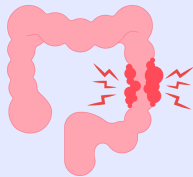


Colorectal Cancer



What is Colorectal Cancer?



- Colorectal cancer, also known as large bowel cancer, occurs in the large bowel (colon) and the back passage (rectum).
- In 2020, it was ranked third among all cancer rates and second among all cancer mortality worldwide.
- In Singapore, it is the second highest cancer rate in women with 2,264 new cases between 2015 and 2019.

Risk Factors

Biological risk factors	Lifestyle risk factors
Advanced age	Being overweight or obese
Personal medical history of lynch syndrome, colorectal polyps, inflammatory bowel disease or type 2 diabetes	Certain dietary patterns (e.g., high in red and processed meat, low in fibre, fruits and vegetables)
Family history of colorectal cancer	Smoking and heavy alcohol consumption
	Physical inactivity



Symptoms

Early Stage	Mid to Late-Stage
<ul style="list-style-type: none">• Most colorectal cancer tumours grow slowly• No alarming signals or symptoms for early stage	<ul style="list-style-type: none">• With tumours growing and invading, symptoms may occur:• Rectal bleeding, abdominal mass, abdominal pain, change in bowel habit, unexplained weight loss, iron-deficiency anemia, and bowel obstruction, etc

Screening Approaches

People at average risk, aged between 45-75

1. Stool Tests

- Faecal Immunochemical Test (FIT) — once a year
- Guaiac Faecal Occult Blood Test (gFOBT) — once a year
- FIT-DNA Test — every 3 years

2. Clinical Examinations

- Flexible Sigmoidoscopy — every 5 years or every 10 years with a FIT every year
- Colonoscopy — every 10 years
- CT Colonography — every 5 years



People at high risk (eg family history of colorectal cancer)

- Ask doctor for personalised screening recommendations

Diagnosis, Treatment, and Survivorship



Diagnosis

Other tests can suggest that cancer is present, but definite diagnosis of colorectal cancer requires **biopsy** (during colonoscopy)



Treatment

If diagnosed and treated early, colorectal cancer can result in a much longer 5-year survival.



Survivorship

- To better cope with cancer and find support
- To eat well and be active
- To be able to return to work



IMPORTANCE

Early detection & Early treatment for colorectal cancer