

Colorectal Cancer



Prevention and Health Education Unit
Prepared by Licensed Health Educators

Objetives

To define colorectal cancer.



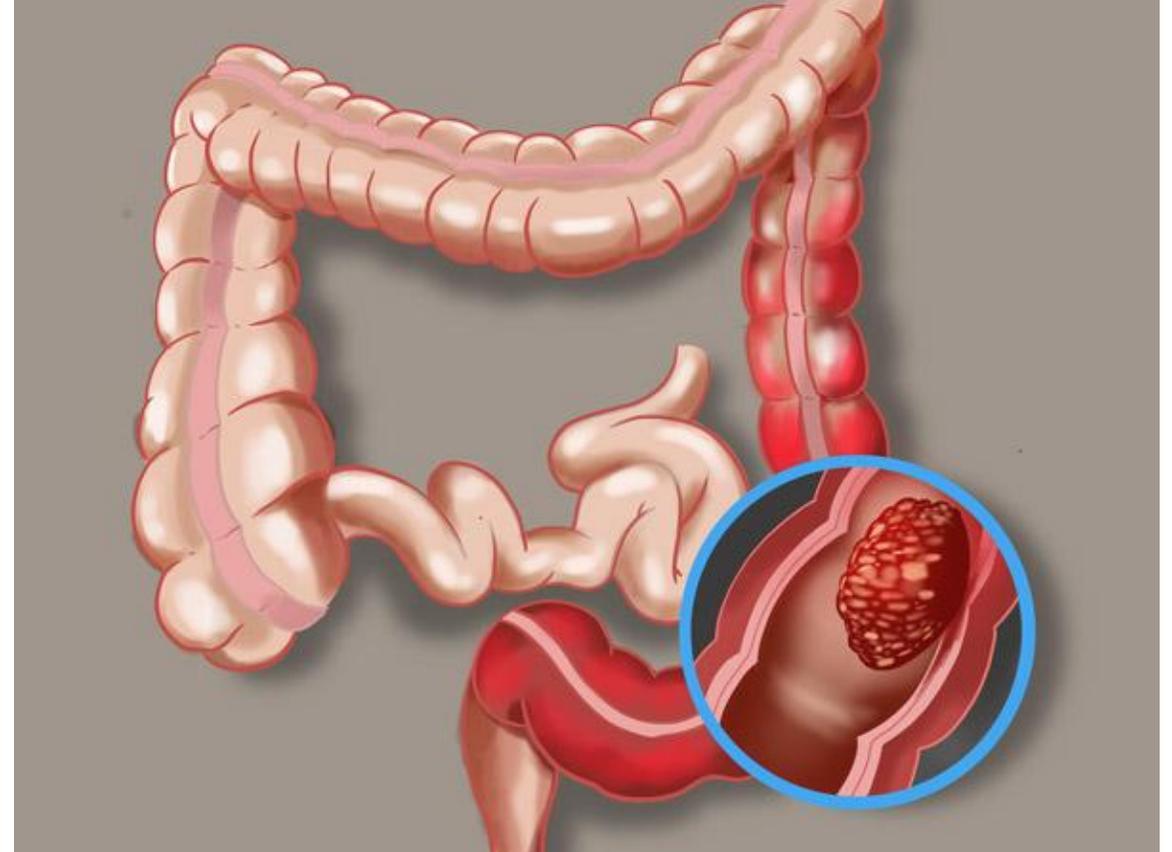
To mention the symptoms of colorectal cancer.

To know the ways of prevention.



What is colorectal cancer?

- Colorectal cancer originates in the colon or rectum, which are part of the large intestine. This type of cancer develops when cells begin to multiply uncontrollably.
- The colon is the first and longest part of the large intestine. The large intestine is the last part of the digestive system. This system breaks down food for the body to use.
- Colon cancer usually affects older adults, although it can occur at any age.



Colorectal cancer

- It usually starts in small clumps of cells called polyps that form inside the colon. Polyps are usually benign, but some can eventually develop into colon cancer.
- Colon cancer is sometimes referred to as colorectal cancer, as this term encompasses both cancer that originates in the colon and cancer that appears in the rectum.



Symptoms

- Most people with colon cancer have no symptoms at first.
- When symptoms appear, they are likely to depend on the size and location of the cancer in the large intestine. Symptoms may include:

Changes in bowel habits, such as more frequent diarrhea or constipation.

Rectal bleeding or blood in the stool.

Continuous discomfort in the abdominal area, such as cramps, gas, or pain.

Feeling that the bowel is not completely empty after a bowel movement.

Weakness or fatigue.

Unintentional weight loss.

Risk factors

Some of the factors that can increase the risk of colon cancer include:

- Being older: Your risk of colorectal cancer increases as you get older.
- Having a personal or family history of colorectal cancer.
- Having a history of colorectal polyps, which look abnormal under a microscope or are 1 centimeter or larger.
- Having a genetic syndrome, such as familial adenomatous polyposis or Lynch syndrome (hereditary nonpolyposis colorectal cancer).



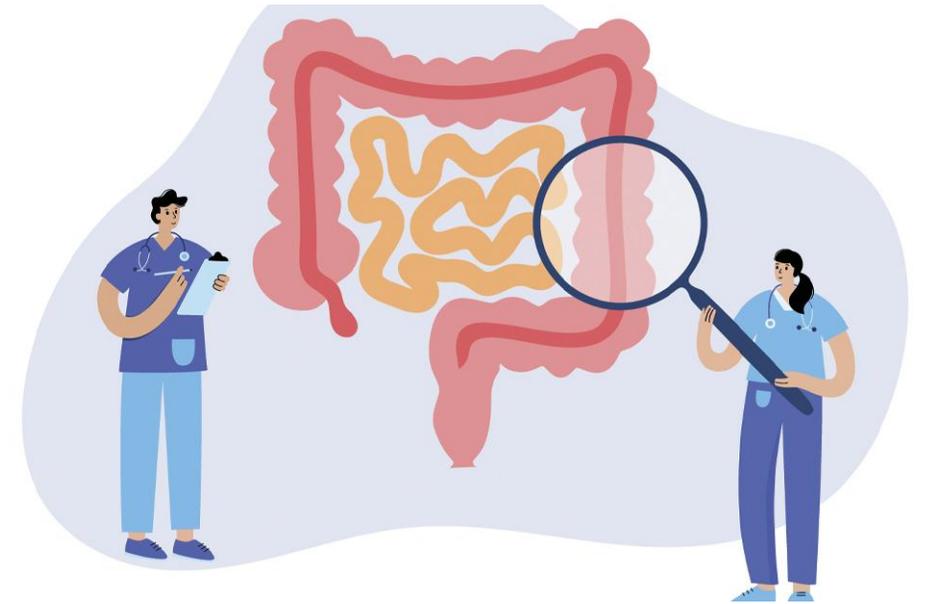
Risk factors

- Having chronic ulcerative colitis or Crohn's disease for 8 years or more.
- Drink 3 or more alcoholic drinks a day.
- Smoke.
- Being of African descent: Black people have a higher risk of colorectal cancer and death compared to other races.
- Having obesity.



Detection

- Because colorectal cancer may not cause symptoms at first, it's important to get screened.
- These tests look for signs of a disease before you have any symptoms.
- Most experts recommend starting testing at age 45 and continuing until at least age 75.
- Talk to your doctor about how often you need screening and what type of screening you should have.



Diagnosis

If you have symptoms or if your screening test results are abnormal, you may need more tests to determine if you have colorectal cancer.

Possible tests include:

- Physical exam
- Digital rectal exam
- Colonoscopy, stool analysis, biopsy, if you have not already had them.
- Other blood and tissue tests



Treatment

Treatment options depend on your age, your overall health, and the type of cancer you have.

For colon cancer, your treatment may include one or more of these options:

- Surgery
- Radiofrequency ablation
- Cryosurgery
- Chemotherapy
- Radiotherapy
- Targeted therapy
- Immunotherapy



Treatment

For rectal cancer, your treatment may include one or more of these options:

- Surgery
- Radiotherapy
- Chemotherapy
- Active surveillance
- Targeted therapy
- Immunotherapy



Prevention

Screening

- To prevent colon cancer, it is important to have exams to detect as soon as possible if there are any polyps.
- Screening should begin at age 45. However, those who are at higher risk should consider starting screening earlier. People who are at higher risk include those who have a family history of colon cancer.



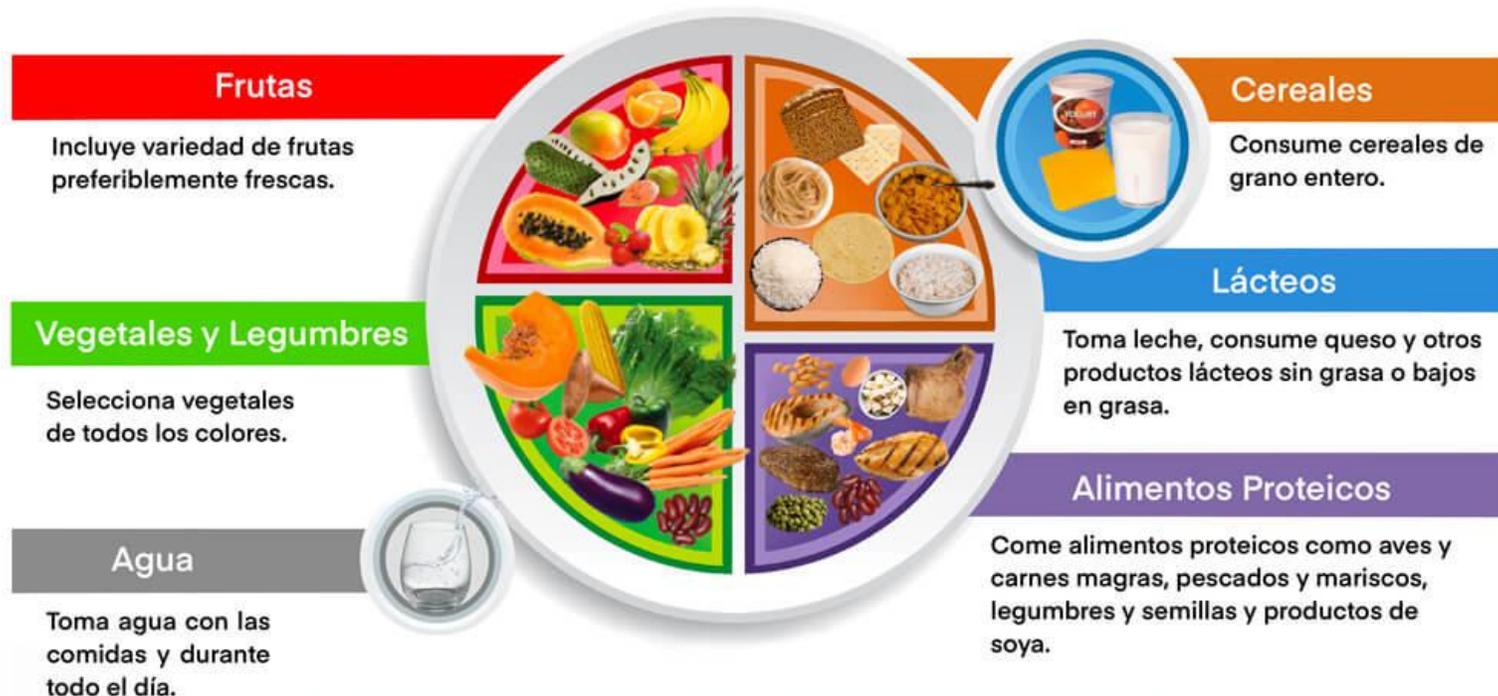
Prevention

Lifestyle changes

- Eat a variety of fruits, vegetables, and whole grains.
- If you drink alcohol, do so in moderation.
- Quit smoking.
- Exercise most days of the week.
- Maintain a healthy weight.



MiPlato para un Puerto Rico Saludable



Acumula 30 minutos de actividad física para adultos y 60 minutos para niños todos los días.



Nutritional Facts

Porción entera en el producto

hay envases o paquetes que pueden contener más de una porción

Calorías más visibles

Como guía general se recomiendan **2000 calorías** por día.

Tips Generales

Elige alimentos:

- ♥ Más altos en fibra dietética, vitamina D, calcio y potasio
- ♥ Más bajos en grasas saturadas, sodio y azúcares añadidas

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Porción más real

del producto entero con letra grande, en negrita (bold) y muestran la cantidad por porción.

Calorías Totales

100 calorías por porción de un envase o paquete se considera **moderado**
400 calorías por porción se considera **alto**

% Valor diario

El % de Valor Diario muestra los nutrientes por porción. Menos de **5%** se considera **bajo**
Más de **20%** se considera **alto**

Nutrientes

Se añadió el azúcar añadida, vitamina D y el potasio junto a las **cantidades** por porción.

Fuente: US Food & Drug Administration



Don't forget about physical activity...



Get at least 60
minutes of exercise a
day



Get at least three (3)
days of exercise a
week



Limit time spent on
sedentary activities

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or call the following phone lines.



Available Service Lines

Medical Advice Line

24 hours a day / 7 days a week

1-844-647-7801

TTY/TDD: 1-844-347-7804

Customer Service

1-844-347-7800

TTY/TDD: 1-844-347-7805



Questions?



References:

- <https://www.mayoclinic.org/es/diseases-conditions/colon-cancer/symptoms-causes/syc-20353669>
 - <https://medlineplus.gov/spanish/colorectalcancer.html>
 - <https://www.goredforwomen.org/es/healthy-living/go-red-get-fit/unhealthy-foods>
 - <https://www.minsalud.gov.co/salud/publica/HS/Paginas/que-es-alimentacion-saludable.aspx>
 - <https://www.who.int/es/news-room/fact-sheets/detail/physical-activity>
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THANK YOU!

¿Ayuda con su Plan de Salud del Gobierno?



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TTY 787-474-3389