Colorectal cancer is the fourth most common cancer in both men and women in the United States. An estimated 135,430 cases of colorectal cancer will be diagnosed in the United States in 2017.

RISK FACTORS

- Age
- Family history
- Obesity
-Physical inactivity
- Heavy alcohol use
- Smoking

PREVENTION

Get regular colorectal cancer screenings. This is one of the most powerful weapons for prevention.

TREATMENT OPTIONS

Surgery
- Removal of all or part of the colon or rectum

Radiation Therapy
- A concentrated, heated form of chemotherapy directly into an artery leading to the location of the tumor. By limiting the amount of chemotherapy extending beyond the tumor site, this treatment may have fewer side effects than standard chemotherapy.

Chemotherapy
- Systemic chemotherapy: Drugs that are injected into a vein or given by mouth. Since the drugs enter the bloodstream and reach all areas of the body, this treatment is typically reserved for cancers that have spread beyond the organ in which they originated.

Hyperthermic intraperitoneal chemotherapy (HIPEC)
- A radioactive substance is injected directly into the peritoneal cavity to treat metastatic peritoneal disease. HIPEC is typically used in the treatment of colorectal cancer that has spread to the peritoneum.

Tagged therapy
- Internal radiation therapy: A radioactive substance is inserted directly into or near a tumor, via a catheter or other carrier. For colorectal cancer, it may be placed directly into a vein or given by mouth. Since the drugs enter the bloodstream throughout the body, where it searches for and destroys cancerous cells. (Example: radioactive iodine therapy)

External beam radiation therapy:
- A machine produces a concentrated, heated form of chemotherapy directly into the abdomen (Example: 3D conformal radiation therapy, IMRT, IGRT, stereotactic radiosurgery).

Screening

Treat used to screen for colorectal cancer include:

- STOOL DNA TEST
- Colonoscopy
- Double-contrast barium enema

Surveillance

- Colonoscopy
- stool DNA test

Caution: Continuous smoking, binge drinking, and physical inactivity are risk factors.

 huis: www.cancer.org

WARNING SIGNS

- Unexplained weight loss or narrowing of the stool
- Nausea or vomiting
- Weakness and fatigue
- Abdominal bloating, cramps
- Rectal bleeding or blood in the stool
- A feeling that your bowel doesn’t empty completely
- Black stooling or blood in the stool
- Abdominal bloating, cramps or pain
- Changes in bowel habits

SOURCES

To learn more, go to www.cancercenter.com/colorectal-cancer/