What you need to know about preventing, detecting and treating Colorectal Cancer

Cancer

Cancer

COLORECTAL

6421 5868

community-health@singaporecancersociety.org.sg

FIT

50

(FIT)

50

2015

The information provided is for your general knowledge only. You should seek medical advice or treatment for your specific condition.

Singapore Cancer Society Screening Services

Faecal Immunochemical Test (FIT) for Colorectal Cancer

The information provided is for your general knowledge only. You should seek medical advice or treatment for your specific condition.

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Facebook at and follow us on Facebook

150 Cancer Research Centre @ TISM Office Tower

253 Salsolo Road @ National University Cancer Institute, Singapore

253 Salsolo Road @ National University Cancer Centre (Singapore)

Mammogram for Breast Cancer

X

Human Papillomavirus (HPV) Test for Cervical Cancer

for Cervical Cancer

Pap Test for Cervical Cancer

Singapore Cancer Society

What you need to know about preventing, detecting and treating Colorectal Cancer

Community Health Services

Managing and Detecting Colorectal Cancer

Electronic Supplementary Material

83%

85%

71%

78%

56%

62%

10%

10%

20%

10%

50%

80%

0-5 years (male)

0-10 years (female)

Each year between ages 50-59 (or 45-75, if appropriate)

If you have symptoms:

you have symptoms:

Knowledge is power.

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What is Colorectal Cancer?

Colorectal cancer is the cancer of the colon (the main part of the large intestine) and rectum (the passageway connecting the colon to the anus). Colorectal cancer is formed from cells lining the colon and rectum, resulting in the growth of colorectal polyps. Polyps are benign growths in the colon and rectum which may develop into cancer over a period of time. If polyps are detected, they should be removed.

What are the Signs and Symptoms?

Although Colorectal Cancer often has no symptoms at an early stage, warning signs that you should look out for include:

- Blood in your stool
- Changes in bowel habits, including diarrhea or constipation
- Feeling full or bloated
- Incomplete emptying of the bowel
- Permanent, abdominal pain or discomfort
- Presence of a lump in the abdomen

Are You At Risk?

Possible risk factors are:

- Age – Higher incidence for people of age 50 and above.
- Family history – Personal or family history of colorectal cancer or polyps in the colon increases the risk.
- Diet – People on a low fibre and high fat diet are at a higher risk for colorectal cancer. Certain foods are linked to an increased risk of developing colorectal cancer, e.g., processed meat, red meat, meat cooked at high temperatures, animal fat, tobacco and high alcohol consumption. There is convincing evidence that regular fibre intake reduces the risk.
- Family history – People suffering from ulcerative colitis and Crohn’s disease have a higher chance of developing colorectal cancer.
- Sedentary lifestyle and obesity – These two related factors increase the risk of colorectal cancer.

How to Prevent?

Make healthy changes to your lifestyle:

- Avoid overeating
- No smoking
- Limit alcohol intake
- Increase fibre intake in your diet
- Reduce intake of processed meat and red meat (especially red meat cooked at high temperatures) and animal fat intake
- Exercise 2 – 3 times weekly
- Maintain a healthy body weight

Flexible sigmoidoscopy

This procedure examines the internal lining of the lower part of the colon to detect polyps. A short, flexible lighted tube is inserted into your rectum and slowly guided to the sigmoid colon.

What is the recommended screening frequency for each test?

Fecal Immunochemical Test (FIT) | Yearly


colonoscopy | Every 5 years

What is in your FIT package?

You will receive a package containing 2 test kits, FIT reply slips, an instruction pamphlet and pre-paid envelopes. The instruction pamphlet that comes with the kit will explain how to take your sample. You will be informed of further follow-ups with a hospital to determine the exact cause of blood in the stool. The doctor may recommend additional screenings and tests if necessary.

For more details, please contact us at 6421 5868 or email communityhealth@singaporecancersociety.org.sg

Table of Colorectal Cancer Survival Rates by Stage in Singapore

<table>
<thead>
<tr>
<th>Stage</th>
<th>5 Years ASOS (Male)</th>
<th>5 Years ASOS (Female)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>83%</td>
<td>85%</td>
</tr>
<tr>
<td>II</td>
<td>71%</td>
<td>79%</td>
</tr>
<tr>
<td>III</td>
<td>56%</td>
<td>62%</td>
</tr>
<tr>
<td>IV</td>
<td>15%</td>
<td>10%</td>
</tr>
</tbody>
</table>

*SOS – Age-Standardised Observed Survival

Source: Singapore Cancer Registry, Annual Registry Report 2015

How Is Colorectal Cancer Diagnosed?

Regular screening can detect polyps or colorectal cancer at an early developing stage. Several screening methods can be used.

Fecal Immunochemical Test (FIT)

Is a simple test to detect microscopic blood in the stool which cannot be seen by the naked eye. Blood that is hidden in the stool may not appear red and only the FIT can accurately detect for signs of blood. There are many conditions that cause blood in the stool and the test includes conditions like piles, peptic ulcer and colorectal polyps which is a benign growth that develops on the lining of the colon. Polyps are a pre-cancerous condition and may cause bleeding. Polyps that develop into colorectal cancer will also cause bleeding.

Singapore Cancer Society distributes the FIT Kit to Singaporeans 50 years of age and above at no charge all year round. You are encouraged to be screened through the FIT on a yearly basis.

Colorectal Cancer

A colorectal screening uses a long, flexible lighted tube that is inserted into the anus to examine the entire large intestine. This screening process takes about 20 minutes and is done by a specialist in the clinic.

How is Colorectal Cancer Treated?

Surgery

Surgery is used to treat colon cancer. Areas in the mesentery and lymph glands affected by cancer are removed. The two ends of the colon are then sewn back together. Some patients may require a stoma bag and for others it may not be required. With improvement in surgical techniques, the need for a colostomy is increasingly reduced. A newer surgical method like laparoscopic or laparoscopic surgery helps a patient avoid long scars, reduces recovery time and minimizes infection after surgery.

Radiotherapy

This is used after the surgical removal of cancer to kill any residual cancer cells around the original tumour site. When combined with chemotherapy, it is also used to reduce a large tumour before a surgery is employed to completely remove the cancer.

Chemotherapy

Chemotherapy is administered to patients with an advanced colorectal cancer condition. Surgery alone may not be enough. Chemotherapy will be used when the cancer is found to have spread to other parts of the body (e.g., to the lymph glands or other organs like the liver or lung). It is also used after surgery to prevent recurrence of the cancer. By itself, it cannot cure colorectal cancer.

Colorectal Support Group

This support group aims to rehabilitate newly-treated colorectal cancer patients and enable them to enjoy a new quality of life. Members meet to share their personal experiences, exchange information and gain insights into how their peers cope with their storms and the common problems encountered.

In addition, talks on health related topics like nutrition, medical treatments and alternative therapies are held on a monthly basis on Saturdays, 2pm-5pm. Zumba Exercises and Chair Workout sessions are also held after the talks. Well rehabilitated members are given the opportunity to become a patient ambassador assisting in rendering psychological and emotional support to newly diagnosed patients. Membership is available to interested participants. For more information, please call 6421 5868 or email supportgroup@singaporecancersociety.org.sg

Singapore Cancer Registry 50th Anniversary Monograph (1968-2017) indicates that colorectal cancer is No 1 cancer for men and No 2 cancer for women in Singapore. The majority of Colorectal patients occur in people older than 50. However it can also occur in young adults and teenagers.