

Colon Cancer

It is the third leading cause of cancer in the United States. Let's all attack it, one person at a time. Get screened today.

90% of cases of colon cancer occurred in people who are older than 50 years of age.

You can do a lot to reduce your risk of colon cancer:

- Be active regularly
- Consume a diet high in fiber, fruit and vegetables
- Limit fat contents in your diet
- Maintain your weight. Obesity can lead to increased inflammation, which can predispose you to developing cancer.
- Limit alcohol consumption
- Do not smoke or use tobacco products

Even though colonoscopy is the standard, if you do not have family history, and are at average risk, there are other options available.

Recommended start age of screening: 50 years of age, or 45 years if African American (ACG)

Recommended stop age: 75-85 years of age

Great Resource from the National Cancer Institute: <https://gutcheck.cancer.gov/>

Screening Methods

	Colonoscopy	Sigmoidoscopy	CT Colonography (Virtual Colonoscopy)	Annual FIT (Fecal Immunochemical Test)	Stool DNA Test	Double Contrast Barium Enema
What to Do	First Choice	Second Choice	Second	Third Choice	Last	Last
Estimated Cost	\$1,036	\$500	\$450	\$25	\$649	\$400
Appropriate for	Patients with Normal or Increased Risk	Patients with Normal Risk	Patients with Normal Risk	Patients with Normal Risk	Patients with Normal Risk	Patients with Normal Risk
How Done & How Long	Prep needed Full Day	Prep needed Half/Full Day	Prep needed 1-2 hours	Home Self Collection	Home Self Collection	
Can Detect	Cancer & Polyps on Entire Colon	Cancer & Polyps on Left Colon	Cancer & Polyps >1cm	Cancer	Cancer	Cancer
If Negative	Repeat Every 10 years	Every 5 years	Every 5 years	Every year	Every 3 years	Every 5 years
If Positive	Depending on findings	Colonoscopy	Colonoscopy	Colonoscopy	Colonoscopy	Colonoscopy
Complication	0.19%	0.09%				
Note					FIT just as good, and less expensive	CT colonography better

References:

Complication Rate: <https://academic.oup.com/jnci/article/95/3/230/2520585/Risk-of-Perforation-After-Colonoscopy-and>

American Cancer Society, <https://www.cancer.org/cancer/colon-rectal-cancer/detection-diagnosis-staging/acs-recommendations.html>

U.S. Preventive Services Task Force, <https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/colorectal-cancer-screening2>

American College of Gastroenterology, <https://gi.org/guideline/colorectal-cancer-screening/>