

甚麼人易患大腸癌？

任何人都有可能患上大腸癌，但以下因素使人們患病的機率更大：

- **年齡** - 通常發生在超過**50**歲或以上的人群
- 有患大腸癌的**家族病史**
- **家庭或個人病史**中曾患有腸道炎症等疾病
- **飲食** - 過多吃高脂肪食物（特別是動物脂肪）及肉類，但少吃纖維素
- **飲酒過度**
- **吸煙**
- **身體超重或肥胖**
- **不愛運動**

有的人並沒有任何危險因素，但仍然有可能患上大腸癌。



Who Gets Colorectal Cancer? (Risk Factors)

Anyone can get colorectal cancer, but your risk increases with:

- **Age** - occurs mostly in those age 50 and older
- **Family history** of colorectal cancer
- **Family or personal history** of certain inflammatory bowel diseases
- **Diet** high in fat (especially animal fat), meat, and low in fiber
- High intake of **alcohol**
- **Smoking**
- **Overweight or obese**
- **Physical inactivity**

Some people who develop colorectal cancer do not have any of these risk factors.