

### A Colon Cancer Screening Conversation.

Use this questionnaire and symptom tracker to record important health information and bring it to your next well-check appointment to begin a conversation with your doctor about recommended colon cancer screening.

Age \_\_\_\_\_ Sex \_\_\_\_\_ Ethnicity \_\_\_\_\_

Have you been screened for colorectal cancer before? If yes, which test was used: \_\_\_\_\_

Date and result of last screening: \_\_\_\_\_

#### Please check any boxes that may apply to you.

- I have a personal history of colorectal cancer
- I have a personal history of polyps
- I have a family history of colorectal cancer or polyps
- I have a history of inflammatory bowel disease (ulcerative colitis or Crohn's disease)
- Myself and/or a family member have tested positive for the BRCA mutation, Lynch syndrome or familial adenomatous polyposis (FAP)
- I have a history of radiation treatment due to a prior cancer diagnosis

#### Symptoms Checklist\*

- A noticeable change in bowel habits
- Blood in stool (which may also look dark brown or black)
- Rectal bleeding that is bright red in color
- Diarrhea, constipation or a constant feeling that the bowel does not empty all the way
- Abdominal pain, aches, or cramps
- Weakness or fatigue
- Unexplained weight loss

\*While many of the symptoms listed above may be caused by something other than cancer, if you have recently or are currently experiencing any of them, it's important to go ahead and make an appointment to talk to your doctor right away to find and treat the cause if needed.

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### Notes from your appointment

Keeping detailed notes during your appointment is an excellent way to keep up with your colon cancer symptoms. Use this section to document the instructions given to you by your doctor.

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### Concerned about colon cancer screening or a diagnosis? Schedule a conversation with a nurse who can put your mind at ease.

Navigating your healthcare journey can be overwhelming, and determining the best course of action can be a challenge. That's why talking with a ShareMD nurse is a good step when you have questions. Our nurses are dedicated to listening to your story and helping you navigate your condition, and if necessary—connecting you to best-in-class-care.

Whenever you're ready, we're here. Give us a call: 404-620-2052

