COLORECTAL CANCER
PREVENTION & DETECTION
Quick Review of the Digestive System’s Anatomy
Polyps of the Colon:
Rates of Colon Cancer in the Large Intestine By Area:

Cancer can occur anywhere in the colon, so it’s important to have screening tests that examine the entire colon. Here, the percentages represent the incidence of colon cancer in the various parts of the colon.

© Mayo Foundation for Medical Education and Research
Stages of Development

http://www.webmd.com/colorectal-cancer/ss/slideshow-colorectal-cancer-overview
Colon cancer has spread to other parts of the body:

- Lymph nodes
- Lung
- Liver
- Abdominal wall
- Ovary

Stage IV

Cancer in the colon

Blood

Lymph nodes

To other parts of the body

www.cancer.gov
CANCER CAN SPREAD THROUGH THE BODY IN THREE WAYS

1. Tissue
2. Lymphatic System
3. Blood
CANCER CAN SPREAD FROM WHERE IT STARTED TO OTHER PARTS OF THE BODY:

Colorectal cancer can commonly spread to the lymph nodes, liver, and lungs, but the cancer can also spread to the bones, brain, or other organs.
KNOWING THE FACTS: COLORECTAL CANCER STATISTICS
### Estimated Cases for 2016

<table>
<thead>
<tr>
<th></th>
<th>MASCULINO</th>
<th>FEMENINO</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>New Cases</strong></td>
<td>70,820</td>
<td>63,670</td>
</tr>
</tbody>
</table>

### Estimated Deaths 2016

<table>
<thead>
<tr>
<th></th>
<th>MASCULINO</th>
<th>FEMENINO</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Deaths</strong></td>
<td>26,020</td>
<td>23,170</td>
</tr>
</tbody>
</table>

*American Cancer Society, 2016*
Colorectal Cancer in Hispanics:

- The second most commonly diagnosed cancer
- Hispanics are less likely to be screened
- Mortality rates are higher
Colorectal Cancer in African Americans:

- Highest colorectal cancer incidence and mortality rates of all racial groups
- Third most common cancer in African-Americans
SIGNS AND SYMPTOMS

http://mundoasistencial.com/
Signs and Symptoms:

✓ A change in bowel habits such as diarrhea, constipation, or narrowing of the stool (feces) for several days
✓ A feeling that you need a bowel movement that does not go away afterwards
✓ Rectal bleeding
✓ Blood in the stool, which can cause the stool to appear dark
Signs and Symptoms

- Abdominal pain or cramping
- Weakness and fatigue
- Unexplained weight loss
- Unexplained anemia
- General discomfort
Right colon cancer: anemia and obscure bleeding, periods of alternating diarrhea and constipation

Left colon cancer: the bleeding is bright red
Risk factors of cancer can be divided into four groups:

- Risk factors related to behavior
- Environmental risk factors
- Biological risk factors
- Inherited risk factors
Behavioral risk factors:

- eldiario.com.uy
- www.msal.gov.ar
- atuzalud.blogspot.com

© 2015 by CCHD's National Community Health Worker Training Center, Texas A&M School of Public Health, DSHS Approved CHW Curriculum
Environmental risk factors:
Biological risk factors:

www.periodistadigital.com

salud.univision.com

© 2015 by CCHD's National Community Health Worker Training Center, Texas A&M School of Public Health, DSHS Approved CHW Curriculum
Inherited risk factors:

www.msal.gov.ar

jupibe21.blogspot.com
FACTORS THAT MAY REDUCE RISK
Factors that may reduce risk:
CASE STUDY: MR. BOMBASTIC
He is a 55-year-old man, who works at a telemarketing company during the night shift. He works from 10 pm-6am.
His eldest son is moving in again, because he can’t find a job.

His daughter just started college away from home.
<table>
<thead>
<tr>
<th>HOUR</th>
<th>MONDAY</th>
<th>Rest Of the Week:</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 am</td>
<td>Leaves work, smokes a cigarette and stops at the bakery</td>
<td></td>
</tr>
<tr>
<td>7 am</td>
<td>Eats minimum 2 pieces of bread with a Coca-Cola Light</td>
<td></td>
</tr>
<tr>
<td>8 am</td>
<td>Before going to bed, smokes a cigarette</td>
<td></td>
</tr>
<tr>
<td>9 am-3 pm</td>
<td>Sleeps</td>
<td></td>
</tr>
<tr>
<td>3 pm</td>
<td>Awakes and smokes a cigarette</td>
<td></td>
</tr>
<tr>
<td>4 pm</td>
<td>Lunch (double cheeseburger with bacon, jalapenos and large fries)</td>
<td></td>
</tr>
<tr>
<td>5 pm</td>
<td>Smokes another cigarette</td>
<td></td>
</tr>
<tr>
<td>HOUR</td>
<td>MONDAY</td>
<td>Rest of the week:</td>
</tr>
<tr>
<td>-----------</td>
<td>------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>6 pm</td>
<td>He sits in front of the TV and watches the local news</td>
<td></td>
</tr>
<tr>
<td>7 pm</td>
<td>Eats his favorite chips and a Coke, while watching his favorite program on Netflix</td>
<td></td>
</tr>
<tr>
<td>8 pm</td>
<td>Dinner: a bag of Doritos with salsa and 2 hot dogs with chili and a large soda</td>
<td></td>
</tr>
<tr>
<td>9 pm</td>
<td>Smokes a cigarette</td>
<td></td>
</tr>
<tr>
<td>10 pm</td>
<td>Clocks in to work</td>
<td></td>
</tr>
<tr>
<td>12 am</td>
<td>Takes a break - he uses it to smoke another cigarette</td>
<td></td>
</tr>
<tr>
<td>12 am- 3 am</td>
<td>Works in a small space where it is difficult to</td>
<td></td>
</tr>
<tr>
<td>HOUR</td>
<td>MONDAY</td>
<td>Rest of the Week:</td>
</tr>
<tr>
<td>-------</td>
<td>----------------------------------------------------------------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>3 am</td>
<td>Takes a lunch break of 30 minutes and eats some Mexican tacos</td>
<td></td>
</tr>
<tr>
<td>5 am</td>
<td>Takes another break - eats some cookies and smokes a cigarette</td>
<td></td>
</tr>
<tr>
<td>6 am</td>
<td>Clocks out of work</td>
<td></td>
</tr>
</tbody>
</table>
• Identify at least four risk factors that Mr. Bombastic has for Colorectal Cancer
• Share at least 3 ways that you as a CHW would help Mr. Bombastic to change his habits and current life style to healthier habits.
SCREENING
RECOMMENDATIONS:

- EAT HEALTHY
- EXERCISE
- STOP SMOKING
- PREVENTIVE COLONOSCOPY
Tests that find polyps and cancer:

- Flexible sigmoidoscopy every 5 years.
- Colonoscopy every 10 years.
- Double contrast barium enema every 5 years.
- CT colonography (virtual colonoscopy) every 5 years.

Tests that find cancer

- Occult blood test every year based on guaiacol (g FOBT) stool
- Fecal immunochemical test (FIT) every year,
- DNA test in the stool (sDNA) every 3 years
<table>
<thead>
<tr>
<th>#</th>
<th>Test Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Guaiac-based fecal occult blood test (FOBT)</td>
</tr>
<tr>
<td>2</td>
<td>Fecal Immunochemical Test (FIT)</td>
</tr>
<tr>
<td>3</td>
<td>Carcinoembryonary antigen (CEA)</td>
</tr>
<tr>
<td>4</td>
<td>Double-contrast barium enema</td>
</tr>
<tr>
<td>5</td>
<td>CT colonography (virtual colonoscopy)</td>
</tr>
<tr>
<td>6</td>
<td>Sigmoidoscopy</td>
</tr>
<tr>
<td>7</td>
<td>Colonoscopy</td>
</tr>
<tr>
<td>8</td>
<td>Echo-endoscopy</td>
</tr>
<tr>
<td>9</td>
<td>Endoscopy Capsule</td>
</tr>
</tbody>
</table>
1. Guaiac-based fecal occult blood test (FOBT)
2. FECAL IMMUNOCHEMICAL TEST (FIT)
3. Carcinoembryonary antigen (CEA)
4. DOUBLE-CONTRAST BARIUM ENEMA
5. CT COLONOGRAPHY (VIRTUAL COLONOSCOPY)
6. SIGMOIDOSCOPY:
7. COLONOSCOPY:

www.lookfordiagnosis.com
Colonoscopy is considered to be the **GOLD Standard** because it reaches **ALL** of the colon.
8. ECHO ENDOSCOPY
9. ENDOSCOPY CAPSULE
Images: Colon Capsule Pillcam 2
BARRIERS TO ACCESSING SCREENING TESTS
BARRIERS

1. Cost $$$
2. Fear of finding cancer
3. Anxiety
4. Lack of knowledge
5. Embarrassment
6. Anticipation of pain
7. Drinking a laxative
8. Transportation
IN GROUPS OF TWO OR THREE, DISCUSS BARRIERS TO ACCESSING COLORECTAL CANCER SCREENING TESTS THAT YOU’VE SEEN IN YOUR COMMUNITY. THEN, FOR EACH REASON (OR EXCUSE!) THAT SOMEONE MAY GIVE FOR NOT GETTING A SCREENING TEST, LIST A SOLUTION THAT A CHW COULD OFFER TO OVERCOME THIS BARRIER.