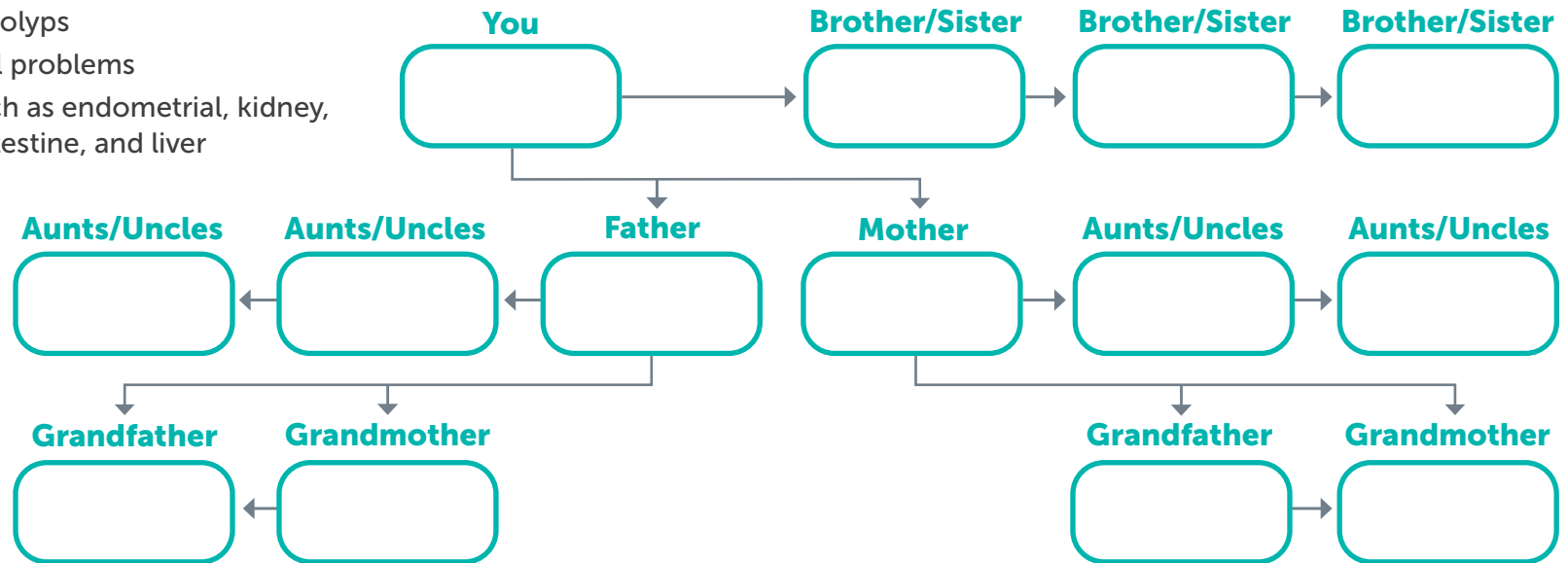


Family Health Tree

We highly recommend shaking up your family tree and learning your family health history. It could save a loved one's life — or yours.*

Make a note if a family member has a health history including any of the following:

- Colon or rectal cancer
- Cancer or rectal polyps
- Stomach or bowel problems
- Other cancers such as endometrial, kidney, stomach, small intestine, and liver
- Crohn's or colitis



Next steps

- For each blood relative, write in all the diseases (in boxes in chart above) we mentioned and the age at diagnosis.
- Make copies for family members.
- Ask family members to share this information with their doctor.
- Keep your family health tree in a safe place and update it at regular family gatherings, vacations, holidays, and family reunions

Share this information with your healthcare professional.

*Only health professionals can counsel you about your cancer risk. Even family trees that show several occurrences of cancer do not automatically imply high cancer risk. This is meant as a tool to begin the conversation with your family and healthcare professionals. This is not intended as medical advice and should not be relied on as such.



As each generation ages, important information can be forgotten or lost — start a dialogue with your family today to complete your family tree.

ccalliance.org | Helpline: (877) 422-2030

The Colorectal Cancer Alliance is a national organization committed to ending colorectal cancer within our lifetime. We are your allies — a national network of passionate survivors, caregivers and advocates dedicated to helping you and your family navigate all aspects of the disease, from diagnosis and treatment to a lifetime of progression-free survival. We are a community of people eager to share experiences, address your concerns, and answer your questions. We understand the different stages of the colon cancer journey because we've been there. We are here for you when you need us because we believe tomorrow can't wait.

