

Colon Cancer: Treatment and Prevention

**Presented by Dr. Yen Chen,
Snoqualmie Valley Hospital Clinic**

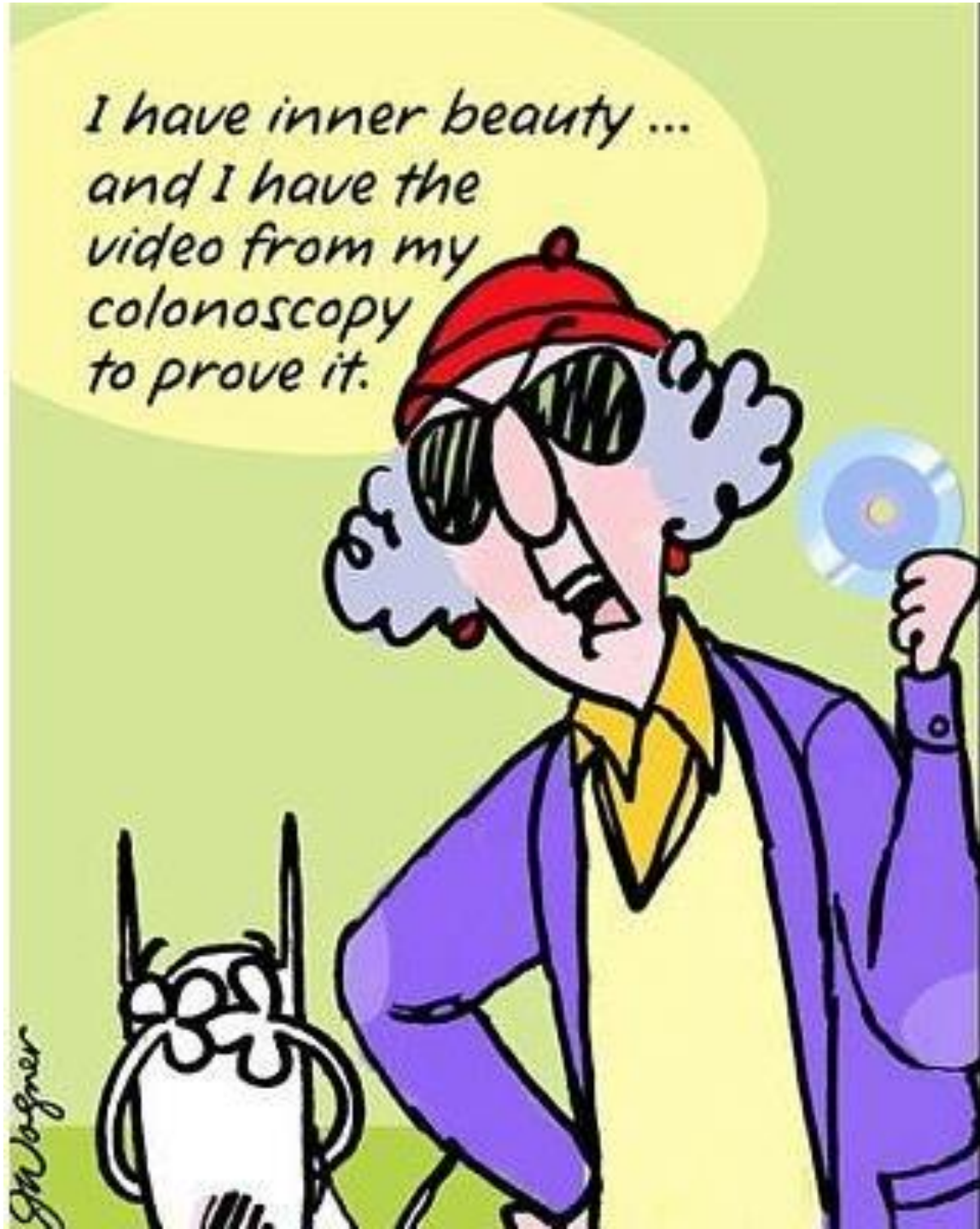


Snoqualmie Valley Hospital Endoscopy & Colonoscopy Team



From left: Mei, Diane, Karen, Marilu, Tami, Deborah, Dr. Chen
Front row: Niki, Jen, Lindsey

COLONOSCOPY PROCEDURE



About Dr. Yen Chen



Yen Chen, MD

Specialty: Gastroenterology

Board Certification: Internal Medicine
and Gastroenterology

Medical School: Boston University School
of Medicine, Boston, MA

Internship: Mt. Sinai, New York, NY

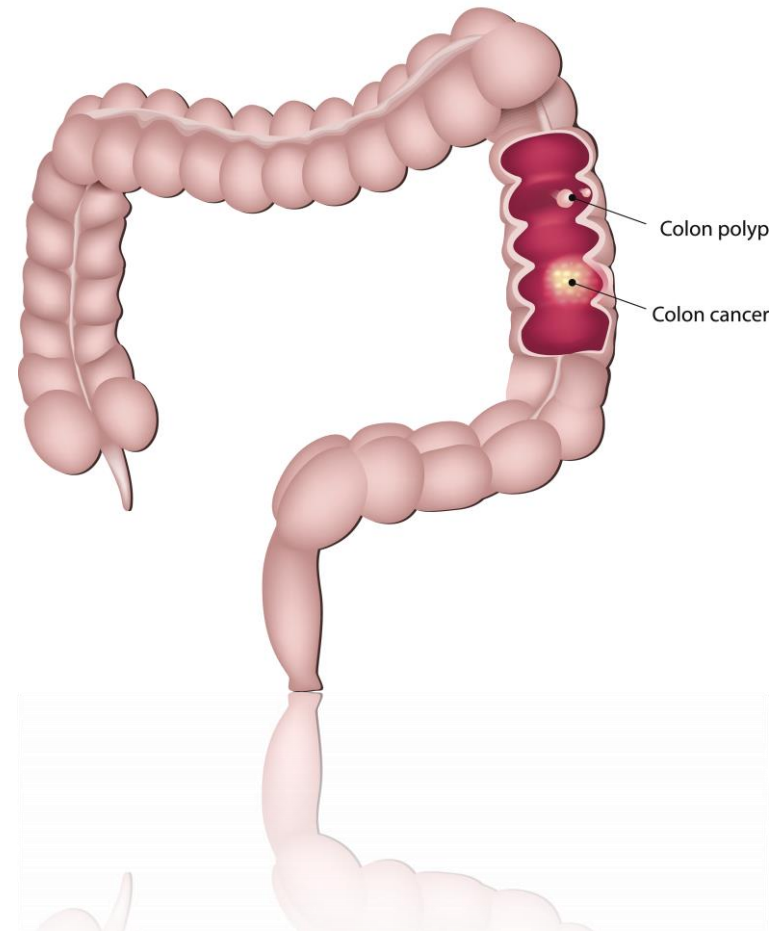
Residency: Mt. Sinai, New York, NY - 1997

Fellowship: SUNY Health Sciences Center,
Brooklyn NY - 1990

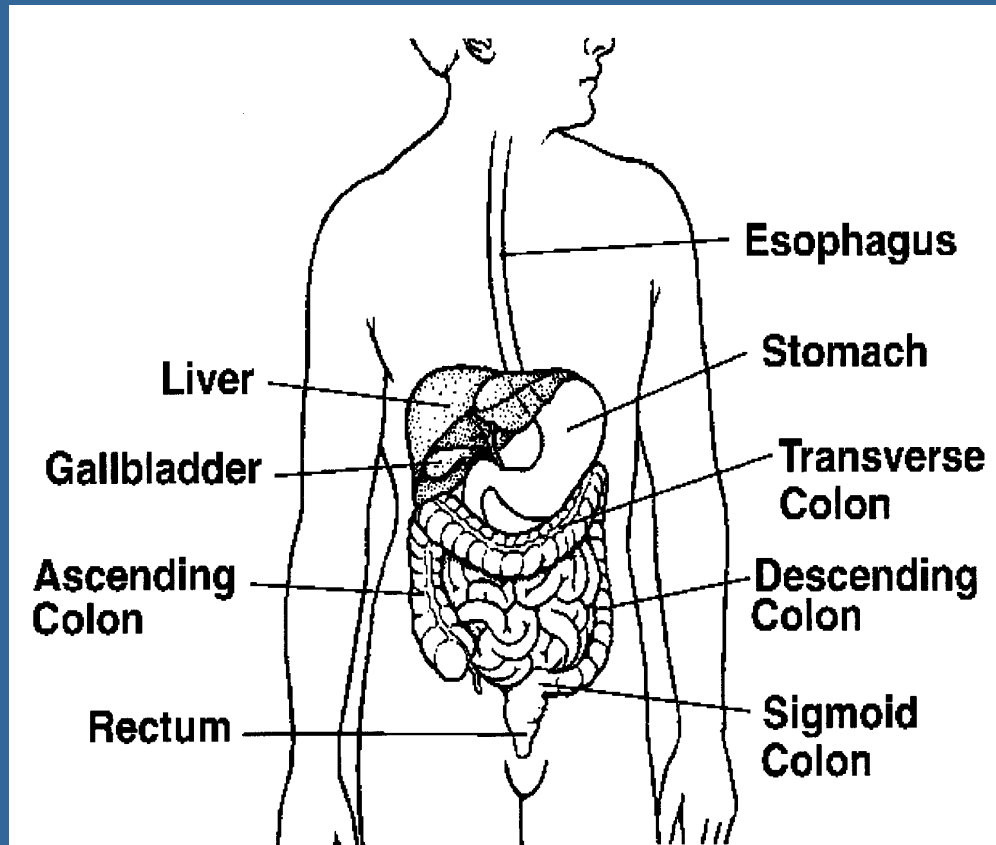
Presentation Topics

- **Colon Cancer Facts**
- **Getting Tested**
- **Preventive Strategies**
- **Questions**

COLON CANCER AND POLYP



What is colon cancer?

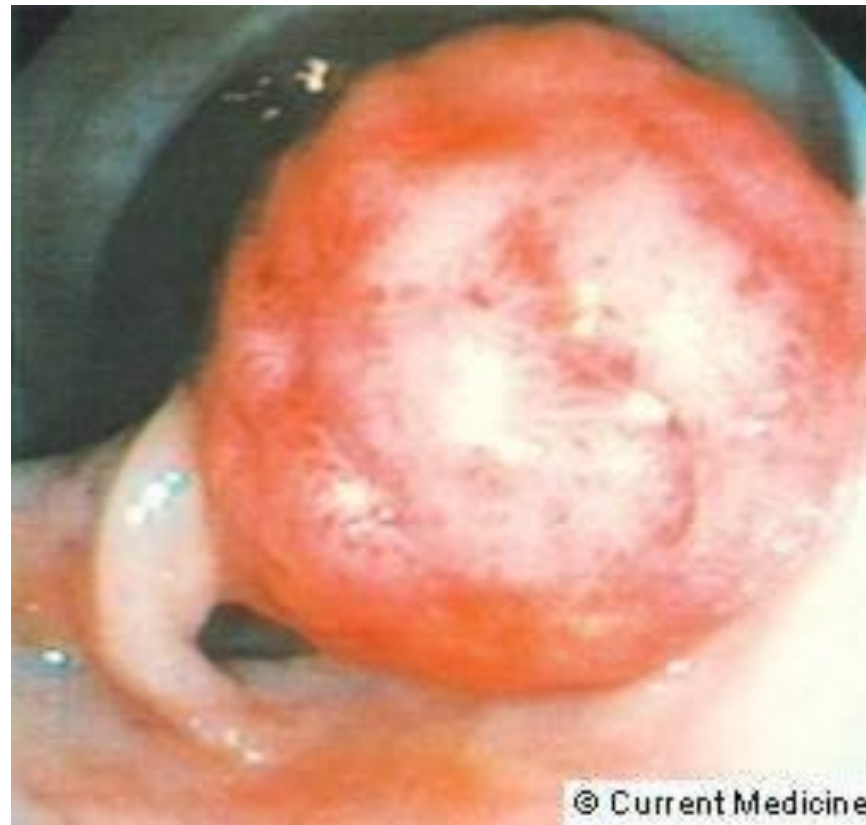


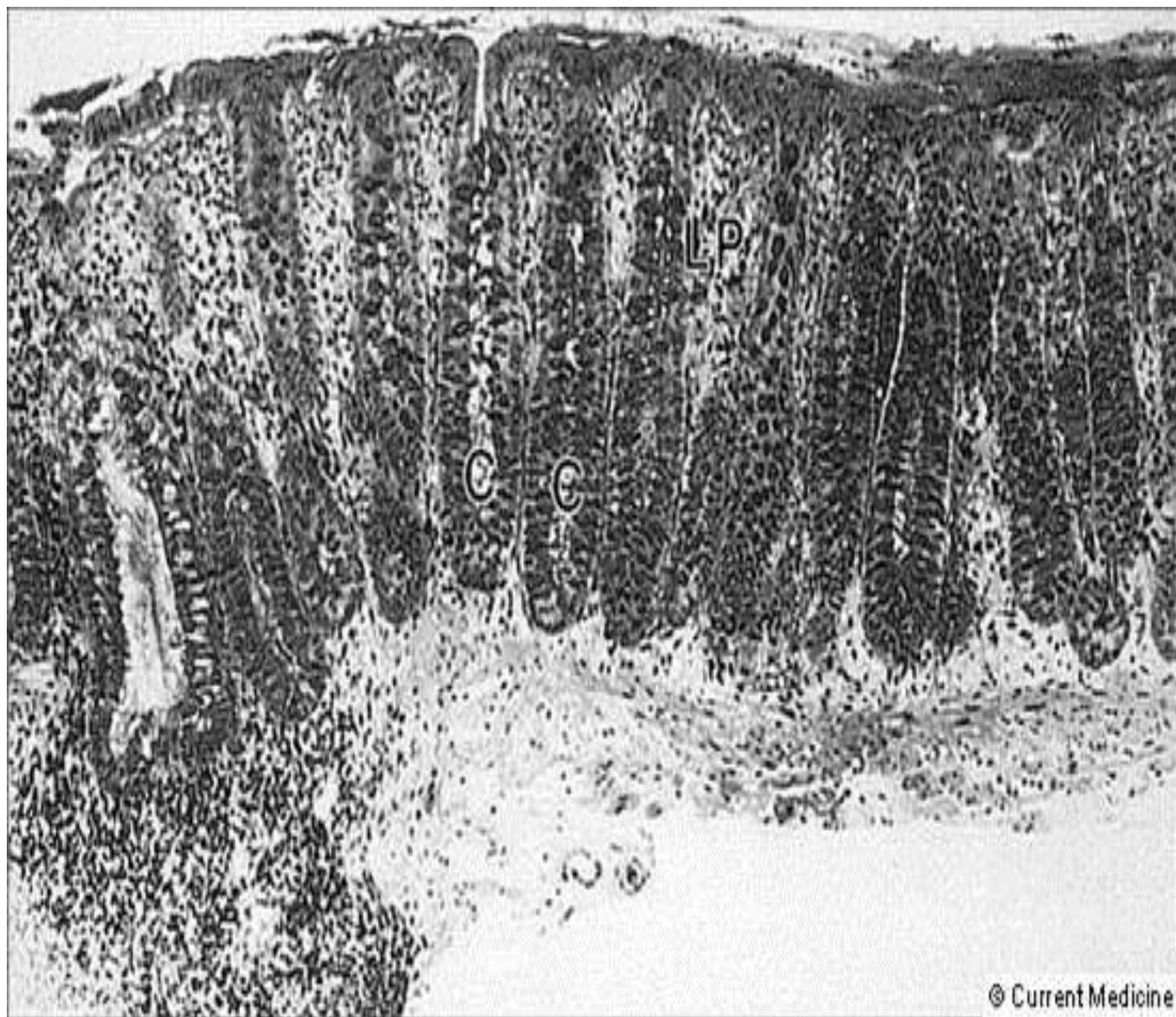
✱ Begins in the colon or rectum (*colorectal cancer*)

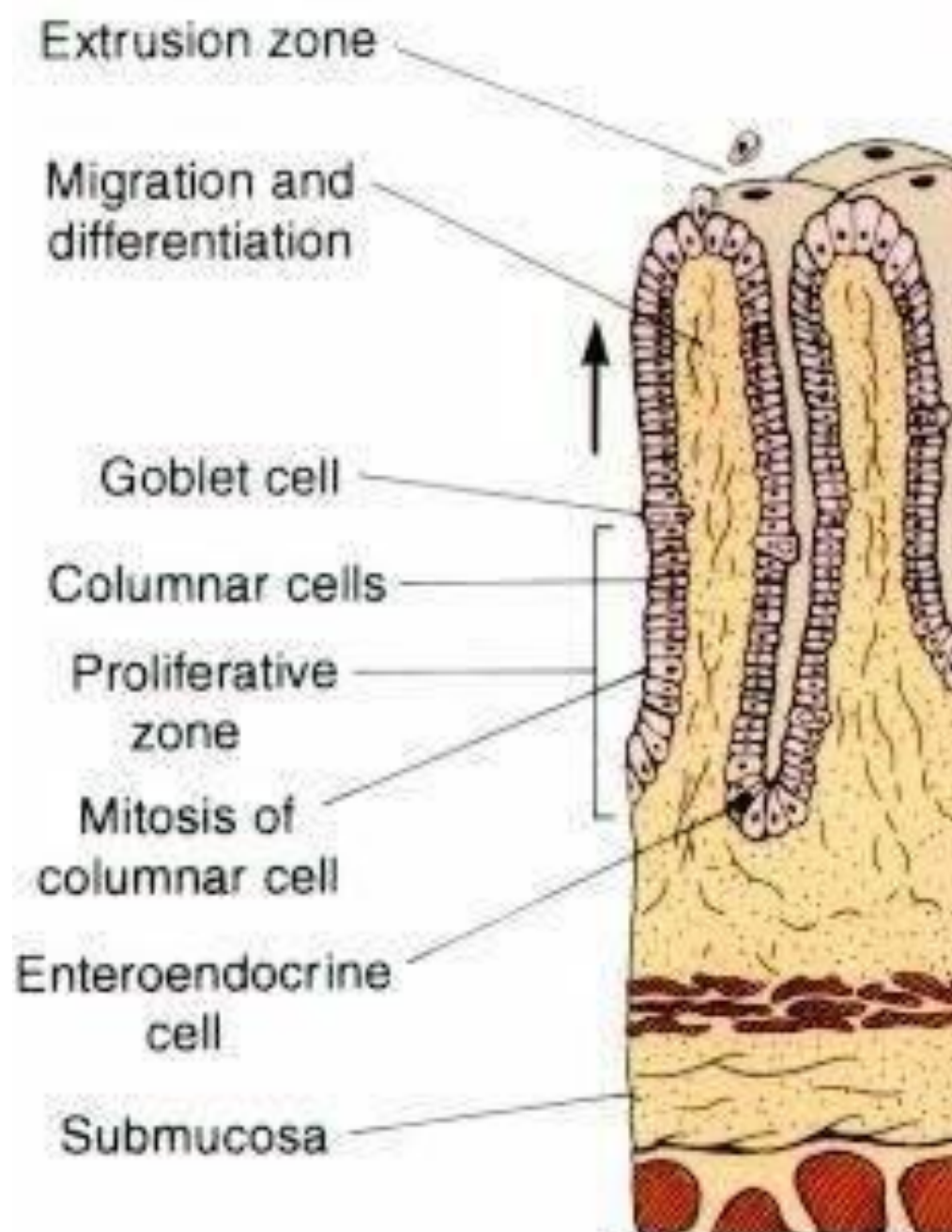
✱ Usually develops from pre-cancerous changes or growths in the lining of these organs

✱ These growths are called *polyps*

Polyp

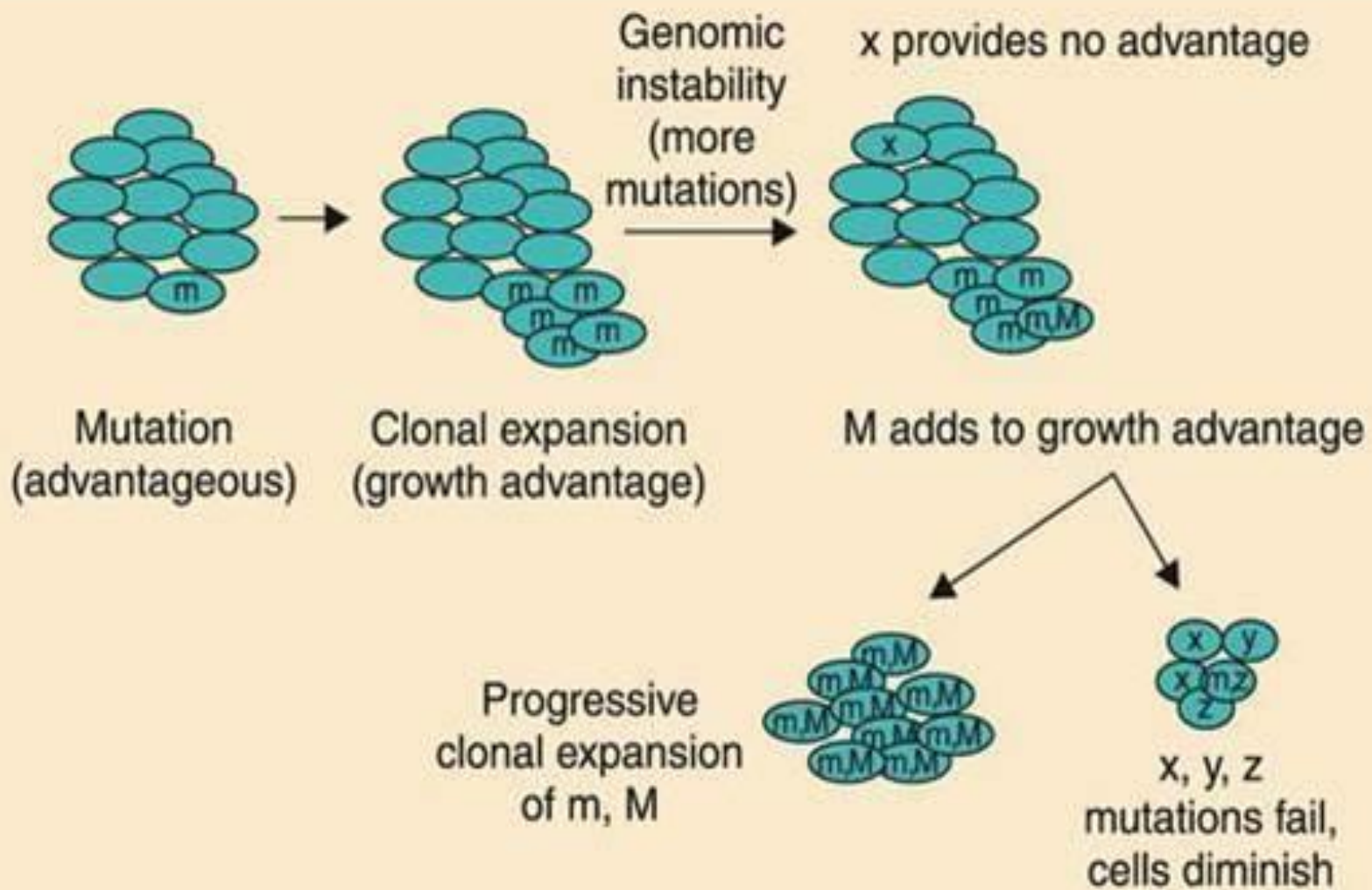




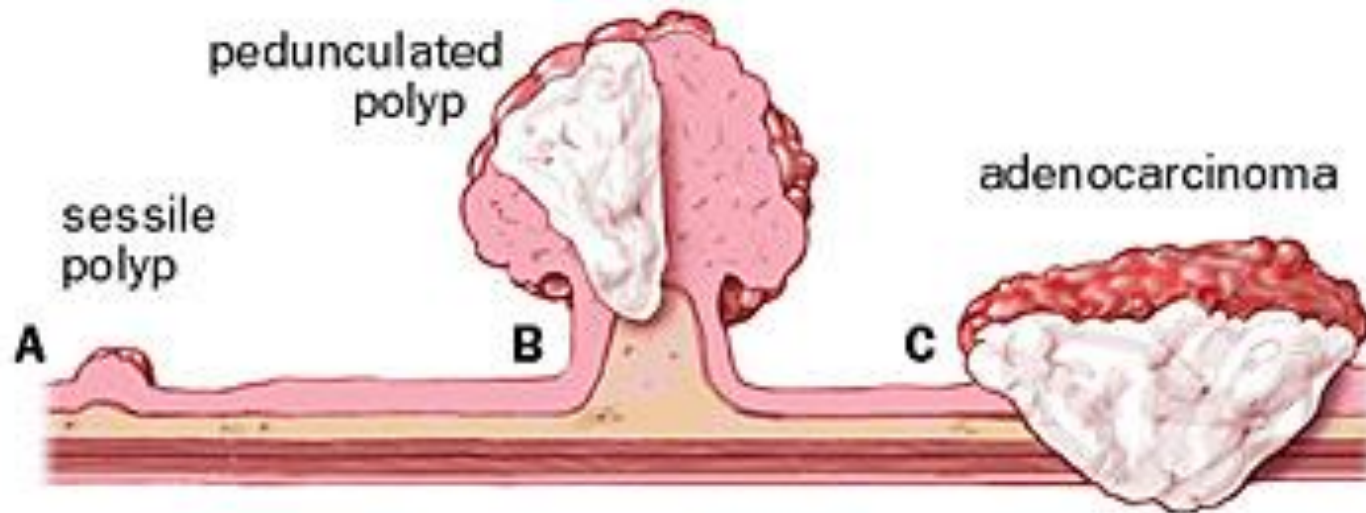


How do polyps form?

- Polyps arise from a single abnormal cell, or from a group of abnormal cells.
- They arise as a result of changes in the normal regulated sequence of cell division, replication, maturation and eventual cell death.



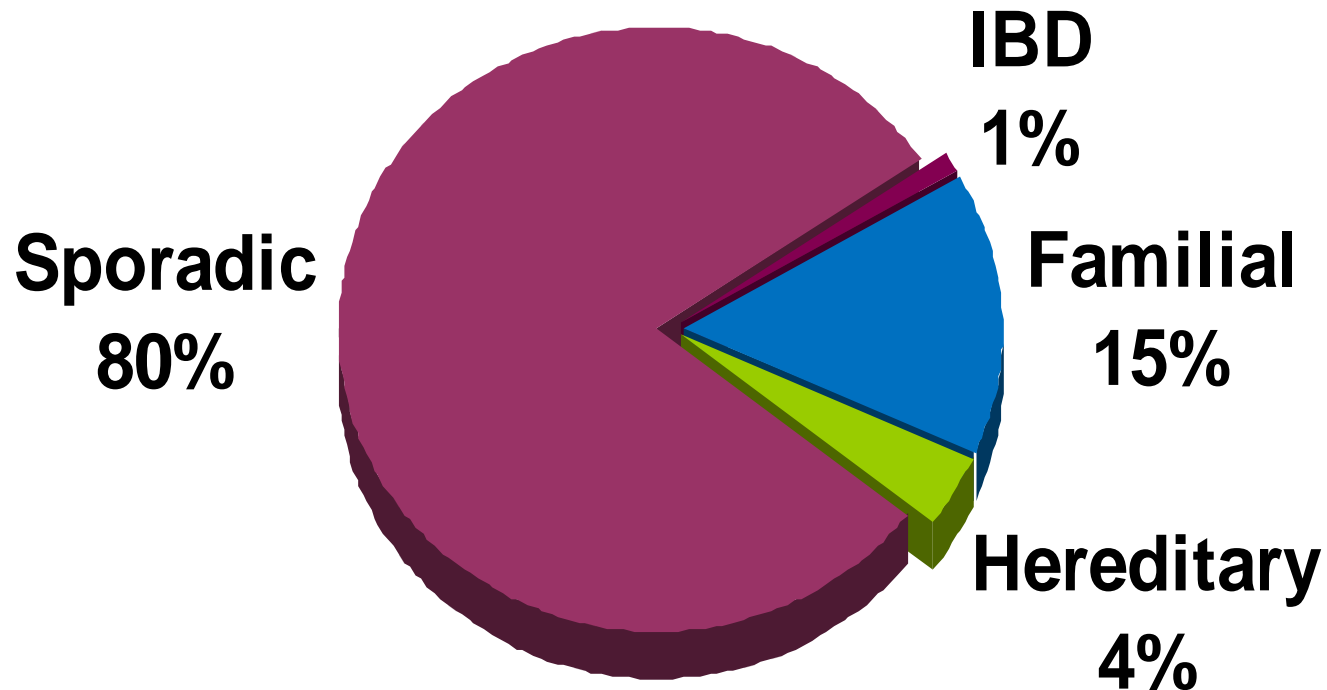
Colon Polyp to Cancer takes about 10-15 years



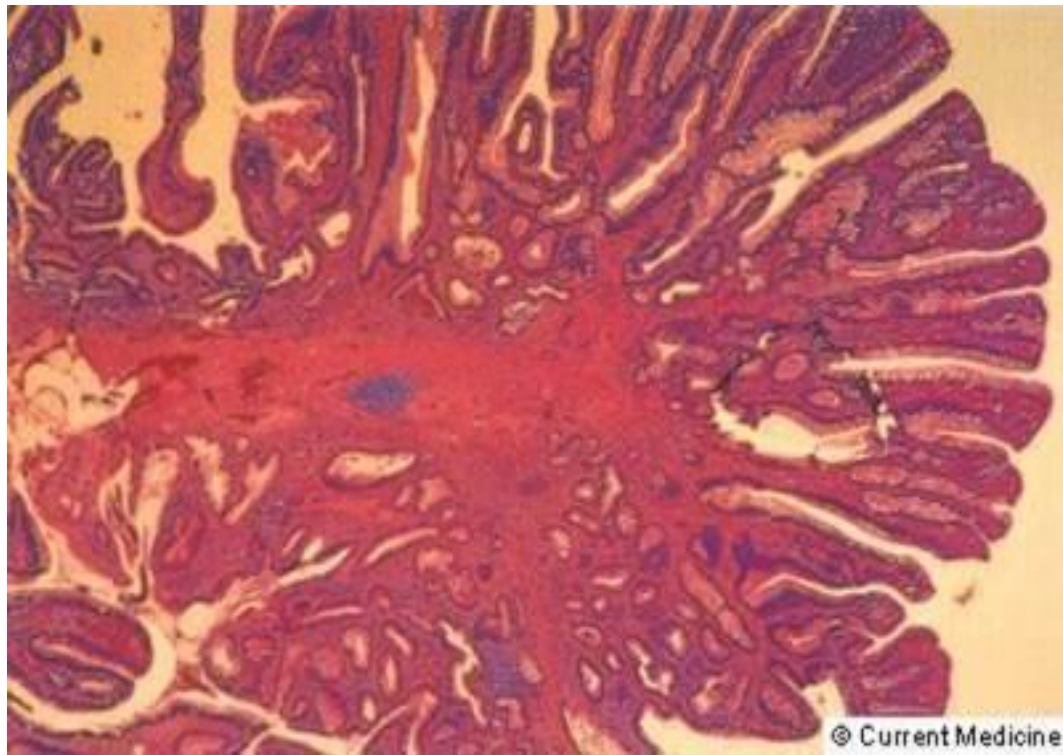
Why should you be tested?

This polyp to cancer sequence is at the basis for the strategy of screening and surveillance.

Types of Colon Cancer



POLYP



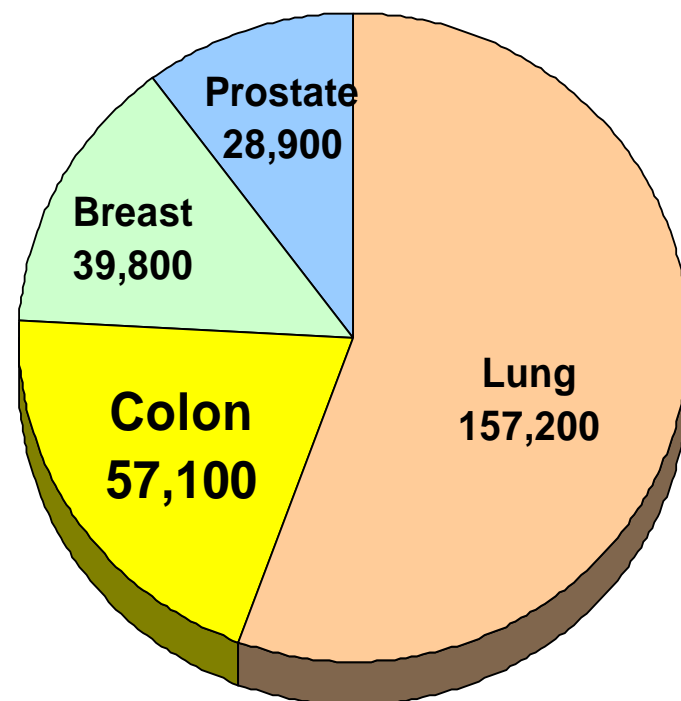
Why talk about it?

One of the most preventable cancers!

✿ **2nd leading cause of cancer deaths**

✿ **3rd most common cancer in men and women**

Cancer Death Estimates



Risk Factors

Risk increases with age

**Nearly 90% of colon cancer patients
are over the age of 50.**

Other risk factors include:

- family or personal history of colon cancer or polyps
- chronic inflammatory bowel disease
- hereditary colorectal syndromes
- use of cigarettes and other tobacco products
- high-fat/low fiber diet
- physical inactivity

Symptoms

Early colon cancer usually has no symptoms

Signs and symptoms typically occur only in advanced colon cancer. Symptoms may include:

- ✱ Change in bowel habits lasting more than a few days
- ✱ Bleeding from the rectum
- ✱ Blood in the stool
- ✱ Cramping or gnawing stomach pains
- ✱ Weakness and fatigue
- ✱ Jaundice (yellow-green color of the skin & white part of the eye)

Why get tested?

Get the test. Get the polyp. Get the cure.

- ✱ Testing can help detect pre-cancerous polyps
- ✱ Removing the polyp early may prevent it from becoming cancer

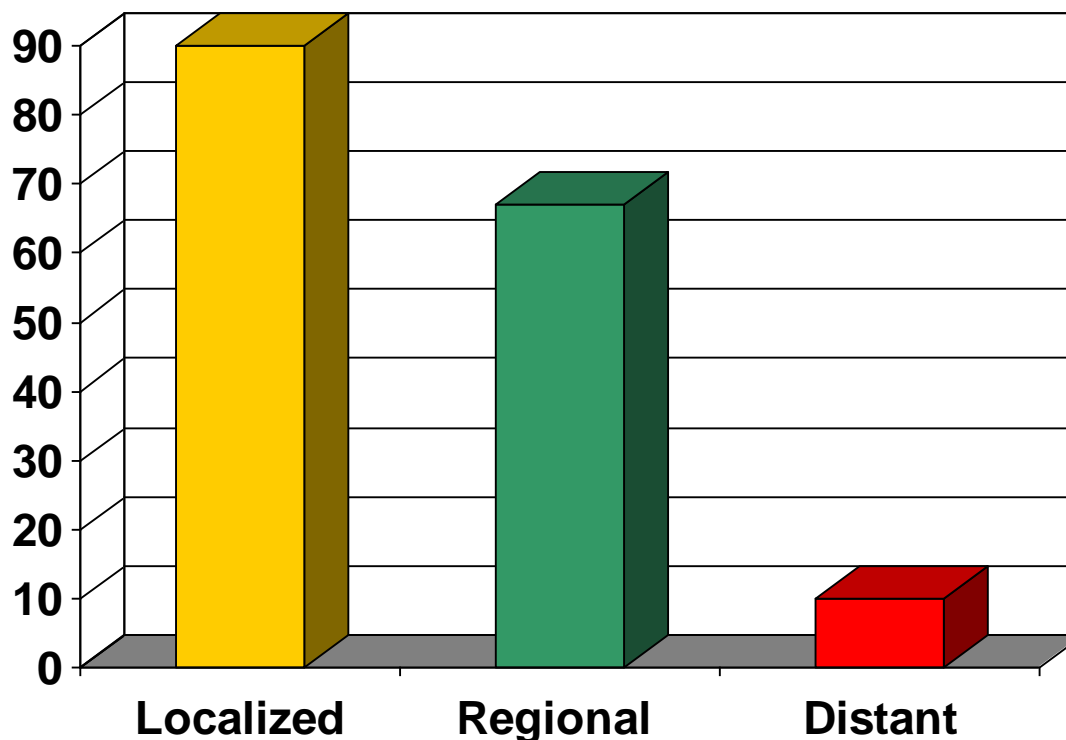
Since some colon cancers can not be prevented, finding them early is the best way to improve the chance of a cure.

- ✱ 90% survival rate if caught early

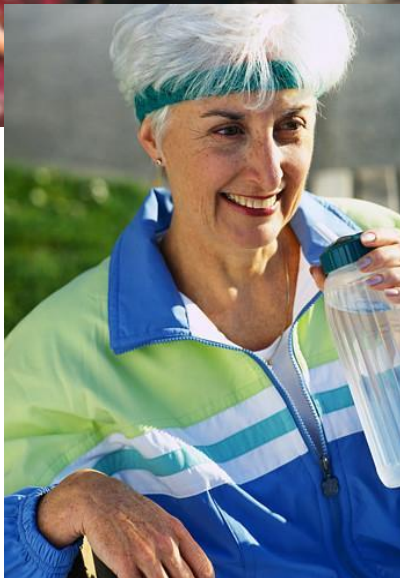


Benefits of Screening

**Five-Year Relative Survival Rates for
Colorectal Cancer by Stage at Diagnosis, 1995-2000**



Who should get tested?



**American Cancer Society
recommends that all
average risk women and
men begin regular colon
cancer early detection
testing at age 50.**

Colon Cancer Tests

Get the test. Get the polyp. Get the cure.

- ✓ **Fecal occult blood testing (FOBT)**
- ✓ **Barium enema**
- ✓ **Flexible sigmoidoscopy**
- ✓ **Colonoscopy**
- ✓ **Virtual Colonoscopy**

Fecal Immunochemical Test

PROS

- No direct risk
- No bowel prep
- No change pre-test diet
- Done at home

CONS

- Misses many cancers & polyps
- False positives
- Done annually
- May need a colonoscopy

CT COLONOGRAPHY

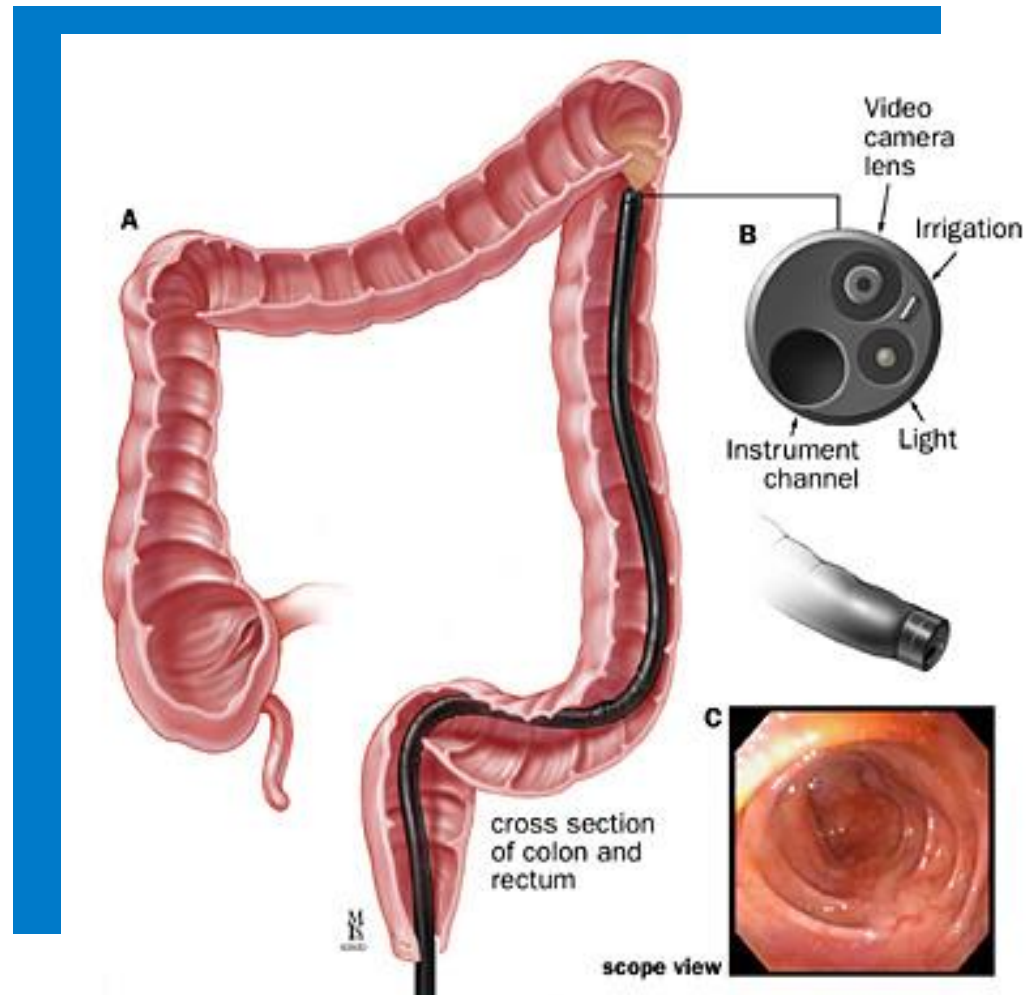
PROS

- No sedation
- Done every 5 years
- Can see entire colon

CONS

- Miss small polyps
- Bowel prep needed
- False positives
- Cannot remove polyps
- Colonoscopy may be needed

Colonoscopy



Colonoscopy

Advantages

- Detects >90% polyps and cancer
- Provides diagnosis and therapy
- Medicare covers average-risk

Limitations

- Risks
- Availability
- Cost
- Compliance

COLONOSCOPY

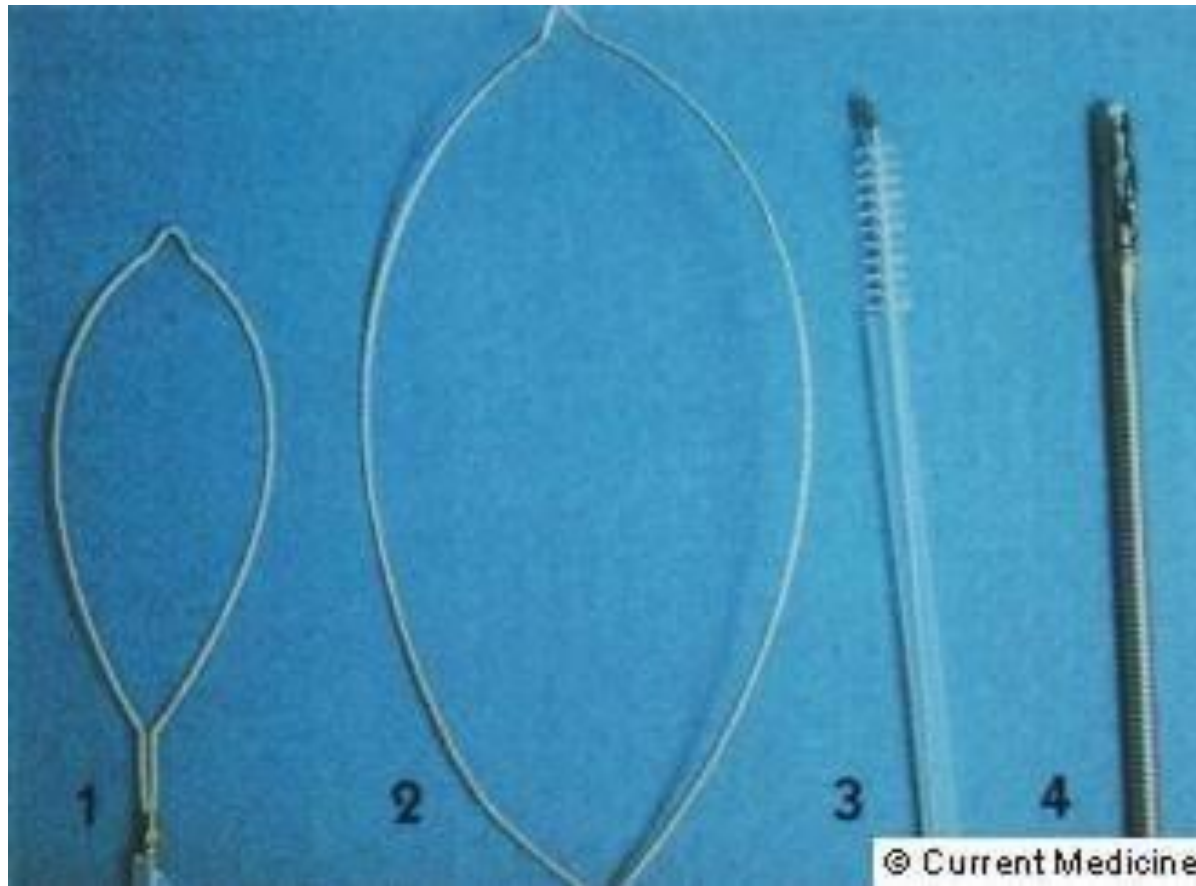
PROS

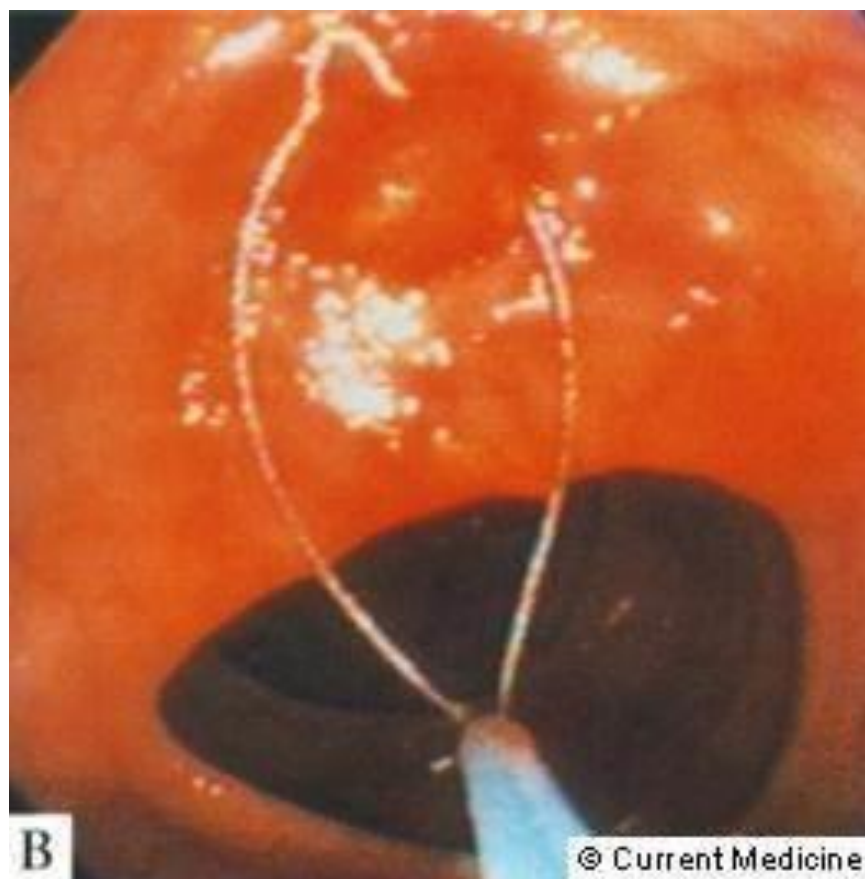
- See entire colon
- Remove polyps
- Done every 5-10 years

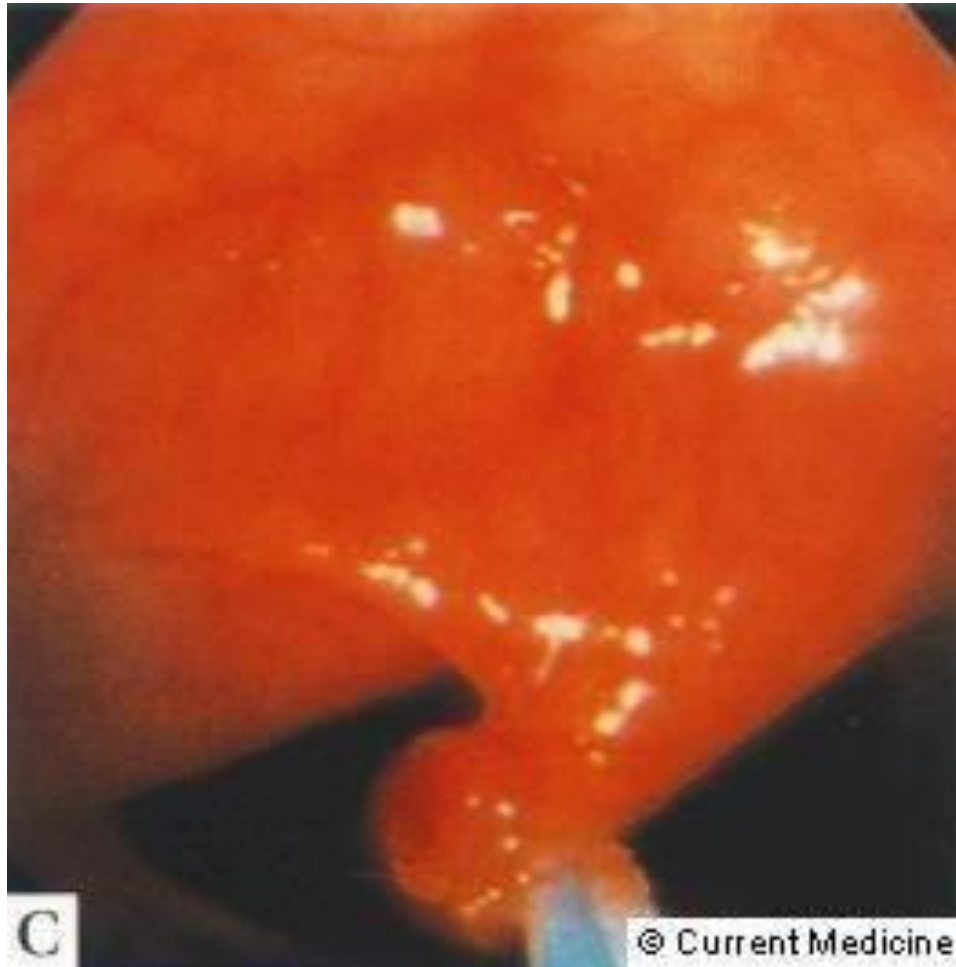
CONS

- Miss small polyps
- Need prep
- Sedation
- Miss work
- Complications

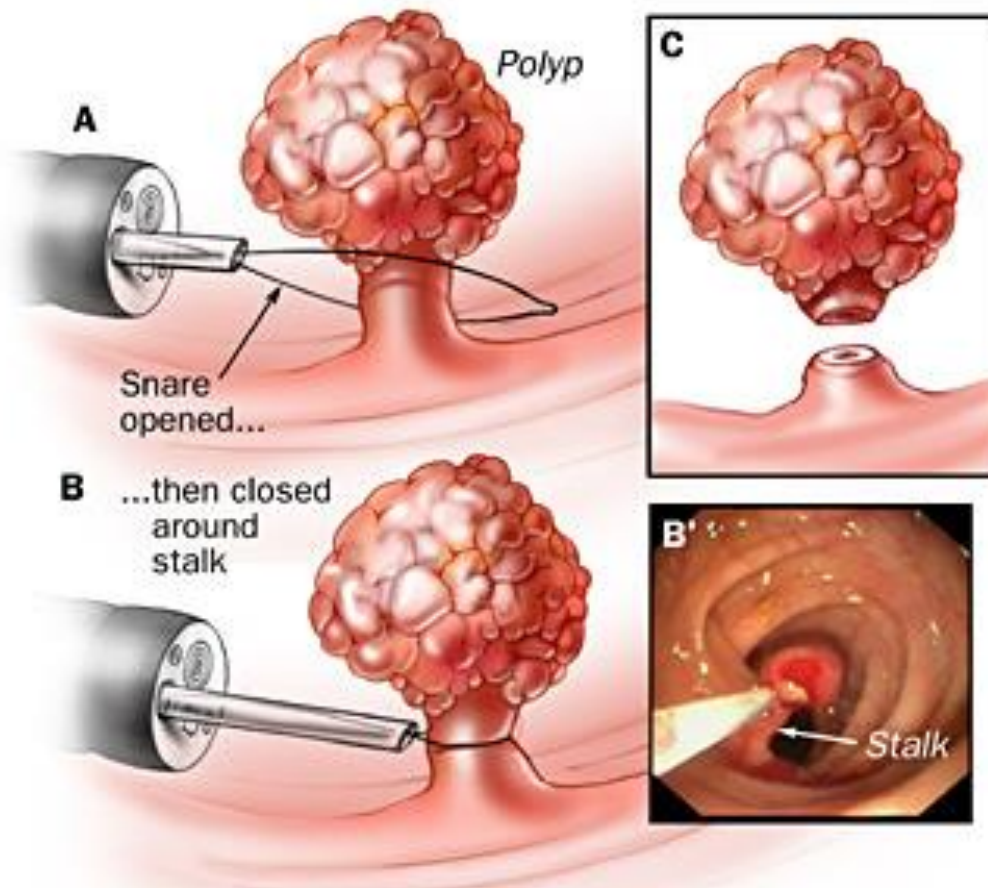
Instruments Used in Colonoscopy



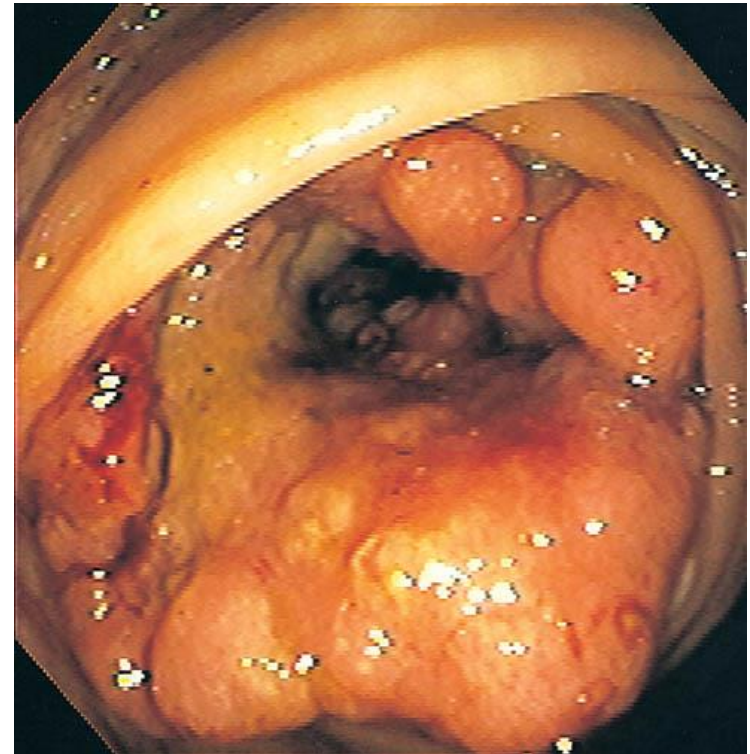
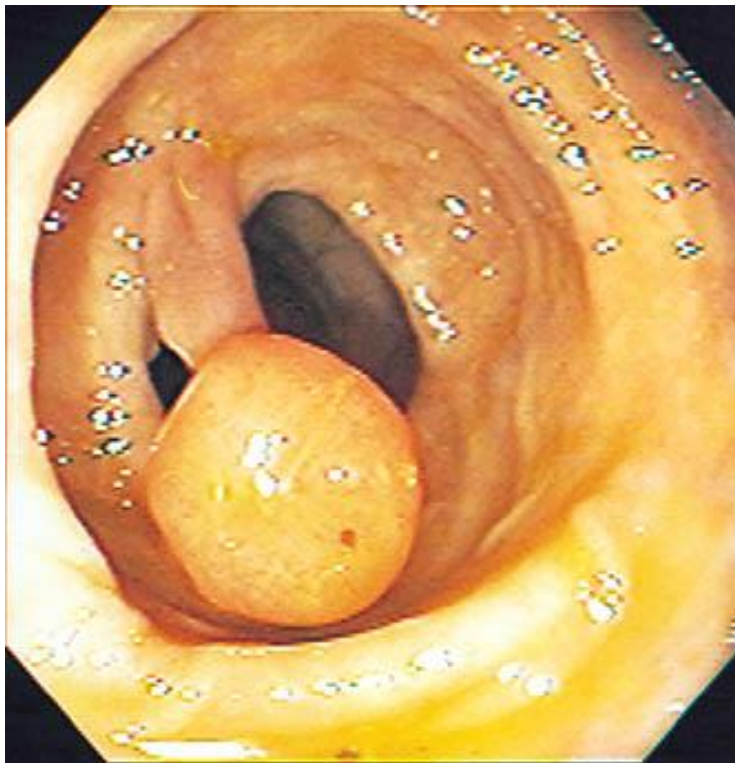




Polypectomy Technique



Colon Cancer Testing Is EFFECTIVE!!



Are people getting tested?

Testing rates remain far too low

- One-third of eligible adults in the United States have not been screened for colorectal cancer.
- Because of low testing rates, only 39% of colorectal cancers are detected at the earliest, most treatable stage.

Why aren't people getting tested?

Don't wait for your doctor

The most common reason people give for not being tested:

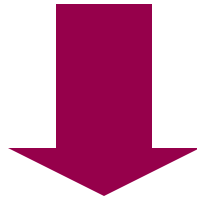
“My doctor never talked to me about it!”



Colon Cancer Tests

Average Risk

Average Risk Individuals



- ✓ **No Symptoms**
- ✓ **Age ≥ 50**
- ✓ **No risk factors**

Current Recommendations

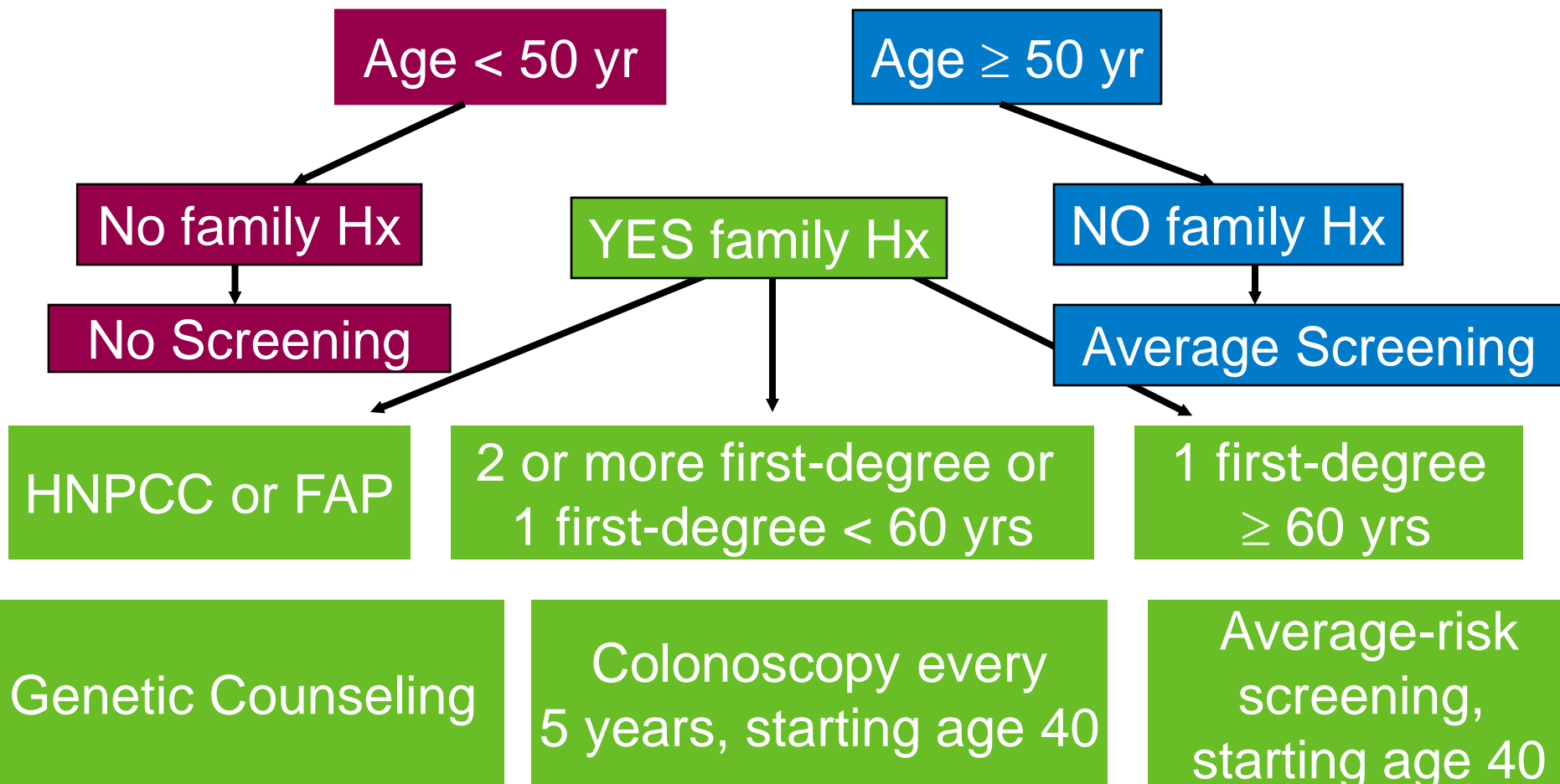
Average Risk

Test	Interval (years)
FOBT	Yearly
Sigmoidoscopy	Every 5
FOBT + Sigmoidoscopy	Yearly, every 5
Colonoscopy	Every 10*
Barium enema	Every 5

*Preferred strategy by ACG

Approach to Colon Cancer Testing

Asymptomatic
Men and Women



Reduce Your Risk

Choices for good health

- ✱ **Follow testing guidelines**
- ✱ **Know your family history**
- ✱ **Get regular exercise**
- ✱ **Do not smoke or use other tobacco products**
- ✱ **Avoid excessive alcohol consumption**



Reduce Your Risk

Choices for good health

- ✿ **Eat 5 or more servings of fruits & vegetables a day**
- ✿ **Choose whole grain foods**
- ✿ **Limit your intake of red meat**
- ✿ **Maintain a healthy weight**



Prevent Colon Cancer

Smart steps

- ✿ **Talk to your doctor**
- ✿ **Get tested starting at age 50**
- ✿ **Encourage your friends, family, and co-workers to get tested**
- ✿ **Maintain a healthy lifestyle**



Schedule An Appointment

**To schedule a colonoscopy or an appointment
with Dr. Chen, call 425-831-3525.**

Procedures at Snoqualmie Valley Hospital.

