
EDUCATING THE PATIENT ABOUT RISK FACTORS AND CANCER PREVENTION

Cancer risk is affected by environmental and genetic factors. Patients should know what risk factors they can control, and be aware of signs and symptoms of cancer, especially when they have an increased risk.

Patient understanding of the factors contributing to cancer risk can increase motivation for lifestyle changes and acceptance of screening and risk-reducing measures to lower morbidity and mortality from cancer. After you communicate your CRC risk assessment and management recommendations, it is important to educate the patient about ways to mitigate cancer risk.

PARTICIPANTS

Provider, patient

WHAT YOU'LL NEED

Knowledge of cancer risk factors & prevention strategies

BARRIERS

Patient compliance, limited support resources

LEARN MORE

[Colon cancer prevention \(NCI\)](#)

PATIENT MATERIALS

[Patient Education Materials](#)

STEPS

- 1** Discuss actions the patient can take to reduce cancer risk factors and increase cancer prevention practices. This may include lifestyle changes such as modifications in diet regarding consumption of processed meat, red meat, fruits, and vegetables, exercise, weight loss, alcohol consumption, and smoking cessation as well adherence to his or her recommended screening regimen.
- 2** Educate the patient about cancer signs and symptoms. Patients at risk of CRC should be aware that the following symptoms can be associated with a CRC: blood in stool, recent-onset, persistent or progressive diarrhea and/or constipation, persistent or progressive abdominal pain, abdominal mass, and unexplained weight loss.