如何诊断结肠直肠癌？

定期进行结肠直肠癌筛查有助于早期发现结肠直肠癌。常用的筛查方法有：

- 结直肠镜检查
- 便潜血检查

便潜血检查包括检测粪便中的血液。

如何治疗结肠直肠癌？

结肠直肠癌的治疗取决于癌症的类型、分期以及患者的整体健康状况。常用的治疗方法包括：

- 手术切除
- 化疗
- 放疗
- 免疫治疗

结肠直肠癌的预后取决于癌症的分期和患者的整体健康状况。早期发现和治疗可以提高治愈率和生活质量。
**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).

**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
- Change in bowel habits, including diarrhea or constipation
- Persistent, unexplained pain or discomfort
- Change in the way stools look or feel
- Persistent rectal bleeding or blood mixed with stools

**How is Colorectal Cancer Diagnosed?**

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

- **Colonoscopy**
  - A flexible tube is inserted into the rectum and sigmoid colon (about 20 inches in length) to view the entire colon.

- **Flexible Sigmoidoscopy**
  - A similar procedure to colonoscopy, but only viewing the lower section of the colon (about 50 cm).

**How is Colorectal Cancer Treated?**

Surgery: Surgery is used to treat colon cancer. A procedure called bowel resection removes the tumor and part of the colon. A temporary stoma may be required for several months.

Chemotherapy: Chemotherapy is administered to patients with advanced colorectal cancer condition. Chemotherapy may cause side effects such as nausea, constipation, dependency, and fatigue.

Radiation Therapy: Radiation therapy may be used either alone or in conjunction with surgery to destroy cancer cells.

**What are the Risk Factors for Colorectal Cancer?**

- Older age
- Personal or family history of colorectal cancer or polyps
- Inflammatory bowel disease
- Chronic ulcers in the colon
- A history of adenomatous polyps

**What is in Your FIT Package?**

You will receive a package containing 2 test kits. The FIT test is a blood test that can detect microscopic blood in the stool. It is based on a simple chemical reaction that changes color when blood is present. The test is easy to use and can be done at home. The results of the test will be sent to the Singapore Cancer Society for analysis.

**Who may obtain the FIT test?**

- SingHealth Permanent Resident, aged 50+ or above
- Have not done FIT in the last 12 months or Colonoscopy in the last 10 years

The above-stated requirements are necessary for a FIT test to be performed.

For more information, please call 1800-727-3333 or email us at supportgroup@singaporesociety.org.sg.