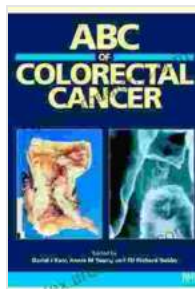


# ABC of Colorectal Cancer ABC 188: The Essential Guide to Prevention, Diagnosis, and Treatment

Colorectal cancer is the third leading cause of cancer death in the United States. It is a cancer that starts in the colon or rectum. Colorectal cancer can be prevented, diagnosed, and treated. This book provides a comprehensive overview of colorectal cancer, including its causes, symptoms, diagnosis, and treatment options.

## Causes of Colorectal Cancer

The exact cause of colorectal cancer is unknown. However, there are a number of risk factors that can increase your chances of developing the disease. These risk factors include:



## ABC of Colorectal Cancer (ABC Series Book 188)

by Carl Miller

★★★★☆ 4.1 out of 5

Language : English

File size : 3816 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Print length : 88 pages

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- Age: Colorectal cancer is more common in people over the age of 50.

- Family history: People who have a family history of colorectal cancer are at an increased risk of developing the disease.
- Personal history of colorectal polyps: People who have had colorectal polyps removed are at an increased risk of developing colorectal cancer.

li>Ulcerative colitis or Crohn's disease: People with ulcerative colitis or Crohn's disease are at an increased risk of developing colorectal cancer.

- Diet: Eating a diet high in red meat and processed meats can increase your risk of colorectal cancer.
- Obesity: Obesity is a risk factor for colorectal cancer.
- Smoking: Smoking cigarettes can increase your risk of colorectal cancer.
- Alcohol consumption: Drinking alcohol can increase your risk of colorectal cancer.

## **Symptoms of Colorectal Cancer**

The symptoms of colorectal cancer can vary depending on the location of the tumor. However, some common symptoms include:

- Rectal bleeding
- Blood in the stool
- Abdominal pain
- Constipation

- Diarrhea
- Weight loss
- Fatigue

## **Diagnosis of Colorectal Cancer**

Colorectal cancer is diagnosed through a variety of tests, including:

- **Colonoscopy:** A colonoscopy is a procedure in which a thin, flexible tube is inserted into the colon and rectum to visualize the lining of the colon and rectum.
- **Sigmoidoscopy:** A sigmoidoscopy is a procedure in which a thin, flexible tube is inserted into the rectum and sigmoid colon to visualize the lining of the rectum and sigmoid colon.
- **Virtual colonoscopy:** A virtual colonoscopy is a CT scan of the colon and rectum that can be used to visualize the lining of the colon and rectum.
- **Fecal occult blood test:** A fecal occult blood test is a test that can be used to detect blood in the stool.
- **Blood test:** A blood test can be used to check for a protein called carcinoembryonic antigen (CEA), which is a marker for colorectal cancer.

## **Treatment of Colorectal Cancer**

The treatment of colorectal cancer depends on the stage of the cancer. The stage of the cancer is determined by the size of the tumor, the location of

the tumor, and whether or not the cancer has spread to other parts of the body.

Treatment options for colorectal cancer include:

- **Surgery:** Surgery is the most common treatment for colorectal cancer. The type of surgery that is performed depends on the stage of the cancer.
- **Radiation therapy:** Radiation therapy is a treatment that uses high-energy rays to kill cancer cells. Radiation therapy can be used before or after surgery.
- **Chemotherapy:** Chemotherapy is a treatment that uses drugs to kill cancer cells. Chemotherapy can be given orally or intravenously.
- **Targeted therapy:** Targeted therapy is a treatment that uses drugs to target specific proteins that are involved in the growth of cancer cells. Targeted therapy can be given orally or intravenously.
- **Immunotherapy:** Immunotherapy is a treatment that uses the body's own immune system to fight cancer. Immunotherapy can be given orally or intravenously.

## **Prevention of Colorectal Cancer**

There are a number of things you can do to reduce your risk of developing colorectal cancer, including:

- **Eating a healthy diet:** Eating a diet that is high in fruits, vegetables, and whole grains can help to reduce your risk of colorectal cancer.

- Maintaining a healthy weight: Obesity is a risk factor for colorectal cancer. Maintaining a healthy weight can help to reduce your risk of colorectal cancer.
- Getting regular exercise: Regular exercise can help to reduce your risk of colorectal cancer.
- Quitting smoking: Smoking cigarettes can increase your risk of colorectal cancer. Quitting smoking can help to reduce your risk of colorectal cancer.
- Limiting alcohol consumption: Drinking alcohol can increase your risk of colorectal cancer. Limiting alcohol consumption can help to reduce your risk of colorectal cancer.
- Getting regular screening tests: Colorectal cancer screening tests can help to find colorectal cancer early, when it is most treatable.

Colorectal cancer is a serious disease, but it can be prevented, diagnosed, and treated. By following the tips in this book, you can reduce your risk of developing colorectal cancer and improve your chances of surviving the disease if you are diagnosed with colorectal cancer.



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