



# OLV HEALTH & WELLNESS MINISTRY

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## Colorectal Cancer: Preventable, Beatable, and Treatable

### Colorectal (CRC) is:

- The most common cancer in both men and women in the U.S. and the 3<sup>rd</sup> leading cause of cancer-related deaths in the U.S.
- It is estimated that more than half of all cases could be prevented by regular colonoscopy screening.

CRC is the growth of abnormal cells. These cells can **invade** and **damage** normal tissue. CRC starts in the colon or rectum (parts of the digestive system). CRC can develop from a polyp (abnormal growth).

**Risk Factors** are anything that can increase or decrease a person's chance of getting a disease, such as cancer:

- **Age**-Most CRC occurs in people age 50 and older.

#### Diet:

- High in red meats (beef, pork, or lamb) and processed meats (hot dogs, bacon, or cold cuts) → **raises** risk for CRC.
- High in fruits and vegetables → **lowers** risk.
- Physical Activity-Less active → **raises** risk.
- Overweight, Obesity → **raises** risk of having and dying from CRC.
- Smoking → **raises** risk.
- Heavy alcohol use → **raises** risk.
- Type 2 diabetes → **raises** risk.

### Major risk factors for CRC:

- Inflammatory bowel disease, such as ulcerative colitis or Crohn's disease.
- Family history of adenomatous polyps, CRC, or certain inherited syndromes.
- Those who have had CRC.

### Detecting and Preventing CRC

- Some CRC can be prevented with regular screening, a method of testing for the disease in people who have no symptoms.
- Why Screen?
  - To find and remove polyps before they become cancer.
  - To find CRC early—when it's small and has not spread, and when treatment can be more effective.

**Tests that can find both polyps and cancer:** These tests look inside to find abnormal areas with a lighted tube put into the rectum or with special x-ray tests

- Flexible Sigmoidoscopy
- Colonoscopy
- Double contrast barium enema
- CT colonoscopy