

Colon Cancer

Introduction:

I chose to do colon cancer just because cancers in general have always interested me. Cancer to me seems like a strange disease because some people can live a very healthy, active life, and still develop some kind of cancer within their lifetime. To me, it seems like cancer is still a mystery to people. I feel like it is hard to tell how cancer develops, and obviously there is no real cure for cancer. I have had family members that have suffered from cancer, but not colon cancer. I chose colon cancer specifically because I'm interested in how cancer can develop in your colon. Colon cancer also interested me because it doesn't seem like a very well-known cancer. You never really hear about colon cancer, unlike breast or prostate cancer, so I want to know why that is. I also want to know if colon cancer is actually more popular than what I think. I also want to know if it develops because of certain foods you eat? Or is it just mainly genetic? Or can you get it completely out of the blue? I also want to learn how you can prevent it, or if you can prevent it. I want to know what the warning signs for colon cancers are, or if there are any signs at all.

Section 1: Background and Problem Statement

- **Web site #1 Name:** Colorectal (Colon) Cancer
- **Web address:** <http://www.cdc.gov/cancer/colorectal>
- **Background Information:**
 - Colon cancer affects both men and women, which makes it the second leading cancer killer in the United States. In 2006 139, 127 people were diagnosed with colon cancer, and 53, 196 people died from it. The CDC help prevent colon cancer by encouraging people to get screening, supporting education and training, and conducting research and knowledge about the cancer.

- **Web site #2 Name (Healthy People 2010):** Cancer
- **Web address:** <http://www.healthypeople.gov/Document/html/tracking/od03.htm>
- **Background Information:**
 - The four most common cancers are lung, colon/rectum, breast and prostate, which account for about half of all cancer deaths and for each of which there is a *Healthy People 2010* mortality objective. Notable disparities in death rates in 2000 were reported for three of these objectives, including colorectal cancer. Colorectal cancer showed a higher rate in men, particularly black men, than in women.

- **Web site #3 Name:** Colorectal Cancer
- **Web address:** http://www.mass.gov/Eeohhs2/docs/dph/cancer/type_colorectal_info.pdf
- **Background Information:**
 - Colorectal cancer is a cancer that affects the colon and/ or the rectum. This is both part of the large intestine. This is where food is processed and waste is stored to be removed from the body. Colorectal cancer starts as a non- cancerous growth

called a polyp. This forms on the lining of the colon or rectum. Although the polyp is not cancerous, there is always a chance that it will become cancerous if it is not removed properly. The most common colorectal cancer is adenocarcinoma which begins in the cells that make and release mucus and other fluids.

Section 2: Research

- **Web site #1 Name:** Raspberries Reduce Colon Cancer Risk
- **Web address:** <http://timesofindia.indiatimes.com/life-style/health-fitness/health/Black-raspberries-reduce-colon-cancer-risk/articleshow/6864748.cms>
- **Summary of the research:**
 - A study has shown that black raspberries could reduce your risk of getting colon cancer. The University of Illinois at Chicago reported that supplements in raspberries could reduce your chances of getting a tumor by 45%. Because they have found that black raspberries have antioxidants, an anti-cancer, can help reduce the risk of getting colon cancer.

- **Web site #2 Name:** Colorectal Cancer
- **Web address:** http://www.fhcrc.org/research/diseases/colorectal_cancer
- **Summary of the research:**
 - “Dr. Scott Ramsey found that colorectal cancer patients diagnosed through a routine test to detect blood in the stool have less advanced disease and significantly lower health care costs than those diagnosed because of symptoms.”

- **Web site #3 Name:** Exercise Improves Survival Rates for Colorectal Cancer Patients
- **Web address:** http://insciences.org/article.php?article_id=7948
- **Summary of the research:**
 - Researchers at Dana- Farber Cancer Institute have found that men who have colorectal cancer reduce their chances of dying by exercising. “Previous research has shown regular physical activity reduces the risk of developing colon cancer” says the lead author, Jeffrey A. Meyerhardt, MD, MPH of Dana- Farber. “This current study confirms two other studies from out groups that shows physical activity by the colorectal cancer survivors helps them live longer than those who are not physically active.” It was found that 53% of the men they studied are more likely to be alive and free of disease than those who were less physically active.

Section 3: Statistics

- **Web site #1 Name:** Learn About Cancer
- **Web address:** <http://www.cancer.org/cancer/colonandrectumcancer/detailedguide/colorectal-cancer-key-statistics>
- **Summary of the statistics**

- The lifetime risk of men developing colorectal cancer is about 1 in 19 (5.2%). This risk of men developing it is slightly lower. The risk of women developing colorectal cancer is 1 in 20.
- **Web site #2 Name:** Colorectal (Colon) Cancer
- **Web address:** <http://www.cdc.gov/cancer/colorectal/statistics>
- **Summary of the statistics:**
 - 70, 270 men and 68, 857 women were diagnosed with colorectal cancer in 2006 in the U.S. 28, 801 men and 26, 395 women died from colorectal cancer in 2006 U.S.
- **Web site #3:** Colon Cancer Statistics
- **Web address:** <http://medicineworld.org/cancer/colon/stat.html>
- **Summary of the statistics:**
 - Together, men and women, colorectal cancer claims about 10 percent of all cancer deaths.

Section 4: Consumer Information

- **Web site #1 Name:** Colorectal Cancer Health Center
- **Web address:** <http://www.webmd.com/colorectal-cancer/default.htm>
- **Summary of the information:**
 - Some colon cancer symptoms include a change in bowl habits or bleeding, but usually colon cancer have no symptoms. That's why it is important that you get colon cancer screenings such as colonoscopies. If the cancer is found earlier, it will be much easier to get rid of through surgery or radiation.
- **Web site #2 Name:** Colon Cancer
- **Web address:** http://www.medicinenet.com/colon_cancer/page5.htm
- **Summary of the information:**
 - Some causes of colon cancer are high in fat diets. It's found that in countries with a much higher fat intake has a higher risk of developing colon cancer than those countries with low fat intake rate. It is believed that the breakdown of fat metabolism lead to the formation of carcinogens, a cancer causing chemical. Diets high in vegetables and high- fiber foods like whole- grain breads and cereals may get rid of these carcinogens and help reduce the risk of cancer.
- **Web site #3 Name:** Colon Cancer
- **Web address:** <http://www.mayoclinic.com/health/colon-cancer/DS00035/DSECTION=symptoms>
- **Summary of the information:**
 - Symptoms of colon cancer include change in bowl habits including diarrhea or constipation for more than a couple weeks, rectal bleeding, persistent abdominal discomfort such as cramps, gas, or pain, a feeling that your bowel doesn't empty completely, weakness or fatigue, or unexplained weight loss. Unfortunately

though, many people don't experience signs of early colon cancer. The symptoms vary depending on the size of the cancer and the location.

Section 5: Solutions to the Problem (or Issue)

- **Web site #1 Name:** Colorectal Cancer
- **Web address:**
<http://www.cancer.org/Cancer/ColonandRectumCancer/DetailedGuide/colorectal-cancer-prevention>
- **Summary of the information:**
 - Even though colon cancer is not 100% preventable, there are certain ways in which you can reduce your risk of getting it. Here are some ways you can help prevent it: screening, genetic testing and treatment for those with a strong family history, diet, exercise, and body weight, vitamins, calcium, and magnesium, non-steroidal anti-inflammatory drugs, and female hormones. Exercise 3- 5 times a week because it will help prevent many types of diseases including colon cancer. You should also make sure always know what you put into your mouth because many foods cause disease.

- **Web site #2 Name:** Chemotherapy and Radiotherapy for Cancer of the Colon or Rectum
- **Web address:**
<http://familydoctor.org/online/famdocen/home/common/cancer/treatment/026.html>
- **Summary of the information:**
 - When someone has colon cancer one solution to help fight cancer is chemotherapy. This is used to kill cancer cells that may have been left behind after a tumor has been removed by surgery. Another solution is radiotherapy which is used to treat colorectal cancer, but there is a chance that it will come back.

- **Web site #3 Name:** Cancer Fighting Foods/ Spices
- **Web address:** http://www.cancure.org/cancer_fighting_foods.htm
- **Summary of the information:**
 - There are some foods out there that can help with fighting cancers. Broccoli, cabbage and cauliflower have a special chemical in them called indole- 3-carbinal that can help fight breast cancer in the body. This works by converting cancer-promoting estrogen into more protective variety. Although this helps with fighting breast cancer, it's also believed that the phytochemical sulforaphane, a product of glucoraphanin, will aid in preventing colorectal cancer. Sulforaphane induces the production of certain enzymes that can deactivate free radicals and carcinogens.

Conclusions

What I have learned from developing this fact sheet about colon cancer is that it is a very popular cancer. Before this assignment I would have never thought that colon cancer was the top three most deadly cancers in humans. You always hear about breast cancer and prostate cancer, but you never hear much about colon cancer, and that's why it surprised me. I was also surprised that colon cancer does kill a lot of people. From what I have learned from this assignment, it doesn't surprise me that a lot of people do die from this cancer because the signs or symptoms don't show. So, most people don't even realize that they have cancer, when actually the polyp is turning cancerous. If they had the symptoms, then maybe the cancer would be noticed early, and their chances of having the cancer is less.

Five-minute Twitter Brief

- Colon cancer is cancer that starts in the large intestine, or rectum.
- Almost all colon cancers start in the glands in the lining of the colon. The cancer starts off as a benign polyp which slowly develops into cancer.
- Higher risks include: older than 60, high intake of red or processed meats, family history. Also, what you eat may play a role in your risk of colon cancer. It may be associated with high- fat, low- fiber diet, and red meat. And, also smoking and alcohol can be associated with colon cancer.
- Symptoms: abdominal pain and tenderness in lower abdomen, diarrhea and constipation, unexplained anemia, and weight loss with no known reason. Many people may not see any symptoms
- Treatment: chemotherapy to kill cancer cells, and is done after surgery of the tumor. Also, radiation to destroy cancerous tissue.
- Prevention: The rate for colon cancer has dropped over the last 15 years, but that is due to colonoscopies, so it is important to get these. If found early, colon cancer can be prevented. Diets and lifestyle choices play a major role in preventing colon cancer.
- Twitter: The lifetime risk of men developing colorectal cancer is about 1 in 19 (5.2%). This risk of men developing it is slightly lower. The risk of women developing colorectal cancer is 1 in 20.

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