

Learn Your Risk for Colorectal Cancer

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March 9, 2026 By [Trent Straube](#)

Colorectal cancer is on the rise, especially among young adults. Excluding skin cancer, it's the third most common cancer diagnosis in the states, after prostate (for men), breast (for women) and lung cancers. Thanks to free and anonymous online calculator [MyGeneRisk Colon](#) from Fred Hutch Cancer Center, you can estimate your risk. Users upload genetic data from direct-to-consumer DNA testing services and answer questions about lifestyle—such as diet, habits and exercise—and the tool generates a report. Don't have DNA data? The tool can also calculate your risk using lifestyle factors alone.

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<http://beta.docker.cancerhealth.com/article/learn-risk-colorectal-cancer>