

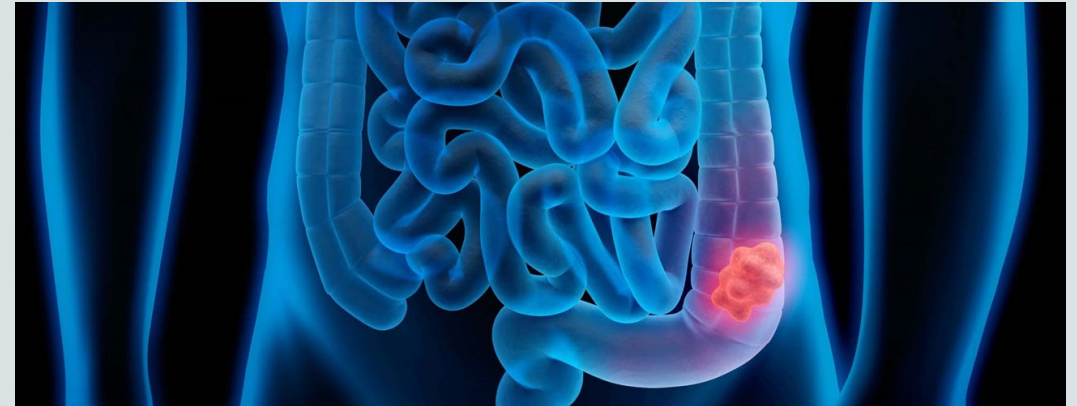


Colon Cancer & Screenings

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What is Colorectal Cancer?

- A disease where the cells in the colon or rectum grow abnormally and out of control. In some cases, polyps can form in your colon or rectum and can become cancerous.

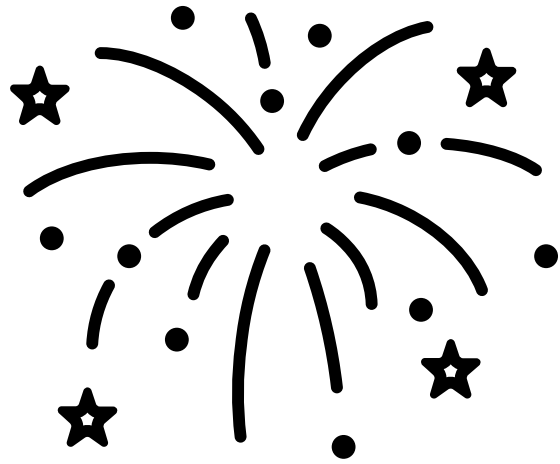


Screening Purpose

Finding precancerous cells before they turn into cancer

Most malignancies (cancerous tumors/lesions) do not produce symptoms until late stages

Diagnosing cancer in its early stages for optimal treatment/cure



≡ **LOOK WHO'S** ≡
ALL GROWN
UP READY
★ **FOR A** ★
COLONOSCOPY

Who & When?

- Routine screening should begin at age **45**
- Some people may need to be screened earlier than age 45 if any of the following apply to you:
 - Inflammatory bowel disease (Crohn's Disease or ulcerative colitis)
 - Personal or family history of colorectal cancer or polyps
 - Genetic syndrome such as Lynch Syndrome

If you have questions about when you should be screened for colorectal cancer, you should make an appointment with your primary care doctor to discuss.

Lifestyle Risk Factors

Sedentary
lifestyle

Diet low in
fruits and
vegetables

Low-
fiber/high-fat
diet

Obesity

Alcohol
consumption

Tobacco use

Aging

Common Symptoms of Colorectal Cancer

Change in bowel habits

Blood in your stool

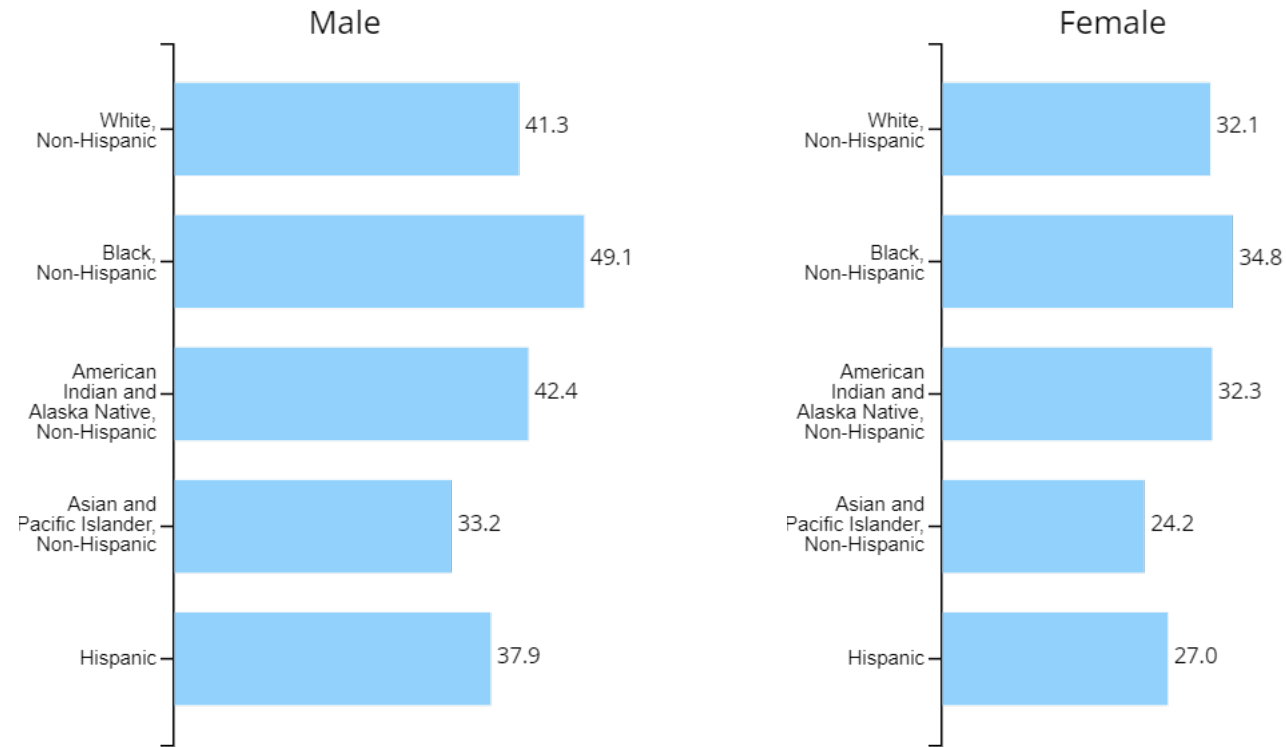
Diarrhea, constipation, or feeling as though your bowels do not empty all the way

Abdominal pain, aches, cramps that do not go away

Weight loss that is unexplained/unplanned

If you are experiencing any of these symptoms, you should talk to your doctor.

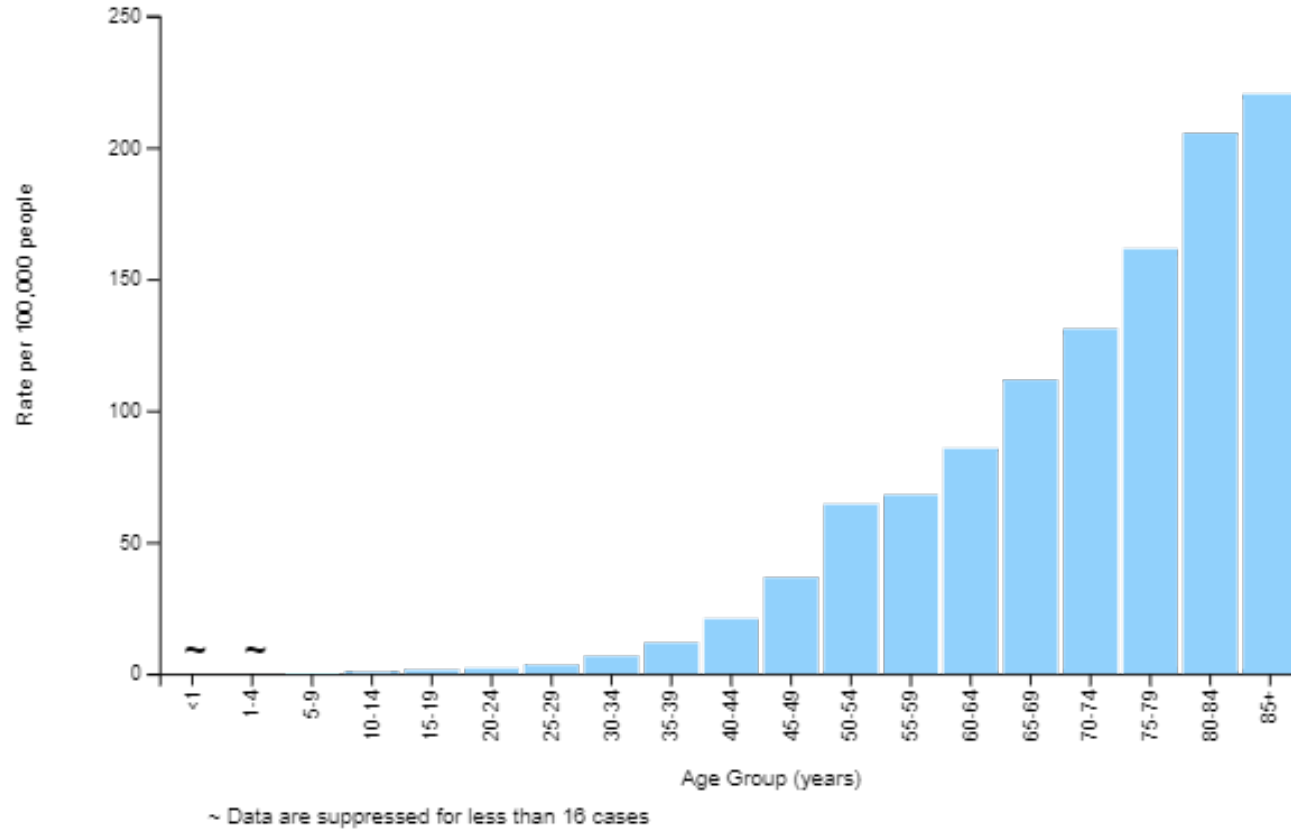
Rate of New Cancers By Sex and Race and Ethnicity Colon and Rectum, United States, 2019



Rate per 100,000 people

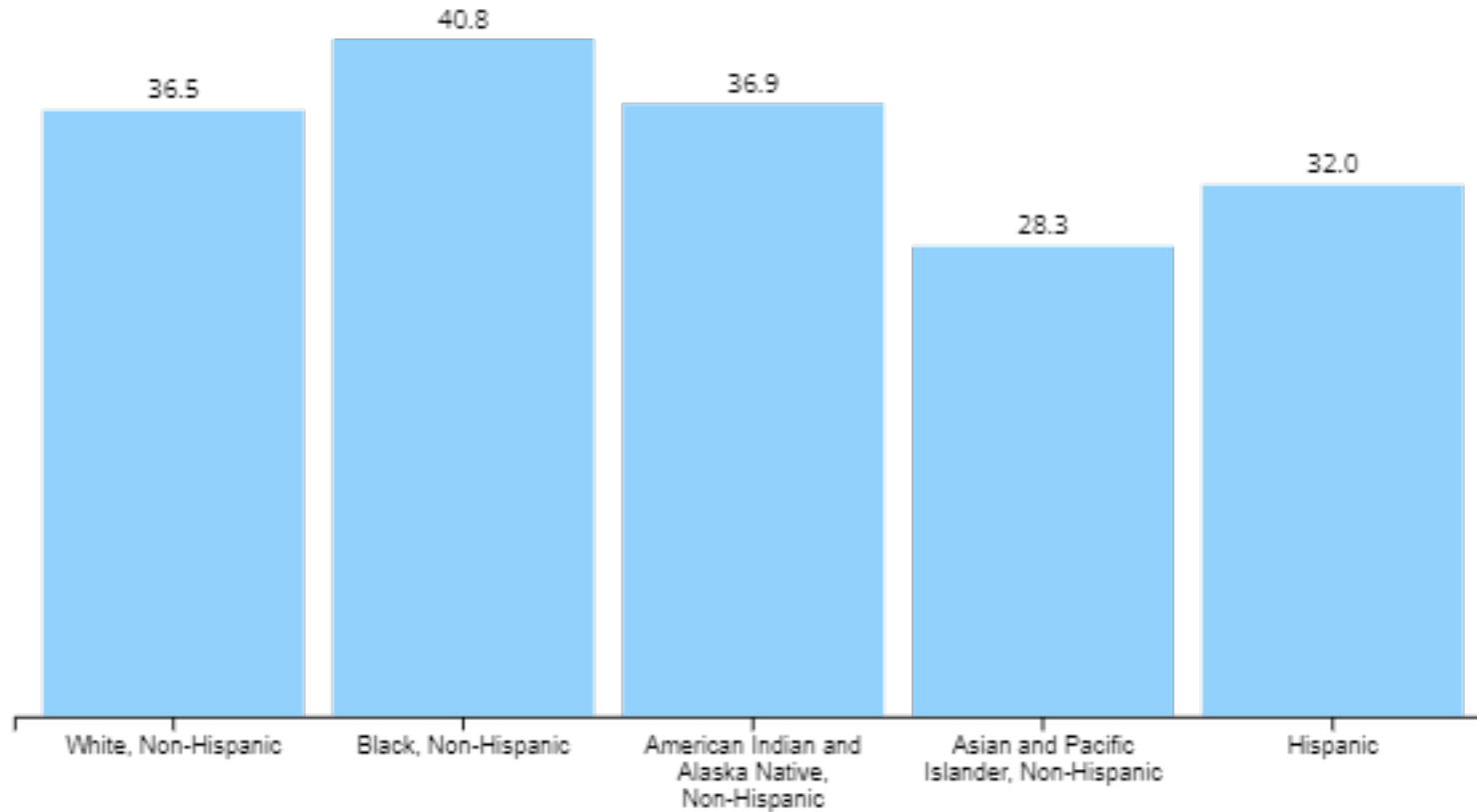
Source - U.S. Cancer Statistics Working Group. U.S. Cancer Statistics Data Visualizations Tool, based on 2021 submission data (1999-2019): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; <https://www.cdc.gov/cancer/dataviz>, released in November 2022.

Rate of New Cancers By Age Group (years), All Races and Ethnicities, Both Sexes Colon and Rectum, United States, 2019



Source - U.S. Cancer Statistics Working Group. U.S. Cancer Statistics Data Visualizations Tool, based on 2021 submission data (1999-2019): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; <https://www.cdc.gov/cancer/dataviz>, released in November 2022.

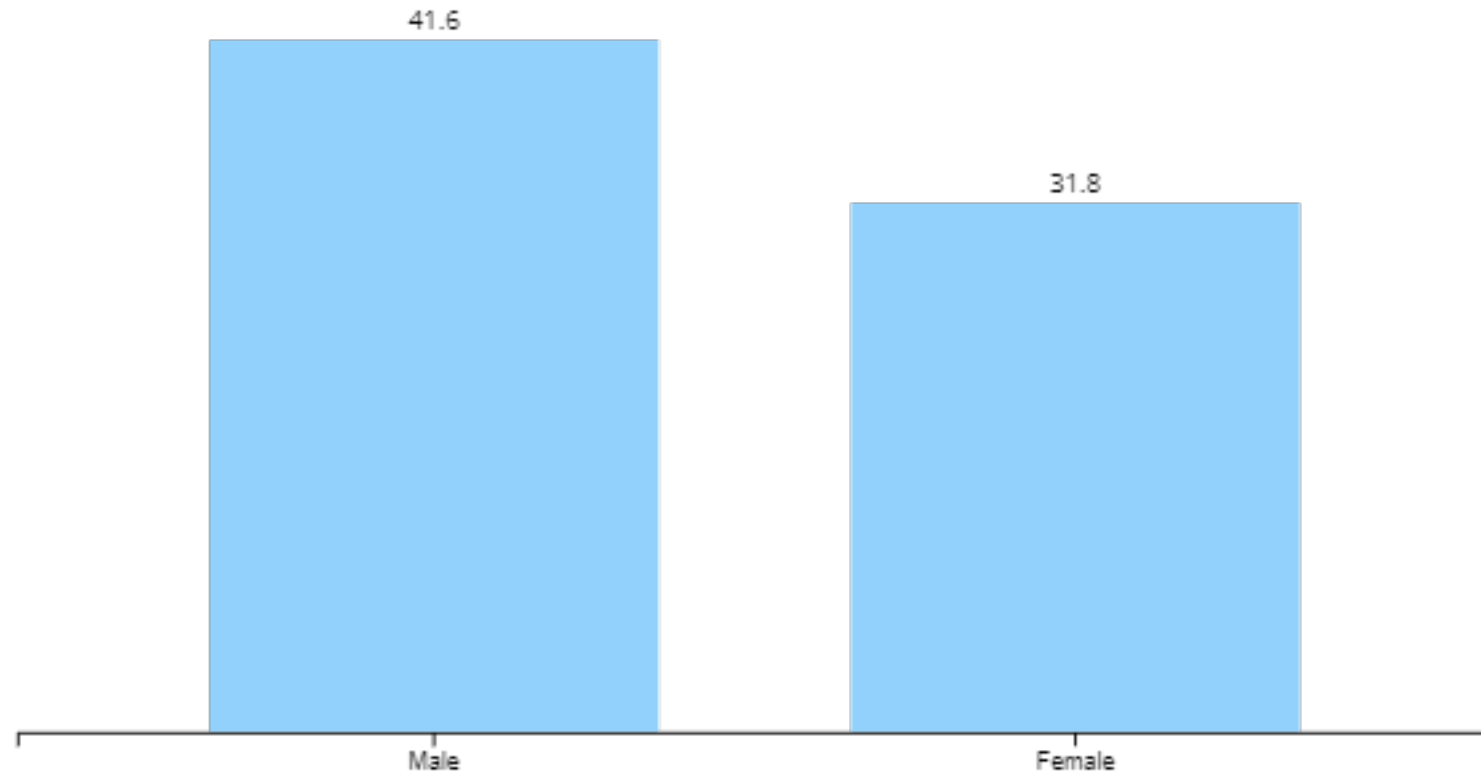
Rate of New Cancers By Race and Ethnicity, Both Sexes Colon and Rectum, United States, 2019



Rate per 100,000 people

Source - U.S. Cancer Statistics Working Group. U.S. Cancer Statistics Data Visualizations Tool, based on 2021 submission data (1999-2019): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; <https://www.cdc.gov/cancer/dataviz>, released in November 2022.

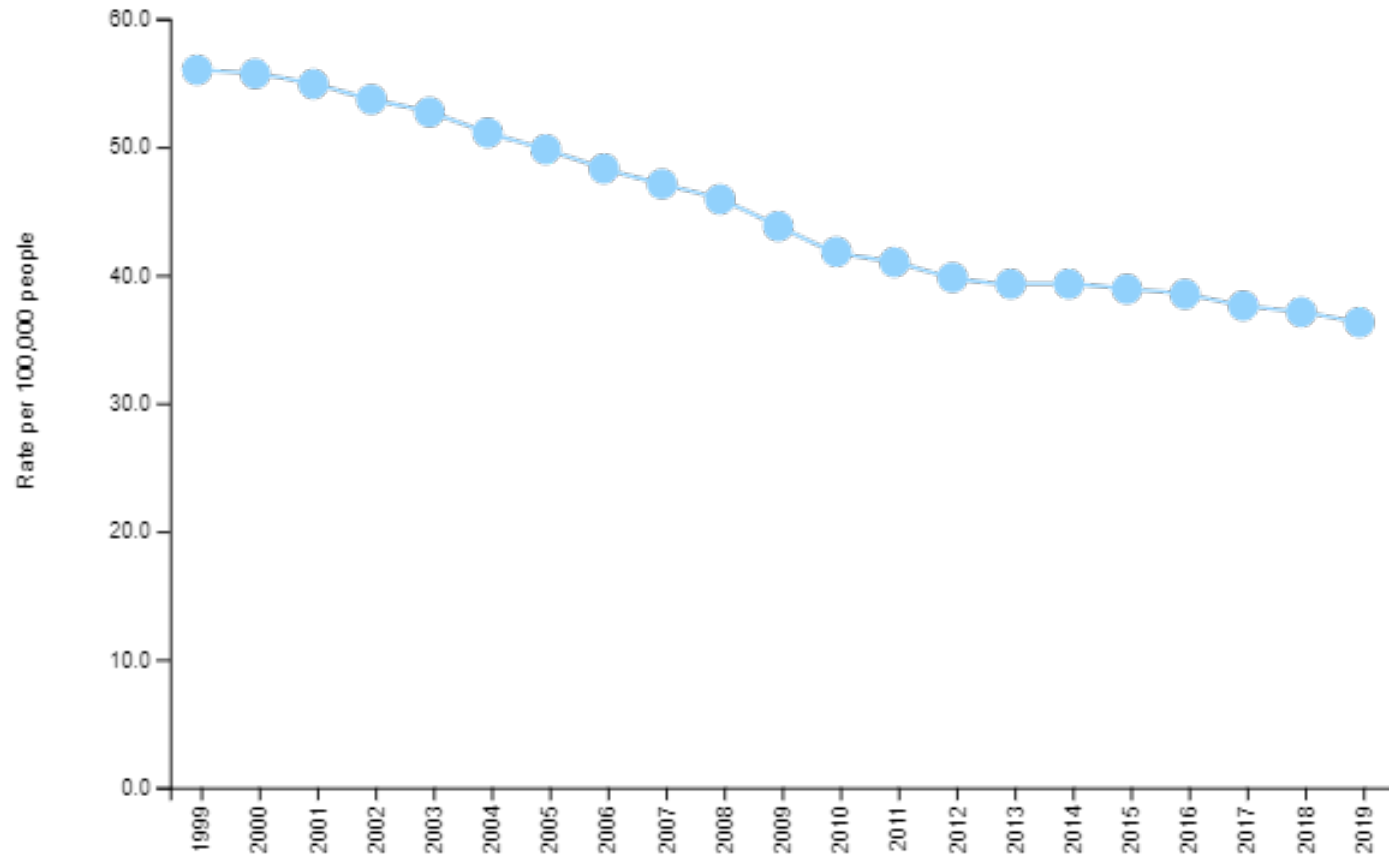
Rate of New Cancers, All Races and Ethnicities, Both Sexes Colon and Rectum, United States, 2019



Rate per 100,000 people

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Annual Rates of New Cancers, 1999-2019 Colon and Rectum, United States



Source - U.S. Cancer Statistics Working Group. U.S. Cancer Statistics Data Visualizations Tool, based on 2021 submission data (1999-2019): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; <https://www.cdc.gov/cancer/dataviz>, released in November 2022.




Current Rates

Colon and rectal cancers are trending down in large part to screenings and education. Early detection is key to catching cancer(s) in their beginning stages and most treatable stage.



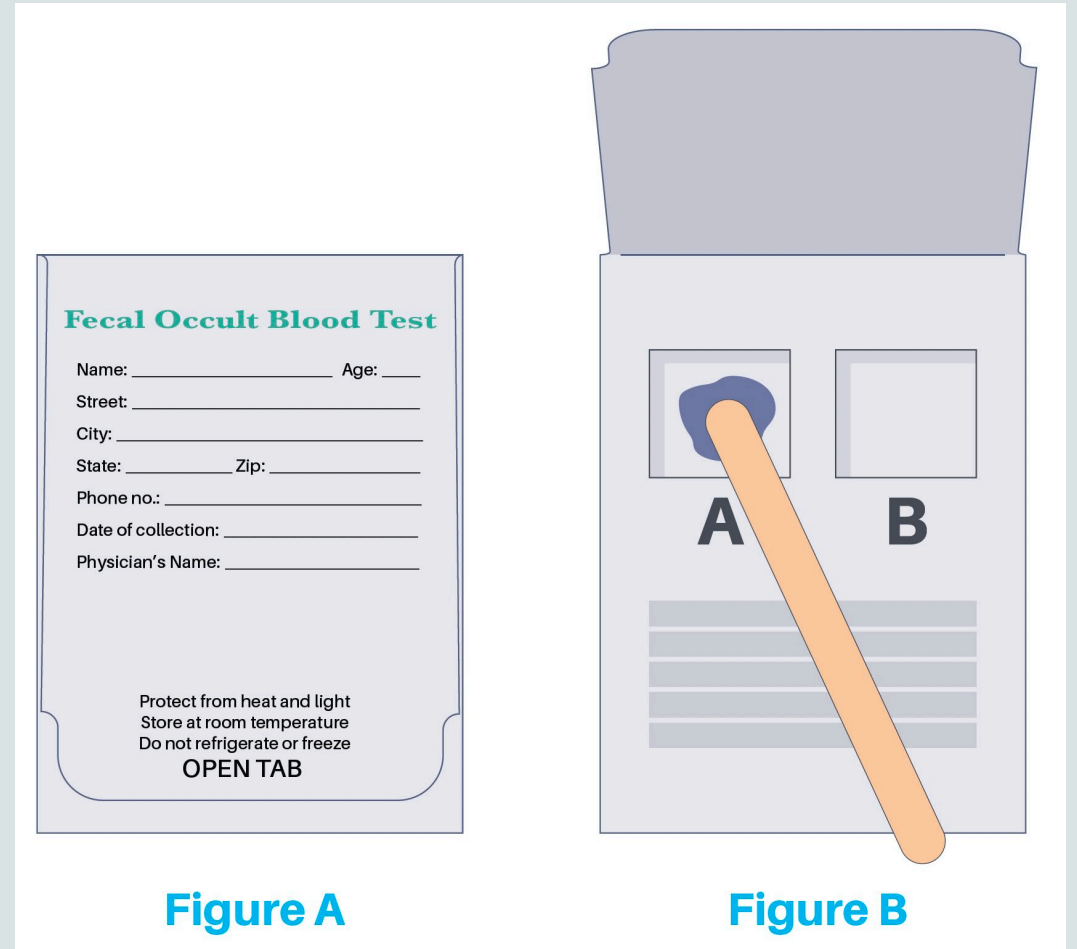


Types of Screenings

- Fecal Occult Blood Test
 - Sigmoidoscopy
 - Colonoscopy
 - Virtual Colonoscopy
 - DNA Stool Test
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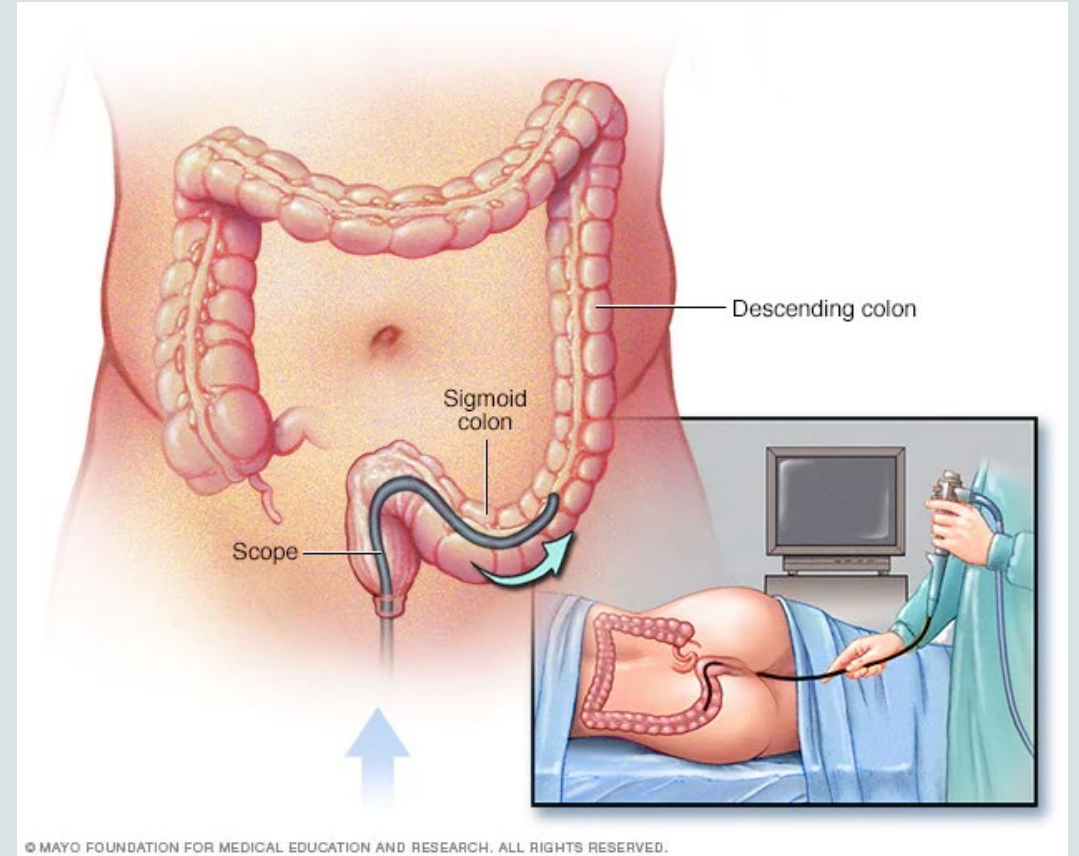
Fecal Occult Blood Test

- Checks your stool for blood that can only be seen under a microscope
- A small sample of stool is placed on a specific card or in a container and taken to a lab for processing



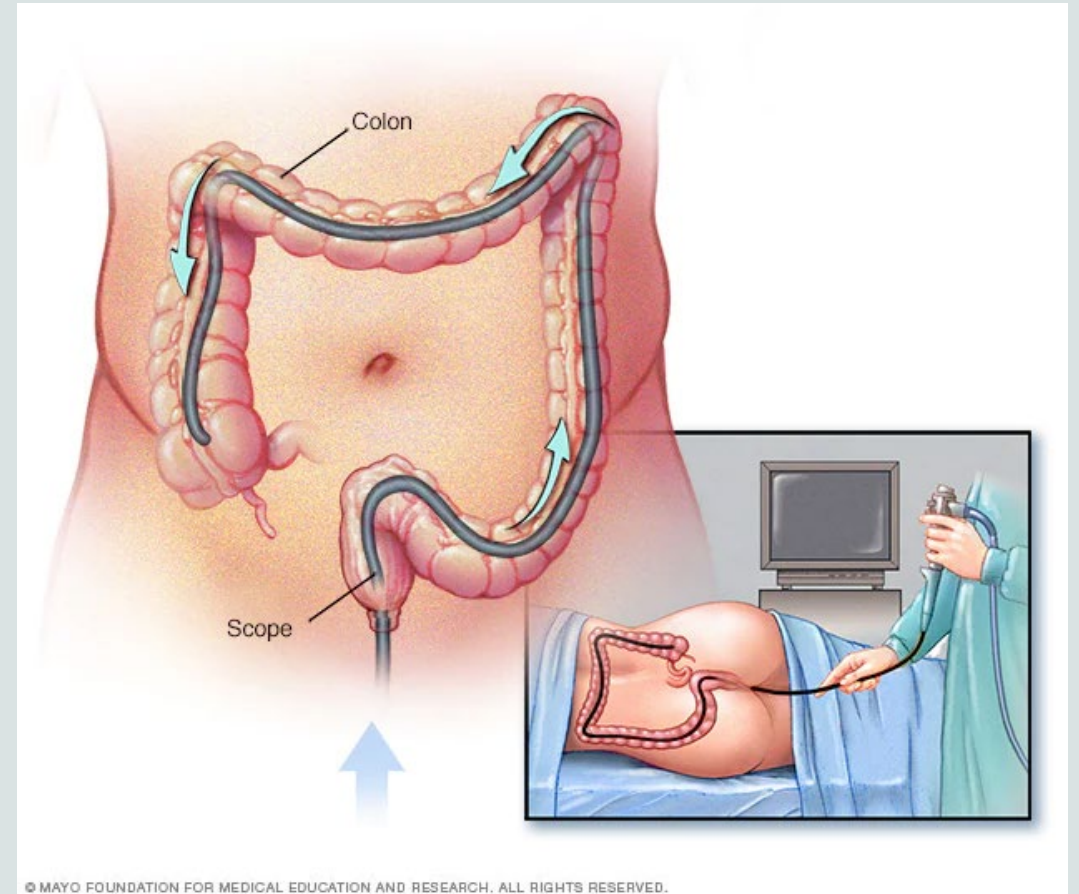
Sigmoidoscopy

- A procedure that looks inside the rectum and lower colon (sigmoid)
- A camera (sigmoidoscope) is inserted into the rectum into the sigmoid colon. It can remove polyps or take tissue samples for exam under a microscope.



Colonoscopy

- A procedure that looks inside the rectum and colon.
- A colonoscope (special camera with a light) is used to view the rectum and entire colon. It can remove polyps and take tissue samples for microscopic review.
- *Will-Burt's insurance covers a colonoscopy at 100%!*



Virtual Colonoscopy

- A procedure that uses a series of x-rays (computed tomography) that produces images of the colon.
- A series of detailed images can show polyps or other unusual images on the inside surface of the colon.



DNA Stool Test

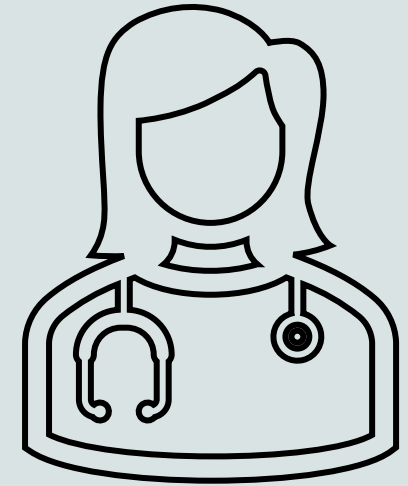
- A test that tests for signs of colon cancer by using a stool sample that is placed in a special container and mailed to a lab.
- It tests for certain DNA changes that can indicate current cancer growth or future cancer risk, as well as testing for blood in stool.



Don't delay in talking to your doctor about which screening is right for you and when. If you are experiencing unusual symptoms, you should reach out to your doctor for an appointment to discuss.

If you have further questions or concerns, please do not hesitate to reach out to me in person or by phone at: 330-465-7997 or e-mail:

wbnurse@willburt.com



References

www.cdc.gov

www.mayoclinic.org

www.cancer.gov

www.johnshopkinsmedicine.org