

Family risk of colorectal or endometrial cancers

What is it?

Colorectal cancers are cancers that start in the colon or rectum. Endometrial cancers are cancers that begin in the uterus. Some people may have a higher risk of getting these cancers due to a family link:

- Women with a first-degree family member with either cancer have a higher risk of endometrial cancer
- Ten to 15% of all people with colorectal cancer have a family history

Around 5 percent of colorectal cancers are present in people with a gene mutation. A mutation is a change or fault in the DNA of a gene. If your blood relative has a gene mutation, you have a one-in-two chance of having it. If someone in your family has cancer or a known gene mutation, you have a higher cancer risk. But that doesn't mean you will get cancer. Gene testing can help you learn more about your risk. Your GP can talk to you about testing and checking for cancer signs.

What questions could I ask my doctor?

- What can I do to reduce my risk?
- Where can I learn more about gene testing?
- What if someone in my family gets cancer?



What will my GP do now?

Your GP may talk to you about your family link and gene testing. Your GP may refer you to a cancer service for more advice if:

- You have had cancer
- Someone in your family has had cancer
- Someone in your family has a rare gene mutation

Your GP may also discuss cancer screening and known ways to help prevent cancer.

Moving every day, eating a healthy diet, limiting alcohol and quitting smoking all make a difference.

What will my GP do in the future?

Your GP may see you each year to check your health and see if there are any changes to your risk factors. Your GP may also discuss screening each year. If someone in your family gets cancer, you may think about gene testing. You can discuss gene testing at any time, and you can change your mind about testing when you want.

What can I do?

If you are feeling worried about your cancer risk, talk to your GP. Your GP may refer you to a specialist who can discuss the pros and cons of gene testing. A genetic counsellor can also help you decide if testing is right for you. If testing shows you have an increased risk, your GP will help you learn how to reduce your risk.

What supports are available?

The Liverpool Hospital Cancer Therapy Centre provides gene testing and support. Ask your GP to refer you.

Where can I learn more?

- **Genetic Alliance** – A guide to family health history: geneticalliance.org