

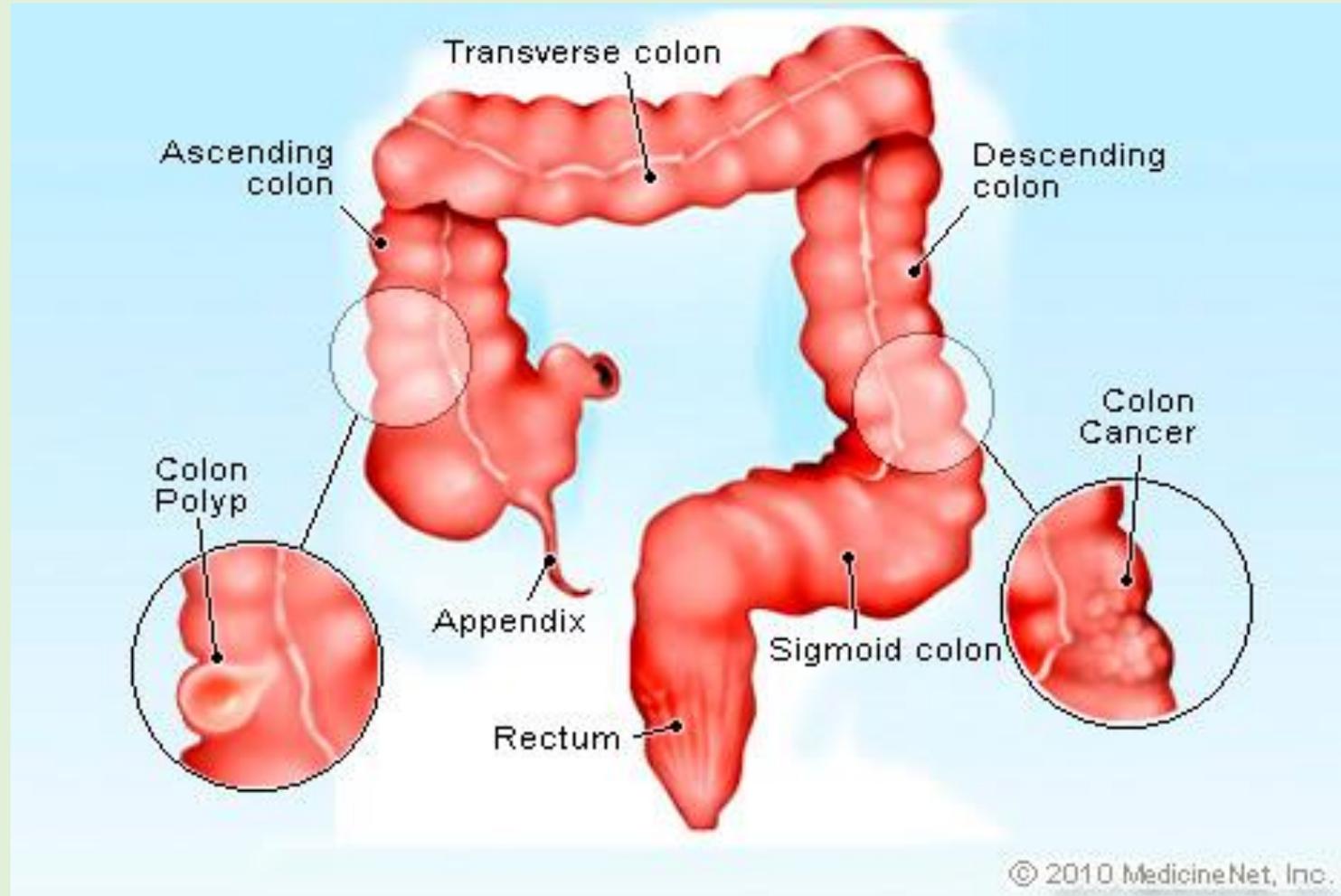
Colon-Rectal Cancer

Mohammad Masood Athar, MD, MPH

Colorectal Cancer: What Is It?

- It happens when abnormal cells grow in the lining of the large intestine (also called the colon) or the rectum.
- The majority of colon cancers slowly develop from colon usually a polyp growth on the inner surface of the colon
- It can strike both men and women, men have a slightly higher risk
- After cancer develops it can invade or spread to other parts of the body

It has the second highest rate of cancer deaths in the U.S.



When found early, **it's highly curable!**

Risk Factors You Can't Control

Some things you just can't help, such as:

- Your age - most people with it are older than 50
- Polyps or inflammatory bowel disease
- Family history of colorectal cancer or precancerous colon polyps



What Are the Symptoms?

- **Colorectal cancer doesn't have early warning signs, so it's important to get checked**
- **Finding it early means it's more curable.**
- **As the disease gets worse**
 - **you may see blood in your stool**
 - **pain in your belly**
 - **bathroom-related troubles like constipation or diarrhea**
 - **unexplained weight loss**
 - **fatigue**
- **By the time these symptoms appear, tumors tend to be bigger and harder to treat**

Fecal Blood Tests

The fecal occult blood test and fecal immunochemical test can show whether you have blood in your stool, which can be a sign of cancer. Doctors typically recommend these tests every year. If your samples show signs of blood, you may need a colonoscopy.

An at-Home Choice: DNA Test

A new test called Cologuard looks for blood or suspicious DNA in your stool sample. The test is very accurate at finding colon cancer, but if it does, you still need to follow up with a colonoscopy. Cologuard can't take the place of that exam. The American Cancer Society recommends getting a stool DNA test every 3 years.

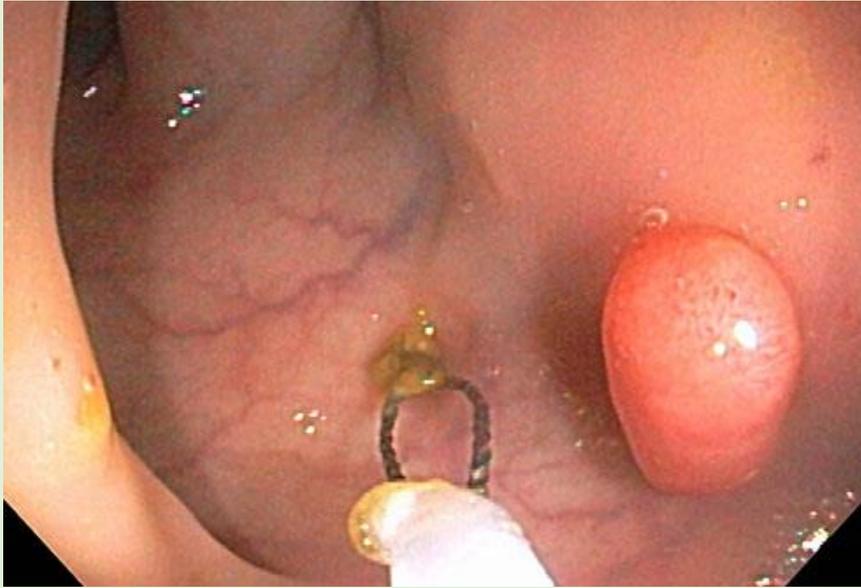
Tests for Colon Cancer

- **Screening begins at age 50 in average-risk adults**
- **A colonoscopy is a common test for detecting polyps and colorectal cancer. A doctor views the entire colon using a flexible tube and a camera**
- **Polyps can be removed at the time of the test. A similar alternative is a flexible sigmoidoscopy that examines only the lower part of the colon**
- **Some patients opt for a virtual colonoscopy, a CT scan or double contrast barium enema, a special X-ray - although if polyps are detected, an actual colonoscopy is needed to remove them**



What Are Polyps?

- **They're growths on the inside of the intestines. Most of them are harmless, but some can turn into colorectal cancer if not removed early**
- **The two most common types of intestinal polyps are adenomas and hyperplastic polyps. They form when there are problems with the way cells grow and repair in the lining of the colon**
- **The way to prevent colon cancer is to find and remove colon polyps before they turn cancerous**



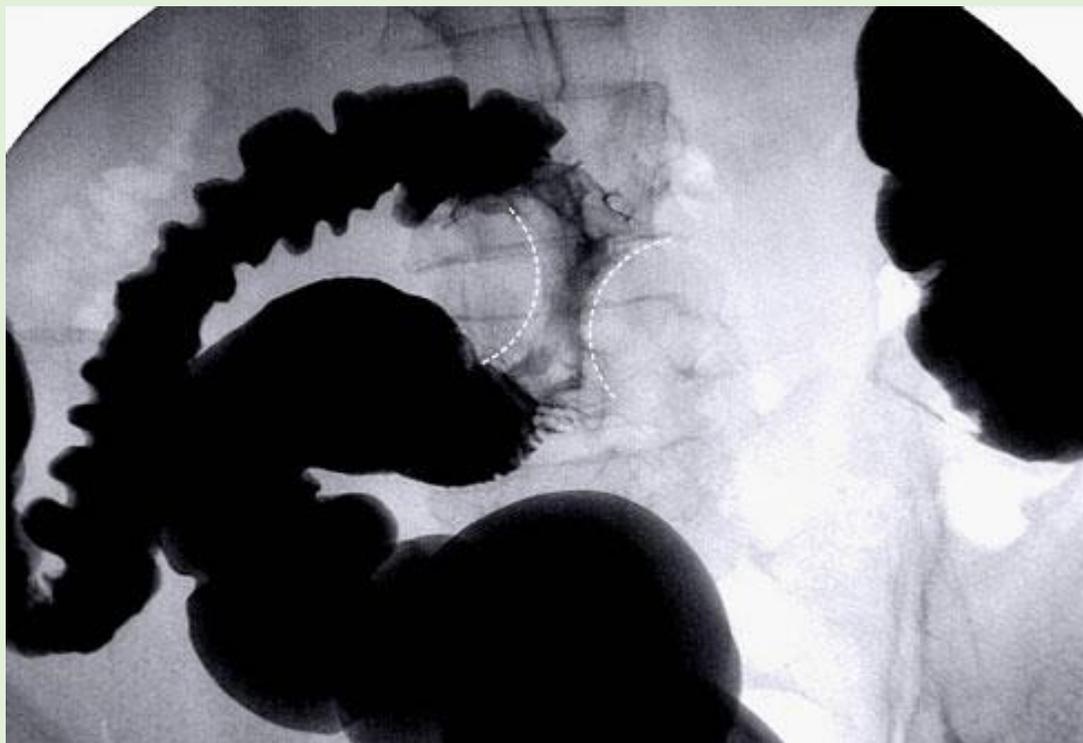
Tests That Find Colorectal Cancer

Screening tests are key to an early diagnosis. Most people should have a colonoscopy every 10 years once they turn 50. This test uses a tube with a tiny camera to look at the whole colon and rectum. It can help prevent colorectal cancer by finding tumors early. Your doctor will then remove the polyps (as pictured here).



Virtual Colonoscopy

This uses a CT scan to show a 3-D model of your colon. The test can show polyps or other problems without placing a camera inside your body.



Barium Enema

These X-rays give a glimpse at the inside of your colon and rectum. It's another way to find polyps, tumors, or other changes in your intestines.

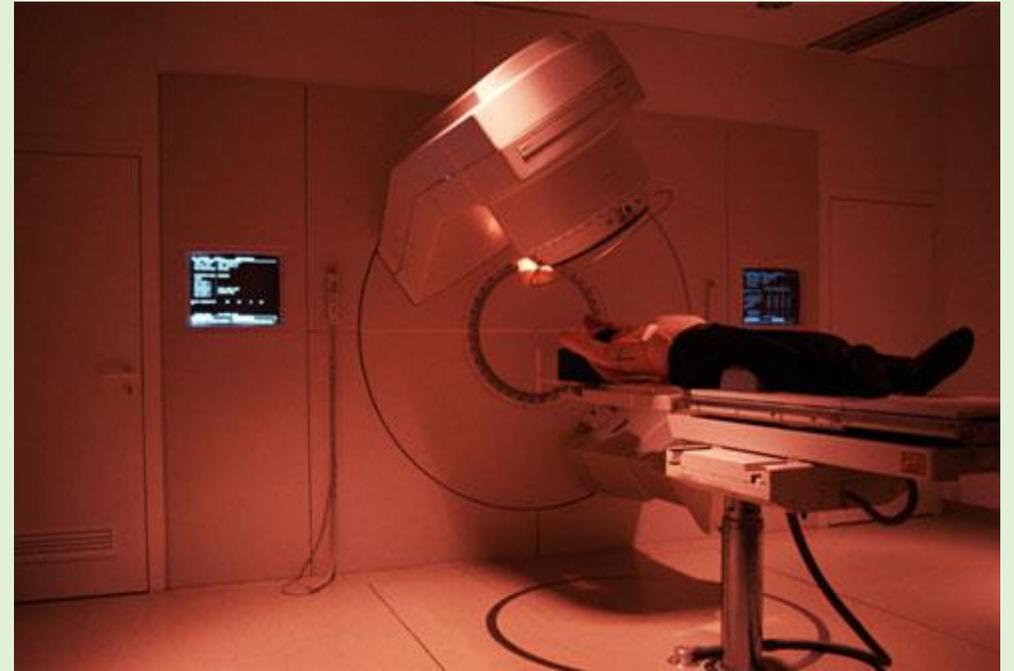


Can Surgery Help?

Surgery has a very high cure rate in the early stages of colorectal cancer. In all but the last stage, doctors remove the tumors and surrounding tissue. If they are big, your doctor may need to take out an entire piece of your colon or rectum. If the disease affects your liver, lungs, or other organs, surgery probably won't cure you. But it may help ease your symptoms.

Fighting Advanced Cancer

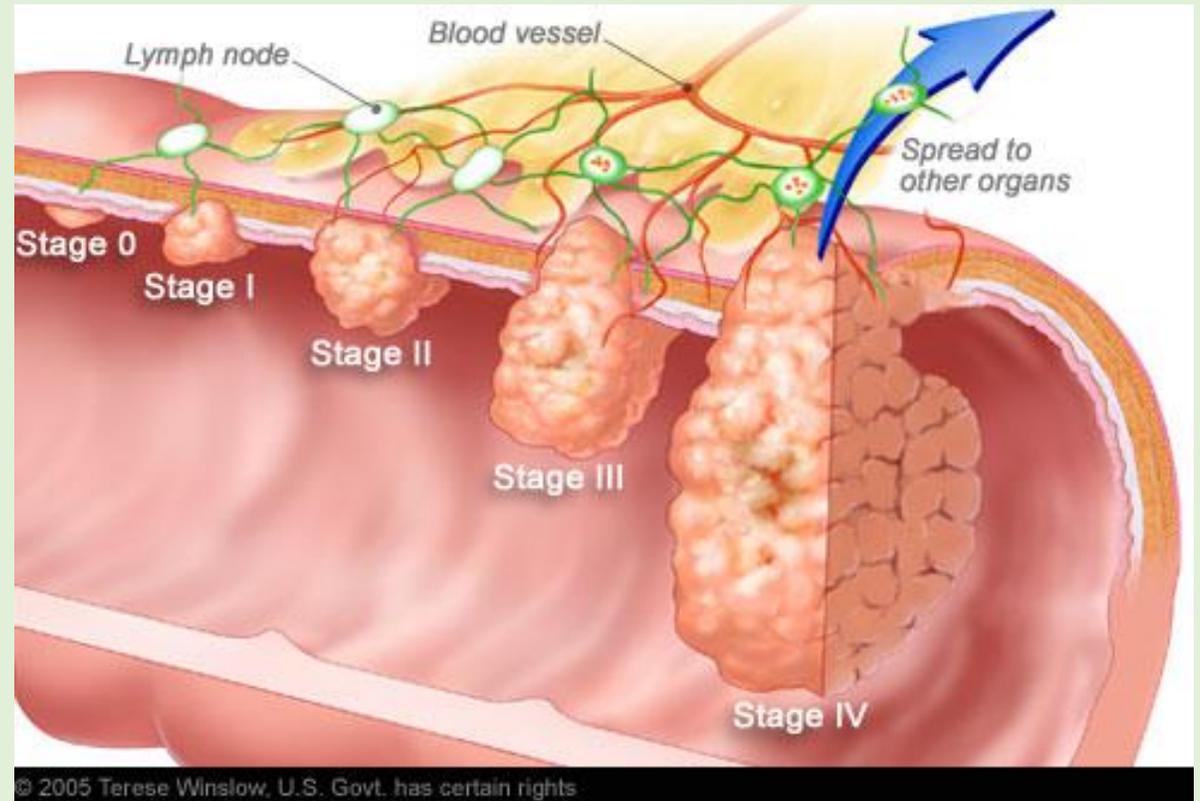
Colorectal cancer can still sometimes be cured even if it has spread to your lymph nodes (stage III). Treatment typically involves surgery and chemotherapy. Radiation therapy (shown here) is an option in some cases. If the disease comes back or spreads to other organs, it will probably be harder to cure. But radiation and chemotherapy may still ease your symptoms and help you live longer.





Chemotherapy

Newer chemotherapy drugs are less likely to make you sick. There are also medicines that can help you control your symptoms.



The Stages of Colorectal Cancer

Experts "stage" any cancers they find -a process to see how far the disease has spread. Higher stages mean you have a more serious case of cancer. Tumor size doesn't always make a difference. Staging also helps your doctor decide what type of treatment you get.

The Stages of Colorectal Cancer

- Stage 0:** Cancer is in the innermost lining of the colon or rectum.
- Stage I:** The disease has grown into the muscle layer of the colon or rectum.
- Stage II:** Cancer has grown into or through the outermost layer of the colon or rectum.
- Stage III:** It has spread to one or more lymph nodes in the area.
- Stage IV:** It has spread to other parts of the body, such as the liver, lungs, or bones.

Survival Rates

The outlook for your recovery depends on the stage of your cancer. You might hear your doctor talk about the “5-year survival rate”, that means survival rate of 87% to 92%.



Risk Factors You Can Control

Avoid things that can raise your odds of getting the disease:

- **Eating a lot of red or processed meats, or those cooked at high temperatures**
- **Obesity (having too much fat around the waist)**
- **Not exercising enough**
- **Smoking**
- **Heavy alcohol use**

Prevention of Colon-Rectal Cancer

- **Regular visit to your doctor and follow preventive screening appropriate to your age and sex**
- **Stool examination for blood, colonoscopy at age 50 and follow the prevention screening**
- **Healthy habits**
 - **Smart Food Choices**
 - **Regular Exercise**
 - **No Smoking**
 - **Avoid Alcohol Use**

Diet Plays a Vital Role

- Colorectal cancer is the third most common type of cancer for both men and women.
- Smart food choices may help you lower your chances of getting it.
- Some studies say that people who eat right, exercise, stay a healthy weight, and keep alcohol to a minimum may cut their odds of the disease by more than a third.



Contact 3 friends, family members or loved ones who have reached age 50

Ask whether they got the Screening Test done?

If NOT

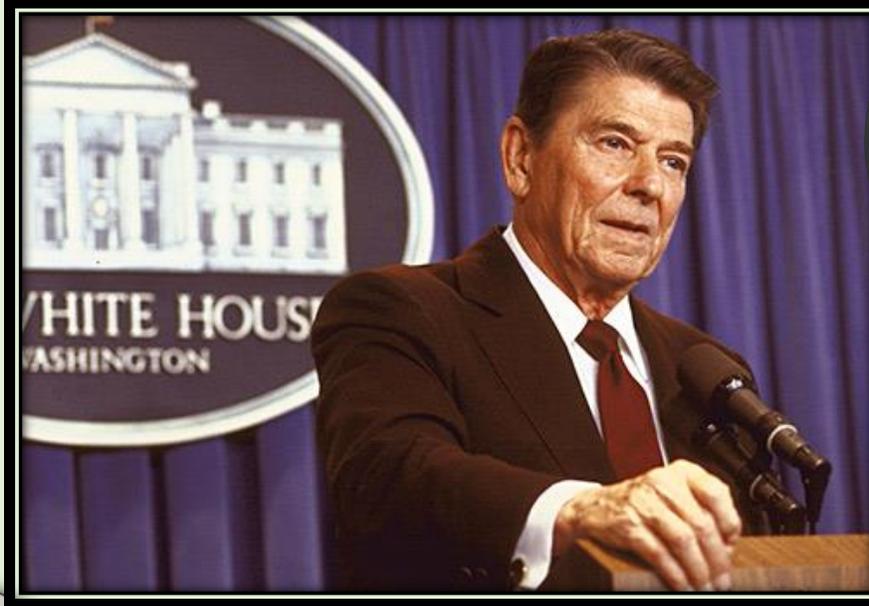
Tell them to take an appointment with their Physician and ask for Preventive Screening Tests!

One person can make a difference and everyone should try – *John F Kennedy*

Had Colon Rectum Cancer



Darryl Strawberry
New York Yankee



Ronald Reagan
He has beaten the cancer,
but succumbed to Alzheimer



Katie Couric
Lost her husband Jay to disease.
Her campaign efforts led to a
20% jump in the number of
screenings in the U.S.



Audrey Hepburn
Goodwill Ambassador of UNICEF



Sharon Osbourne
Sharon Osbourne
Colon Cancer Program