

COLO-RECTAL CANCER

What is colorectal cancer?

This is the cancer that occurs in the large intestine (colon and rectum).

This is 4th most common cause of cancer in men and women.

Exact cause is unknown.

What are risk factors of colorectal cancer?

- Genetics (Colorectal Polyps), family history of colorectal cancer.
- More than 50 years of age.
- Smoking, diet rich in fat and poor fibers.
- Body weight (Obesity)
- Inflammatory Bowel Disease (Ulcerative colitis/Crohn's Disease)

What are symptoms?

- Most common symptoms is passage of blood in the stool.
- Change in bowel habits, diarrhea, Constipation (recent onset)
- Abdominal pain, feeling full, bloated, weight loss with no reason.
- Usually early cancers does not cause pain, so it's advisable to consult specialist when above mentioned symptoms arises.

How to diagnose it?

- Initial evaluation is with Colonoscopy (Endoscopy done to see large and small bowel)
- Any ulcer, growth/polyp is biopsied with help of colonoscopy and is evaluated for presence / extent of cancer.
- Further a proper staging is done by imaging studies like CT scan/ MRI/ PET-CT/ Endoscopic ultrasound to look for extent of local disease, lymph node involvement and spread of disease to other organs such as liver, lung, bones etc.

Can we diagnose colorectal cancer early?

- Examination of stool for occult (Hidden) blood and colonoscopy in high risk patients (familial History of colorectal cancer) are done to diagnose it early and thereby speedy cure.

What are modalities of treatment available?

- Treatment depends upon location of tumour (colon/rectum) and stage of disease.
- This includes Surgery, Chemotherapy and Radiotherapy.
- Surgery offers cure in early stages.

- If locally advanced, tumor can be down-staged initially with chemotherapy and Radiotherapy and surgery is done after reviewing response.
- Post operatively patient may require Chemotherapy/ Radiotherapy depending upon pathologic stage of disease.

How surgery is performed?

- Can be performed by open or by Laparoscopic means. Laparoscopic Resection of Colorectal Cancer is now considered Gold Standard worldwide.
- In laparoscopy, 3-4 tiny cuts are made over abdomen and the region of colon/ rectum bearing tumour along with involved lymph nodes are removed.
- Laparoscopic surgery enable patients to recover quicker with less pain and fewer wound related complications (Hernia, Infection)
- We have expertise in Laparoscopic colonic surgery.

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