

Let's talk about: Colon Cancer



ST. PAUL'S HOSPITAL
COMMUNITY FORUMS

Colorectal Cancer by the Numbers:

- Colon cancer is the second leading cause of cancer-related deaths in Canada and is one of the most preventable forms of cancer. If screened and caught early – the chances of survival increase by 90%.
- Unfortunately, as it stands today, nearly half of those diagnosed find out too late.
- Colorectal cancer is the fourth most commonly diagnosed cancer.
- 367 Canadians are diagnosed with colon cancer every week.
- 160 Canadians die of this disease every week.
- One in 16 Canadians has a chance of developing colorectal cancer.
- One in 28 Canadians will die of it.
- Anyone 50 and up should be screened regardless of family history.

Risk Factors:

There is no “single cause” for developing this disease, but there are several risk factors that include:

- A family history of colorectal cancer
- Increasing age (risk increases from the age of 50)
- Polyps present in the colon or rectum
- A diet high in fat
- An inactive lifestyle
- Obesity
- Inflammatory bowel disease
- Smoking
- Metabolic syndrome

Signs and Symptoms:

- Change in bowel movements
- Blood in stool
- Abdominal discomfort
- Weight loss for no apparent reason
- Feeling that the bowel is not emptying completely
- Narrower than usual stools
- Feelings of weakness or feeling more tired than normal

Sources:

The Canadian Cancer Society www.cancer.ca

Colon Cancer Canada www.coloncancercanada.ca

Join medical experts from Providence Health Care for monthly community forums at St. Paul's Hospital. Each month features a different health topic with time to pose questions to the experts.

The forums are free and take place the third Wednesday of every month.

7:00–9:00 pm
(doors open at 6:30)
New Lecture Theatre
St. Paul's Hospital
1081 Burrard Street

For more information and to register, please email ownyourhealth@providencehealth.bc.ca or call 604-806-8495. Light refreshments will be served.

www.phcmedicine.ca

Sponsored by:





Colon cancer treatment and research at St. Paul's Hospital

A unique provincial resource, Providence Health Care provides complete care for British Columbians with colorectal diseases. The services at St. Paul's Hospital include colorectal cancer screening and prevention, sophisticated diagnostic techniques, a variety of diagnostic services and a full spectrum of treatment and care, including surgery.

Just as important as the high-quality care we provide, is our teaching and research mandate that helps us better understand this disease, improve patient care and develop new treatment solutions.

Highlights of care, research and innovation:

- Providence Health Care is the home of the centre of excellence in colorectal surgery with a specific focus on colorectal cancer, inflammatory bowel disease, and other diseases of the lower gastrointestinal tract.
- As a University of British Columbia teaching hospital, St. Paul's Hospital is a training centre for gastroenterologists and general surgeons, gastroenterology fellows, advanced therapeutic endoscopy fellows, and is also a leader in research in patients with colorectal disease.
- Our research programs focus on improving outcomes and survival rates in patients with colorectal cancer and inflammatory bowel disease.
- St. Paul's Hospital is one of two Lower Mainland centres with physicians fully trained in endoscopic ultrasound to help in detection and staging of gastrointestinal cancers. Patients are referred from all over the Lower Mainland and throughout B.C. for this procedure.
- St. Paul's Hospital is the approved centre in B.C. for wireless capsule endoscopy for investigation of small bowel disorders.
- St. Paul's Hospital is the Canadian leader in using Transanal Endoscopic Microsurgery to remove smaller rectal tumors, and is one of only three sites in the country currently offering this service. This process saves select patients the risks of undergoing major abdominal surgery and allows many patients to leave the hospital the same day of their surgery.
- Dr. Jennifer Telford, a gastroenterologist at St. Paul's Hospital, is the director of the provincial Colon Cancer Screening Initiative operating through the B.C. Cancer Agency.
- St. Paul's Hospital is at the forefront of minimally invasive "keyhole" surgery and provides education for surgeons about these techniques. The colorectal surgeons at St. Paul's Hospital have had referrals for this technique from all over B.C., Western Canada and even the United States and Mexico.
- Providence Health Care works in conjunction with the B.C. Cancer Agency and is a leader in provincial colorectal cancer care improvement initiatives. We are currently developing provincial standards for operative reports for colorectal cancer to help improve patient care.

www.colorectalsurgeryphc.org
www.phcmedicine.ca

St. Paul's Hospital is an acute care, teaching and research hospital located in downtown Vancouver. It is home to many world-class medical and surgical programs, including heart and lung services, HIV/AIDS and kidney care.

St. Paul's serves both the local community and patients from across BC and the Yukon. St. Paul's is one of 14 health care facilities in Vancouver operated by Providence Health Care, one of Canada's largest faith-based health care organizations. Providence's 1,000 physicians and 6,000 staff deliver compassionate care to patients and residents in British Columbia while training medical professionals and making innovative advances in research.

