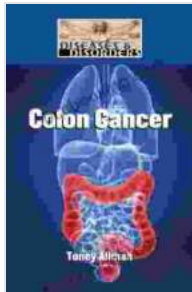


# Colon Cancer Diseases And Disorders: The Ultimate Guide



**Colon Cancer (Diseases and Disorders)** by Toney Allman

★★★★★ 5 out of 5

Language : English

File size : 6964 KB

Print length : 128 pages



Colon cancer is one of the most common types of cancer worldwide, affecting millions of people every year. It is a type of cancer that starts in the colon or rectum, which are parts of the large intestine. Colon cancer can be a serious disease, but it is often curable if it is found and treated early.

This article will provide you with an in-depth understanding of colon cancer, including its various forms, symptoms, risk factors, screening, diagnosis, treatment options, and dietary recommendations. By educating yourself about colon cancer, you can empower yourself to prevent, detect, and manage this disease effectively.

## Types of Colon Cancer

There are two main types of colon cancer:

- **Adenocarcinoma:** This is the most common type of colon cancer, accounting for about 95% of cases. Adenocarcinoma starts in the glands that line the colon or rectum.
- **Carcinoma:** This type of colon cancer starts in the cells that make up the lining of the colon or rectum.

## **Symptoms of Colon Cancer**

The symptoms of colon cancer can vary depending on the stage of the disease. In the early stages, colon cancer may not cause any symptoms. As the cancer grows, it may cause the following symptoms:

- Abdominal pain or discomfort
- Changes in bowel habits, such as constipation, diarrhea, or narrowing of stools
- Rectal bleeding or blood in the stool
- Weight loss
- Fatigue
- Weakness
- Nausea and vomiting

## **Risk Factors for Colon Cancer**

There are several risk factors that can increase your chances of developing colon cancer, including:

- **Age:** The risk of colon cancer increases with age. Most cases of colon cancer occur in people over the age of 50.
- **Family history:** People with a family history of colon cancer are at an increased risk of developing the disease.
- **Personal history of colon polyps:** People who have had colon polyps removed are at an increased risk of developing colon cancer.
- **Inflammatory bowel disease:** People with inflammatory bowel disease, such as Crohn's disease or ulcerative colitis, are at an increased risk of developing colon cancer.
- **Diet:** A diet high in red meat, processed meats, and saturated fat may increase the risk of colon cancer.
- **Obesity:** Obese people are at an increased risk of developing colon cancer.
- **Smoking:** Smoking cigarettes increases the risk of colon cancer.
- **Alcohol consumption:** Heavy alcohol consumption may increase the risk of colon cancer.

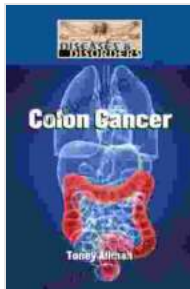
## Screening for Colon Cancer

Colon cancer screening is recommended for all adults over the age of 50. There are several different screening tests available, including:

- **Colonoscopy:** This is the most common colon cancer screening test. A colonoscopy involves inserting a long, thin tube with a camera on the end into the rectum and colon. The camera allows the doctor to

visualize the inside of the colon and rectum and remove any polyps that are found.

- **Sigmoidoscopy:** This is a less invasive colon cancer screening test than a colonoscopy. A sigmoidoscopy involves inserting a shorter, thinner tube with a camera on the end into the rectum and sigmoid colon. The camera allows the doctor to visualize the inside of the rectum and sigmoid colon and remove any polyps that are found.
- **Fecal occult blood test (FOBT):** This is a simple test that can be done at home. The FOBT involves collecting a stool sample and sending it to a lab to be tested for blood. A positive FOBT result may indicate the presence of colon cancer or other digestive problems.
- **Fecal immunochemical test (FIT):** This is a more sensitive test than the FOBT. The FIT involves collecting a stool sample and sending it to a lab to be tested



### **Colon Cancer (Diseases and Disorders)** by Toney Allman

★★★★★ 5 out of 5

Language : English

File size : 6964 KB

Print length : 128 pages

FREE

DOWNLOAD E-BOOK





## Immerse Yourself in the Enchanting Realm of Nora Roberts' Three Sisters Island Trilogy

Prepare to be captivated by the spellbinding world of Nora Roberts' Three Sisters Island Trilogy, a captivating series that weaves together romance, suspense,...



## Unleash the Explosive Action of Going Ballistic Combined Operations!

Prepare for an Adrenaline-Fueled Journey into the Heart of Combat Get ready to immerse yourself in a world of intense action, high-stakes...