Why do you have rectal bleeding?

Possible causes include:

- Hemorrhoids
- Anal fissure
- Irritable bowel syndrome
- Anal polyps
- Anal cancer

Gastrointestinal bleeding:

- Gastritis
- Ulcer disease
- Esophageal varices
- Gastroesophageal reflux disease

Bleeding per rectum:

- Hemorrhoids
- Anal fissure
- Anal abscess
- Anal fistula
- Anal cancer

What next?

If you have rectal bleeding:

- Schedule a colonoscopy
- Get advice from a professional

Colonoscopy:

- Flexible sigmoidoscopy
- Colonoscopy
- Barium enema

How do I get there?

Location

Take Exit A at Bishan MRT Station.

In front of Bishan MRT Station

13, 52, 54, 55, 58, 88, 128, 156

Location

Take Exit A at Bishan MRT Station.

Walk through Junction 8 Office Tower in the direction of the bus interchange.

Without crossing to the bus interchange at the traffic light, turn right and walk along the walkway to locate the Junction 8 Office Tower.

Singapore Cancer Society Multi-Service Centre

Bishan Place, Junction 8 Office Tower, 566-567, Singapore 757043

Tel: 6499 9133

Fax: 6499 9140

Location

Below Bus Interchange

52, 54, 55, 54, 57, 60, 61

Along Bishan St 11

Tel: 6499 9133

Fax: 6499 9140

SCS Satellite Office @ National Cancer Centre Singapore

SCS Satellite Office @ National University Cancer Institute, Singapore

SCS Rehabilitation Centre @ JEM Office Tower

Location

In front of Bishan MRT Station

13, 52, 54, 55, 58, 88, 128, 156

Location

Take Exit A at Bishan MRT Station.

Walk through Junction 8 Office Tower in the direction of the bus interchange.

Without crossing to the bus interchange at the traffic light, turn right and walk along the walkway to locate the Junction 8 Office Tower.

Singapore Cancer Society

13 Finger Street, #04-01/02, Singapore 071716

Tel: 6221 9576

Fax: 6221 9575

Email: communityhealth@singaporecancer.org.sg

Follow us on Facebook

SCS Administration Centre @ JEM Office Tower

SCS Satellite Office @ National University Cancer Institute, Singapore

SCS Satellite Office @ National Cancer Centre Singapore

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

1. Over 80% of colorectal cancer deaths are preventable. People with colorectal cancer could have had it detected if they had sought medical attention at an early stage.

2. Anyone can have colorectal cancer. It is a disease that can strike anyone, regardless of race, gender and age. In fact, colorectal cancer is the second leading cause of death from cancer in Singapore, behind lung cancer.

3. Patterns of colorectal cancer in Singapore are similar to those in Western countries. Singaporeans have a similar genetic susceptibility to colorectal cancer.
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 small intestine to the anus). It is the number 1 diagnosed cancer in Singapore.

Colorectal Cancer is formed from cells lining the colon and rectum, after 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 include:

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

Are You at Risk?

Possible risk factors are:

- Age – Higher incidences 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 and conditions increase the risk of developing colorectal cancer, e.g, processed meat, red meat, cooked at high temperatures, and alcohol consumption. There is convincing evidence that regular fibre intake reduces the risk.
- People suffering from ulcerative colitis and Crohn’s disease have a higher chance of developing colorectal cancer.
- Conditions that cause blood in the stool increases the risk of developing colorectal cancer.
- These two related factors are inflammatory bowel disease – People with inflammatory bowel 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 those cooked at high temperatures) and animal fat intake
- Exercise 2-3 times weekly
- Maintain a healthy weight

Flexible sigmoidoscopy:

The procedure examines the internal lining of the rectum and sigmoid colon. A flexible, lighted tube is inserted into your rectum and slowly guided into your sigmoid colon.

What 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) It 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 also 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.

- ASCO – Age-Standardised Observed Survival

What is the recommended screening frequency for each test?

- Screening frequency recommended for people who are 50 years old now:
  - Colonoscopy
  - Fecal Immunochemical Test (FIT) Yearly
  - Colonoscopy

What is in your FIT package?

You will receive a package containing 2 test kits. 2 FIT reply slips, an instruction pamphlet and pre-paid envelopes.

- The instruction pamphlet that comes with the kit will explain how to take your stool samples at home. Upon doing so, the kits will be sent back to Singapore Cancer Society through postage.
- The result of the test is positive, 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 to communityhealth@singaporecancersociety.org.sg

Who may get the FIT kits and how often should this test be done?

- Singaporeans and Singapore Permanent Residents.
- Ages 50 years and above

The above-mentioned are encouraged to be screened yearly.

Table of Colorectal Cancer Survival Rates by Stage in Singapore

<table>
<thead>
<tr>
<th>Stage</th>
<th>5 Years ASOS (Males)*</th>
<th>5 Years ASOS (Females)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>84%</td>
<td>86%</td>
</tr>
<tr>
<td>II</td>
<td>69%</td>
<td>79%</td>
</tr>
<tr>
<td>III</td>
<td>56%</td>
<td>61%</td>
</tr>
<tr>
<td>IV</td>
<td>10%</td>
<td>11%</td>
</tr>
</tbody>
</table>

*ASOS – Age-Standardised Observed Survival

Colorectal Cancer Support Group

This support group aims to rehabilitate newly treated colorectal cancer patients and enable them to lead a normal quality of life. Members meet to share their personal experiences, exchange information and get insights into how they cope with their health and the common problems encountered.

In addition, talks on health related topics like nutrition, medical treatments and alternative therapies are held once a month 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, rendering psychological and emotional support to newly diagnosed patients.

Membership is available to interested participants. For more information, please call 6421 5868 or email to supportgroup@singaporecancersociety.org.sg