Colon cancer never?

Each year in Switzerland there are about 4000 people that are confronted with colon cancer. That means: each day there are 10 new diagnosis of colon cancer in Switzerland. More than half of the diagnosed patients find themselves in an advanced stage of the cancer. Direct relatives and persons 50 years of age and older are at a higher risk of falling ill with cancer of the colon. Colon cancer is treatable, the earlier it is detected; the better are the chances of recovery.

Do something about it.

Fill out the Risk Questionnaire on the next page now!

A healthy lifestyle reduces the risk of falling ill with colon cancer.

Protective factors:
• no overweight
• exercise
• high vegetables and fruit consumption
• less red meat
• moderate alcohol intake

Do something about it.

Change your lifestyle. Healthy diet and enough exercise help actively to prevent colon cancer. The earlier, the better!

Early detection is extremely important.

Symptoms:
• unexplainable loss of weight
• blood in stool
• constant bowel movement, but no stool
• change in earlier bowel movement
• sudden and long lasting stomach pain

Do something about it.

If you experience any of the symptoms mentioned above, we recommend that you discuss them with your primary physician.

There are special situations where one is at a greater risk of falling ill with colon cancer.

Greater risks:
• Parents or siblings with colon cancer
• previously found and removed colon polyps
• chronic infections of the intestines

Do something about it.

If one of the mentioned risk factors fit your profile, we recommend that you discuss this with your primary physician.

A certain risk of falling ill with colon cancer is always present. Fill out the medical questionnaire and dependent on the result, decide if you would like or need further medical tests.
Risk Questionnaire

If none of the risk factors mentioned in this document apply to you and you have no symptoms, you can fill out this questionnaire in order to estimate your risk of falling ill with colon cancer.

General Questions: Answer total points

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you a female</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>Are you a man</td>
<td>Yes</td>
<td>2</td>
</tr>
<tr>
<td>Are you under 50 years of age</td>
<td>Yes</td>
<td>0</td>
</tr>
<tr>
<td>Are you 50-54 years of age</td>
<td>Yes</td>
<td>1</td>
</tr>
<tr>
<td>Are you 55–59 years of age</td>
<td>Yes</td>
<td>2</td>
</tr>
<tr>
<td>Are you 60–64 years of age</td>
<td>Yes</td>
<td>4</td>
</tr>
<tr>
<td>Are you 65–70 years of age</td>
<td>Yes</td>
<td>6</td>
</tr>
<tr>
<td>Are you older than 70 years of age</td>
<td>Yes</td>
<td>8</td>
</tr>
</tbody>
</table>

According to the table underneath, are you significantly overweight

<table>
<thead>
<tr>
<th>Height (cm)</th>
<th>Weight (kg)</th>
<th>Height (cm)</th>
<th>Weight (kg)</th>
<th>Height (cm)</th>
<th>Weight (kg)</th>
<th>Height (cm)</th>
<th>Weight (kg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>150</td>
<td>68</td>
<td>151</td>
<td>68</td>
<td>152</td>
<td>69</td>
<td>153</td>
<td>70</td>
</tr>
<tr>
<td>154</td>
<td>71</td>
<td>155</td>
<td>72</td>
<td>156</td>
<td>74</td>
<td>157</td>
<td>76</td>
</tr>
<tr>
<td>158</td>
<td>78</td>
<td>160</td>
<td>80</td>
<td>162</td>
<td>82</td>
<td>164</td>
<td>84</td>
</tr>
<tr>
<td>166</td>
<td>88</td>
<td>168</td>
<td>90</td>
<td>170</td>
<td>92</td>
<td>172</td>
<td>94</td>
</tr>
<tr>
<td>174</td>
<td>96</td>
<td>176</td>
<td>98</td>
<td>178</td>
<td>100</td>
<td>180</td>
<td>102</td>
</tr>
</tbody>
</table>

* Calculate your BMI using the table below. If your weight is alike or higher, you are highly overweight (BMI 30).

** A single portion is equal to a handful or 120 g.

*** 30 minutes of daily exercise such as brisk walking or riding a bike during which you are lightly sweating.

This question refers to the prescription medicaments that you have taken in the last 10 years:

Do you have a heart condition or a vascular disease you have taken Acetylsalicylic acid (Aspirin or Tiatral)

<table>
<thead>
<tr>
<th>Yes</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>-2</td>
</tr>
</tbody>
</table>

Total

-6 - 2 Points

Your risk for colon cancer is not elevated. Watch your diet and exercise. Pay attention to any symptoms in the future.

3–5 Points

Your risk for colon cancer is moderately raised. Consult your pharmacist or primary physician about reducing your risks or measures that can be taken.

More than 5 Points

Your risk for colon cancer is significantly raised. Consult your pharmacist or primary physician about which preventive measures can be taken.

www.krebsliga.ch, Krebstelefon: 0800 11 88 11