





**OWN  
YOUR  
HEALTH**

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## Colon Cancer


Colon Cancer:  
Can we silence the killer?  
Screening and prevention

Modern treatment  
of Colon Cancer



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### Colon Cancer Prevention

Diet-role of:

- Fiber
- Carcinogens in meat and fish
- Antioxidants-Vitamins A,C,E
- Folic Acid
- Calcium



## Colon Cancer Prevention

Role of Aspirin and other anti-inflammatories

Role of exercise and smoking



## Colon Cancer Screening

Why?  
Who?  
How?  
When?



## Screening—Why?

- Second leading cause of cancer death in North America
- May be preventable-polyp-cancer sequence



Colon Polyp



Colon Polyp



### Screening—Who?

- Average risk population
- Groups with increased risks
  - Family history of polyps or malignancy
  - Previous polyps or malignancy
  - Inflammatory bowel disease—Crohn's and ulcerative colitis



### Screening—When?

- Average risk individuals—begin at age 50
- High risk groups—multiple recommendations



### Screening—How?

- Multiple possibilities
  - Fecal occult blood testing
  - Fecal occult blood testing and flexible sigmoidoscopy
  - Double Contrast Barium Enema and flexible sigmoidoscopy
- Colonoscopy



## Colon Cancer Screening

Virtual colonoscopy (C.T. colonography)

- The new kid on the block
- Technique very important
- May be an excellent tool in screening-only time will tell



## Symptoms

Be aware and do not ignore

- Persistent change in bowel habit
- Rectal bleeding
- Abdominal pain
- Weight loss

