Colorectal cancer is the second deadliest form of cancer in Canada for men and women, second only to lung cancer. Beginning at age 50 the Canadian Association of Gastroenterology recommends screening, which may include F.O.B.T., X-Ray, Endoscopy or a combination.

### Men and Women

**Symptomatic**

- Polyps found at colonoscopy:
  - Follow-up colonoscopy:
    - in 5 years, if 1-2 tubular adenomas < 1 cm
    - in 3 years if > 2 adenomas
    - use clinical judgement in other circumstances*

**Diagnostic Work-up**

- HNPCC* or FAP
  - Genetic Counseling & Special Screening

**Asymptomatic—Positive Family History Regardless of Age**

- 1 first-degree relative with cancer or polyp at age <60 or 2 or more first-degree relatives affected with polyp or colon cancer at any age
- 1 first-degree relative affected at age > 60 or 2 or more second-degree relatives with cancer or polyps
- 1 second degree relative or third degree relative affected

- Polyps found at colonoscopy:
  - Follow-up colonoscopy:
    - in 5 years, if 1-2 tubular adenomas < 1 cm
    - in 3 years if > 2 adenomas
    - use clinical judgement in other circumstances*

**Colonoscopy every 5 years beginning at age 40 years or 10 years earlier than the youngest diagnosis of polyp or cancer in the family, whichever comes first.**

**Average-risk screening, but beginning at age 40. Could include F.O.B.T., X-Ray, Endoscopy or a combination.**

**Average-risk screening beginning at age 50. Could include F.O.B.T., X-Ray, Endoscopy or a combination.**

**Follow-up colonoscopy:**
- in 5 years, if 1-2 tubular adenomas < 1 cm
- in 3 years if > 2 adenomas
- use clinical judgement in other circumstances*


### HNPCC: Colonoscopy, every 1-2 years, beginning at age 20 years or 10 years younger than the earliest case in the family, whichever comes first.

### FAP: Sigmoidoscopy annually, beginning at age 10-12 years.

### AAPC: Colonoscopy annually. Beginning at age 16-18 years.

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**HNPCC** = hereditary nonpolyposis colorectal cancer  
**FAP** = familial adenomatous polyposis  
**AAPC** = attenuated adenomatous polyposis.

**First degree relative** = parents, siblings, children.  
**Second degree** = grandparent, aunt, uncle.  
**Third degree** = great grandparent or cousin.