



Family History (FH) Risk Assessment Tool

Disease	Family Risk	Screening Action
Breast Cancer (BC)	First degree family history breast cancer (mother, sister, daughter particularly if diagnosed before menopause) Personal or first degree family history of	Mammographic screening yearly for patients and/or consult with a specialist (radiologist/surgeon) for other breast imaging/ screening.
Colorectal Cancer (CRC)	Increased risk: no signs/symptoms; 1 first degree relative with CRC (parent, child, sibling) less than age 60 or 2 first degree relatives with CRC at any age	Do screening colonoscopy FOLLOW UP POST SCREENING Negative result—repeat in 5-10 years Positive result—treat and repeat colonoscopy based on results
	Special risk: Family history of genetic syndromes (Hereditary Nonpolyposis CRC, familial adenomatous polyposis & attenuated adenomatous polyposis); longstanding inflammatory bowel disease (IBD) such as Crohn's colitis or Ulcerative colitis	Refer to specialist Reference: Canadian Association of Gastroenterologists. http://www.cag-acg.org
CHD	Positive history of premature cardiovascular disease present in a first-degree relative <ul style="list-style-type: none"> • before 55 years of age for men • before 65 years of age for women 	Use Modified Framingham Risk Score as below. <ul style="list-style-type: none"> - Double cardiovascular disease risk percentage if a positive history of premature cardiovascular disease is present in a first-degree
Type 2 Diabetes	1st degree relative with Type 2 diabetes	Use CANRISK risk calculator to determine risk level (low, moderate, high). More frequent (annually if high risk or biennially if moderate risk) testing and/or earlier testing than age 40 years with either <ul style="list-style-type: none"> • FPG and/or • A1c (HbA1c) • or 2hPG in a 75 g OGTT