


Why family history matters

If bowel cancer runs in your family, it can change the way you should screen. Your family includes:

- **Immediate relatives:** parents, brothers, sisters, children
- **Close relatives:** grandparents, aunts, uncles, nieces, nephews

<p>Average risk</p>	<p>Anyone with:</p> <ul style="list-style-type: none"> • no family history of bowel cancer or • 1 immediate relative who had bowel cancer aged 60 or older. 	<p>Do the free National Bowel Cancer Screening Program test every 2 years from age 45 to 74.</p> 
<p>Moderate risk</p>	<p>Anyone with:</p> <ul style="list-style-type: none"> • 1 immediate relative who had bowel cancer before age 60 or • 2 immediate relatives who had bowel cancer at any age or • 1 immediate relative + 1 or more close relatives who had bowel cancer at any age. 	<p>Talk to a doctor and consider a colonoscopy every 5 years.</p> <ul style="list-style-type: none"> • Start at the earlier age: from age 50 or 10 years before the age an immediate relative was diagnosed. • Monitoring should continue to age 74.
<p>High risk</p>	<p>Anyone with:</p> <ul style="list-style-type: none"> • 2 immediate relatives + 1 close relative who had bowel cancer, with at least 1 diagnosed before age 50 or • 2 immediate relatives + 2 or more close relatives who had bowel cancer at any age or • 3 or more immediate family members who had bowel cancer at any age. 	<p>Talk to a doctor and consider a colonoscopy every 5 years.</p> <ul style="list-style-type: none"> • Start at the earlier age: from age 40 or 10 years before the age an immediate family member was diagnosed. • Monitoring should continue to age 74. • You may be referred to a family cancer clinic to check for genetic risks, particularly if all relatives are from the same side of the family.

Not sure what is right for you?

- ✓ **Ask your doctor about your options** and when to start screening.
- ✓ **If your risk is moderate or high** your doctor may recommend you opt out of or defer from receiving the free test. Do this by calling 1800 627 701 or at www.ncsr.gov.au/manage-participation.