

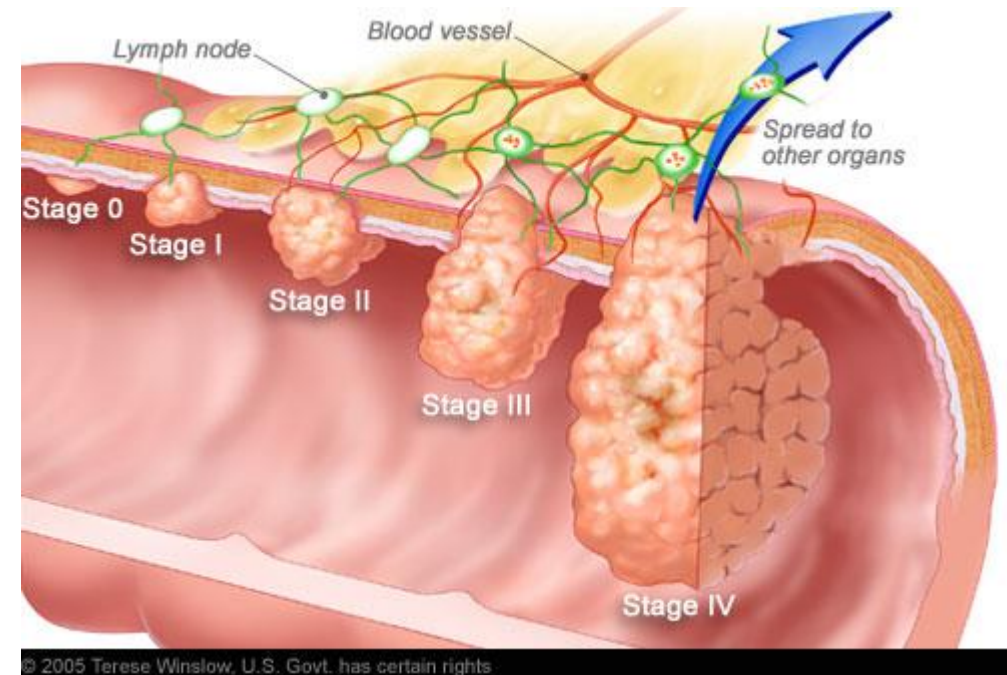
# Colon Cancer screening: When, What, Why, When, How, Where...

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March 26, 2019

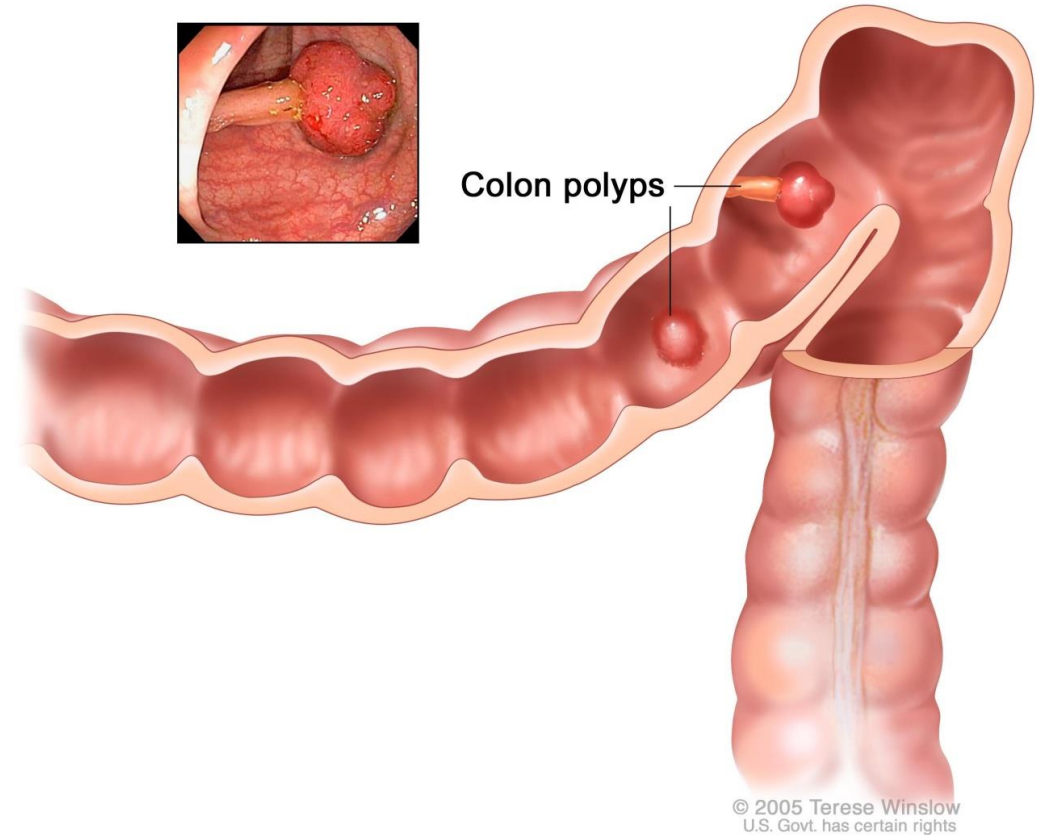
# What is colon cancer?

- A cancer that starts in the colon or the rectum
- Cancer starts when the cells in the body grow out of control, can spread to other areas of the body



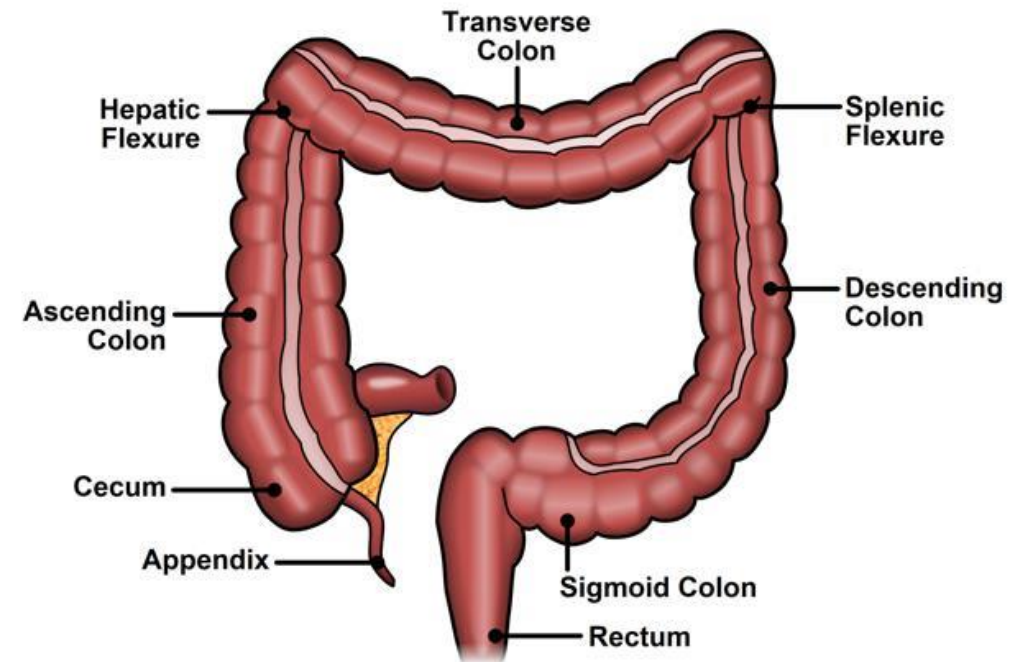
# Where does cancer start?

- Most cancers start as growths on the inner lining called a polyp



# What does the colon do?

- A 5 foot long muscular tube
- Absorbs water and salt from the remaining food matter after it passes through the small intestines

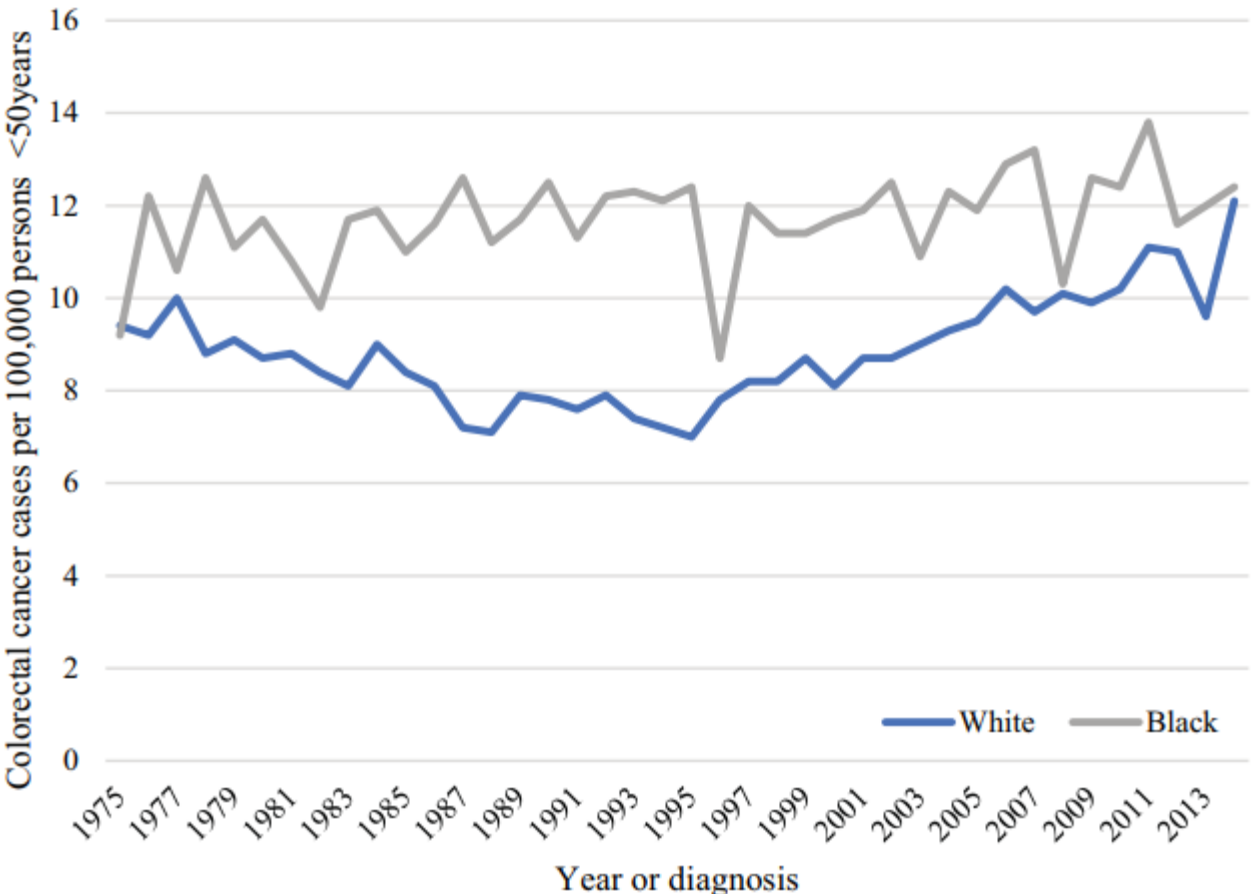


# How much colon cancer is there?

- **136,830** people diagnosed with CRC in 2014
- **50,310** people die of colon cancer annually
- Fourth most commonly diagnosed cancer, second leading cause of cancer death
- Both **incidence** and **death rates have declined** in the past decade
  - Why? Increased colonoscopy use
- Incidence and mortality rates 25% and 50% higher in **African Americans** than Whites
  - Also high risk in Ashkenazi Jews
  - Lower in other ethnic groups

# Who gets colon cancer?

- 4.4% for women
- 4.7% for men
- Usually adults over 50



**FIGURE 1.** Trends in Colorectal Cancer Incidence Rates in Adults Younger Than Age 50 Years by Race, 1975 to 2014.

# What increases the risk for colon cancer?

## **Avoidable risks**

- Overweight/ obese
- Physical inactivity
- Diet high in red meat
- Fried, grilled, broiled meats
- Low in vegetables, fruits, whole grains
- Smoking
- Heavy alcohol use

## **Unavoidable risks**

- Being older
- Personal history of colorectal polyps or colorectal cancer
- Personal history of inflammatory bowel disease
- Family history of colorectal cancer or polyps
- Inherited cancer syndromes
- Type 2 diabetes



# When does family history matter?

- Family history of cancer or polyps
- Family cancer syndromes
  - Familial adenomatous polyposis (FAP)
  - Gardner syndrome
  - Lynch syndrome
  - Turcot syndrome
  - Peutz-Jeghers syndrome
  - MUTYH-associated polyposis

# What if nobody else in my family has colon cancer?

- Most cancers aren't heritable
  - Your risk is likely average

# What if my personal risk is very low?

- Then your risk is average (not negligible)

# What if people in my family never get cancer?

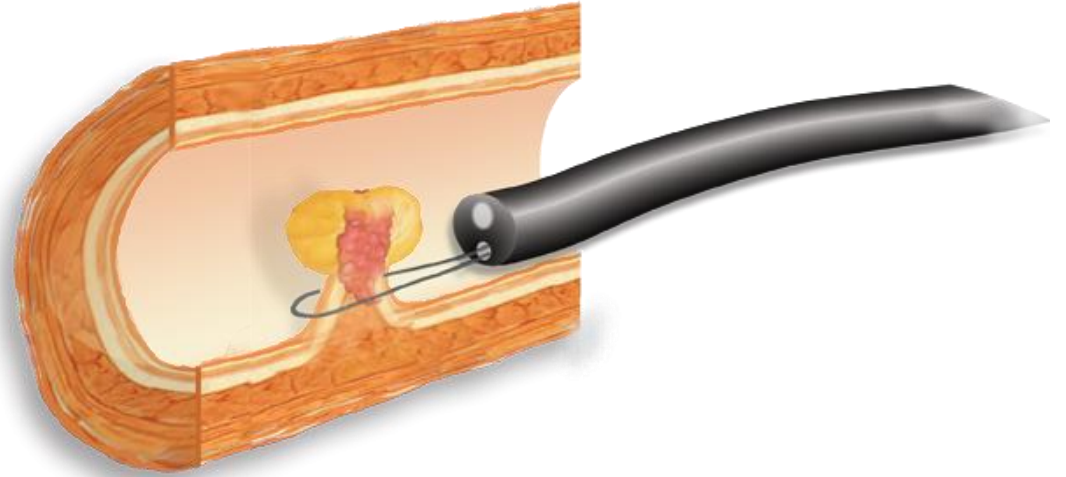
- Congratulations! Your risk is average!

# What if I don't want to get screened for colon cancer?

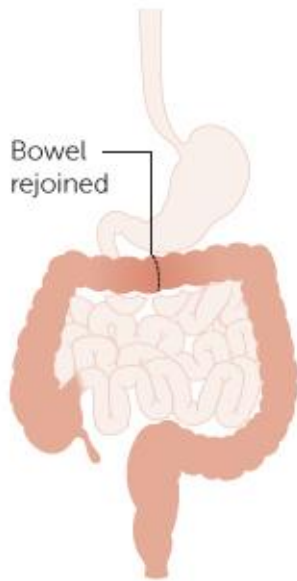
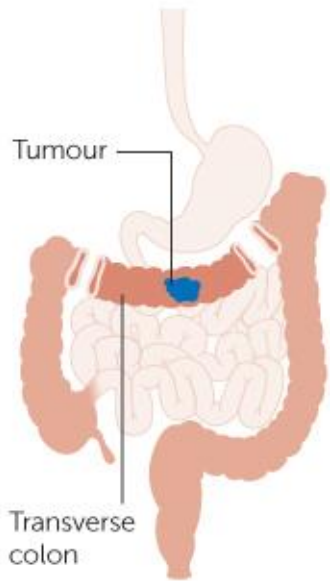
- Then accept the small (**but real**) risk of a (**completely preventable**) cancer

# Is there a cure?

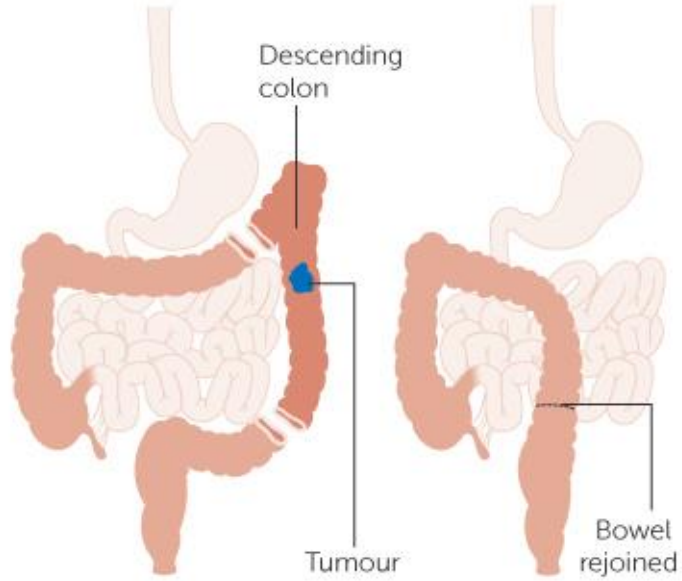
- Prevention through polypectomy
- Surgery
- Adjunctive radiation therapy
- [Chemotherapy for metastatic disease}



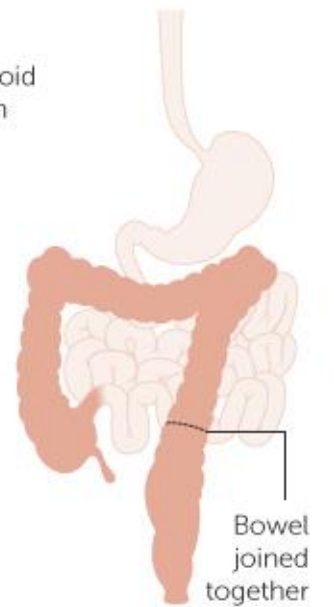
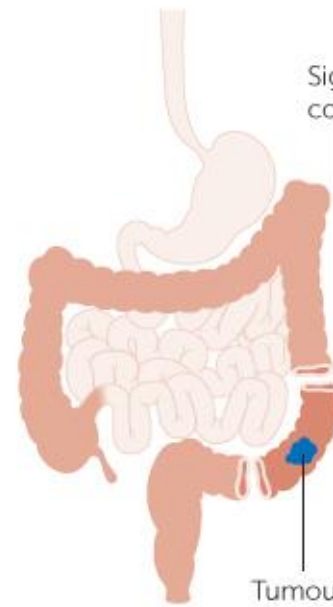
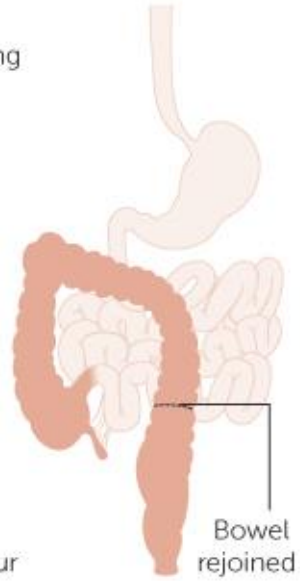
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# Can it be prevented?

- Yes. That's why we do screening tests.



# What is a screening test?

- A test that helps to identify people with increased risk for a disease before they have symptoms
- This is the core of preventive health care

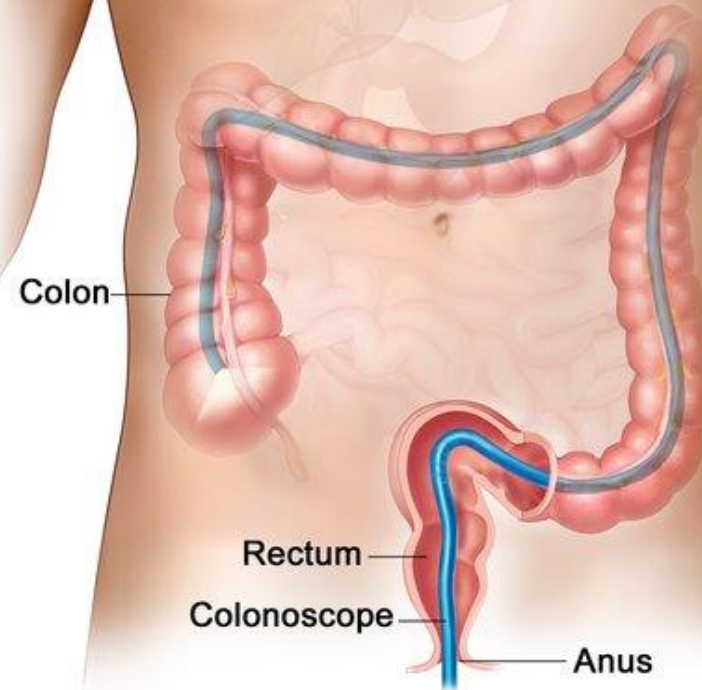
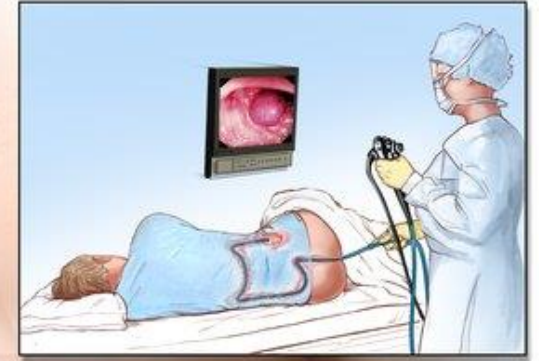
# Available Screening Options

- Colonoscopy
- Fecal Immunochemical Testing (FIT)
- Fecal Occult Blood Testing (FOBT)
- Cologuard (Stool DNA)
- Flexible Sigmoidoscopy
- Computed Tomographic (CT) Colonography
- Barium Enema (BE)

# Colonoscopy

- What?
- How?
- Where?
- Will it hurt?
- How often?

Colonoscopy

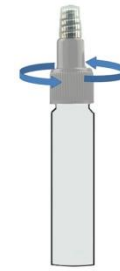


# FIT

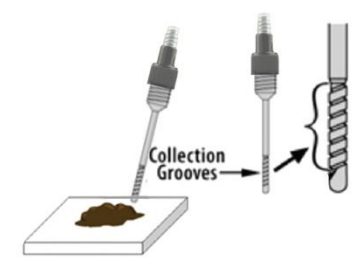
- What?
- How?
- Where?
- Will it hurt?
- How often?



After an evacuation, wipe normally and retain a small amount of feces on toilet paper



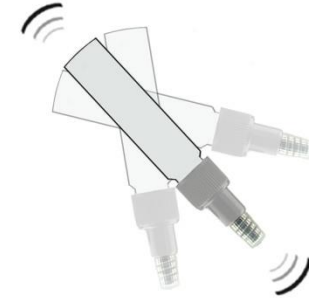
Unscrew cap from buffer tube  
Do not empty liquid from tube.



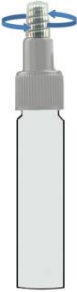
Collect a small sample of feces onto the grooves of the wand



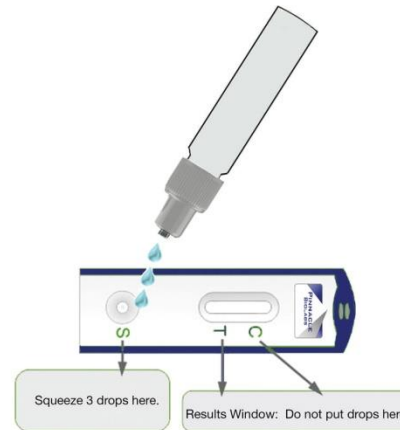
Return wand to tube



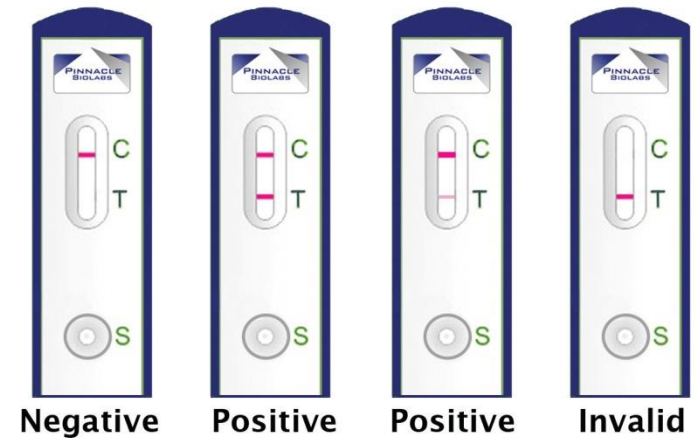
Shake tube for three (3) seconds



Unscrew smaller, clear cap



Apply 3 drops from buffer tube to sample well.



Interpret results after five minutes. Do not read results after 10 minutes.

# FOBT

- What?
- How?
- Where?
- Will it hurt?
- How often?



# Stool DNA

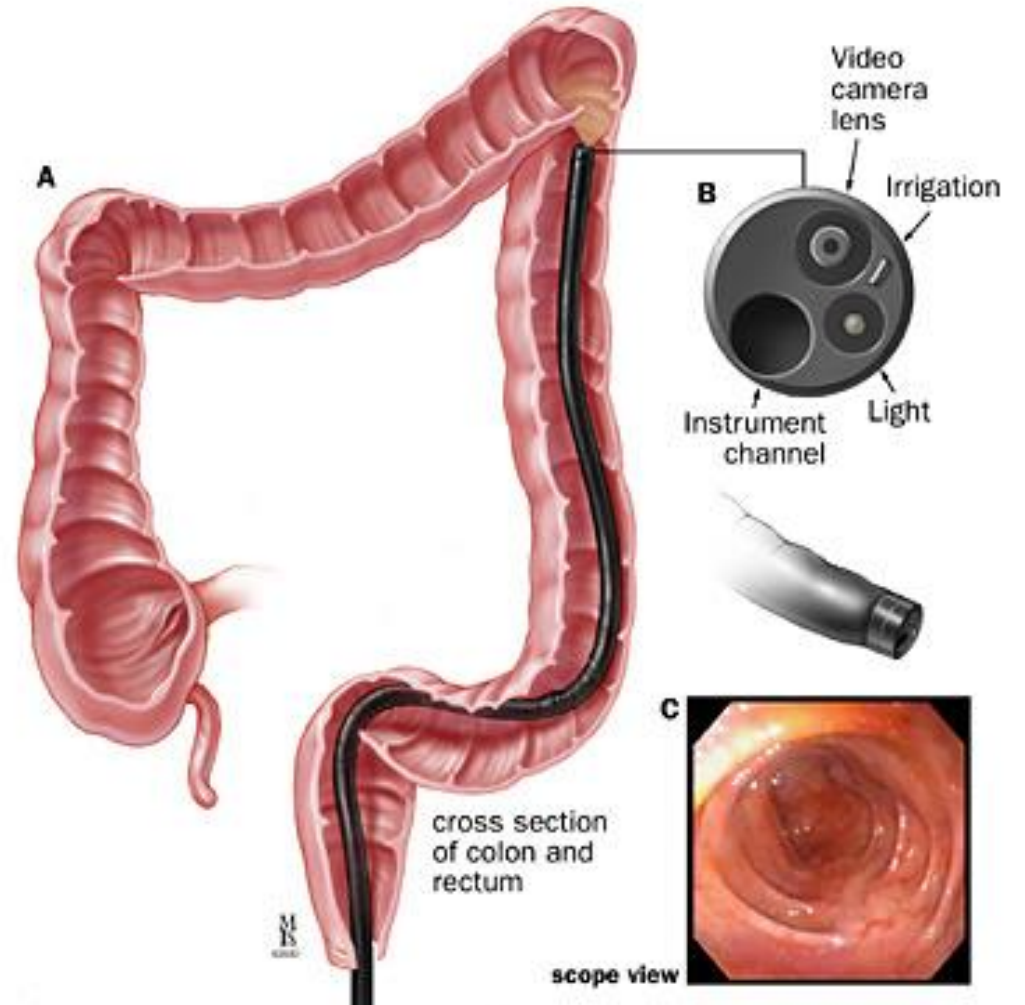
- What?
- How?
- Where?
- Will it hurt?
- How often?





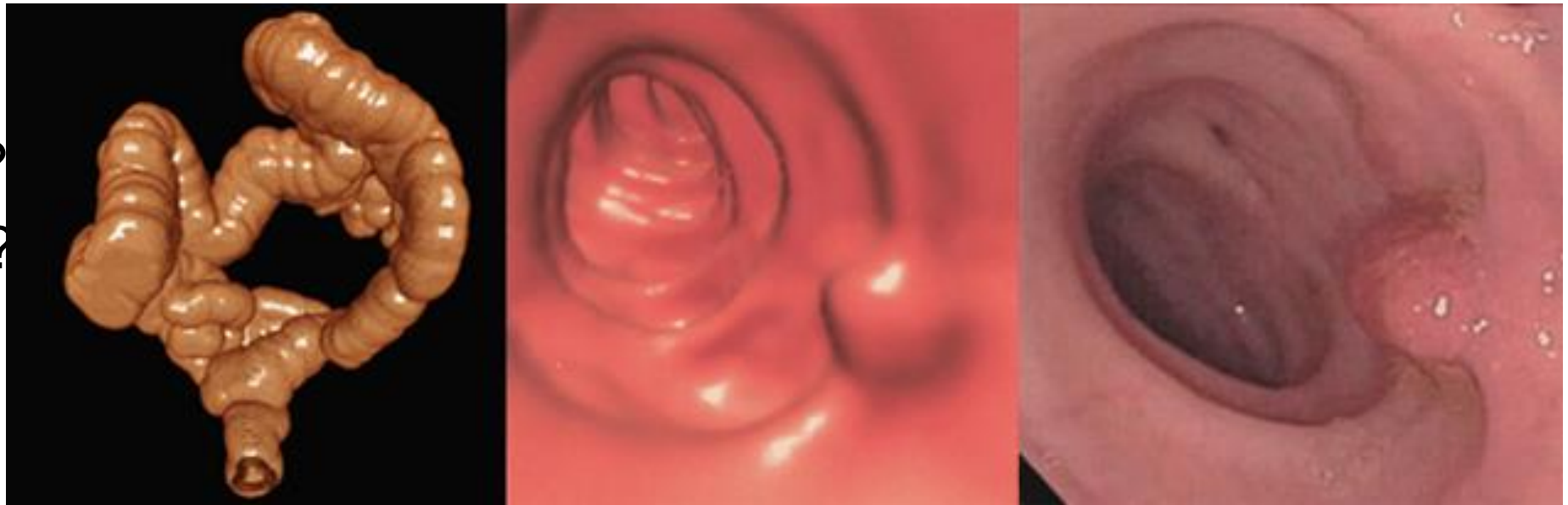
# Flexible Sigmoidoscopy

- What?
- How?
- Where?
- Will it hurt?
- How often?



# CT Colonography

- What?
- How?
- Where?
- Will it hurt?
- How often?





# Barium Enema

- What?
- How?
- Where?
- Will it hurt?
- How often?



Is there a good reason NOT to get screened for CRC?

Questions?

Thank You!!