Gut Check: Preventing Colorectal Cancer

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Top 5 Deadliest Cancers in US

1) Lung and Bronchus
2) COLON and RECTUM
3) Pancreas
4) Breast
5) Liver and Intrahepatic Bile Duct

What’s on Deck?

• Epidemiology.

• Risk factors.

• Screening recommendations.
Epidemiology (Estimated 2017)

- Incidence in the US:
  - 135,430 new cases.
  - 50,260 deaths.

*Data source: American Cancer Society, 2017*
• Incidence in California:
  – 13,890 new cases (38.3 per 100,000).
  – 5,240 deaths. (13.5 per 100,000).

*Data source: American Cancer Society, 2017
What is the risk of developing CRC?

Approximately 4.6% of men (1 in 22) and 4.2% of women (1 in 24) will be diagnosed with CRC in their lifetime.
Risk Factors

• Heredity and family history.
• Personal medical history.
  – History of polyps.
  – Chronic inflammatory bowel disease.
  – Diabetes.
• Behavior risk factors.
  – Physical inactivity.
  – Overweight and obesity.
  – Smoking and alcohol.
  – Diet.
  – Medications.
A little more about diet...

- Calcium.
- Fiber.
- Folate.
- Fruits and vegetables.
- Red and processed meats.
- Vitamin D.
Medication Effects

• Non-steroidal anti-inflammatory drugs.
• Hormones.
• Oral bisphosphonates.
What are the symptoms?

- Bleeding from the rectum.
- Change in bowel movement or shape of stool.
- Cramping or discomfort in lower abdomen.
- Urgency to have bowel movement when bowel is empty.
- Constipation or diarrhea for more than a few days.
- Decreased appetite.
- Unintentional weight loss.
CRC Screening (Average Risk)

• Regular screening, beginning at age 50, is the key to preventing colorectal cancer.
• U.S. Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer using high-sensitivity fecal occult blood testing, sigmoidoscopy, or colonoscopy beginning at age 50 years and continuing until age 75 years.
CRC Screening (Increased & High Risk)

- Personal history of CRC or adenomatous polyps.
- Personal history of IBD (UC or Crohn’s disease).
- Strong family history of CRC or polyps.
- Family history of hereditary CRC syndrome.
What is our grade?

The good news:
California is #14 in highest colorectal cancer screening rate in the US.

The bad news:
Only 69% of adults 50 years and older are screened in California. D+
Colon Cancer At-A-Glance*

- Colon cancer is the second leading cause of cancer-related death in the U.S.
- On average, your risk is about 1 in 20, although this varies widely according to individual risk factors.
- 90% of new cases occur in people 50 or older.
- People with a first-degree relative (parent, sibling or offspring) who has colon cancer have two to three times the risk of developing the disease.
- There are currently more than one million colon cancer survivors in the U.S.

* Source: American Cancer Society
We can do it!

• High personal and societal impacts.
• Well established risk factors and guidelines.
• Potentially preventable with appropriate SCREENING.