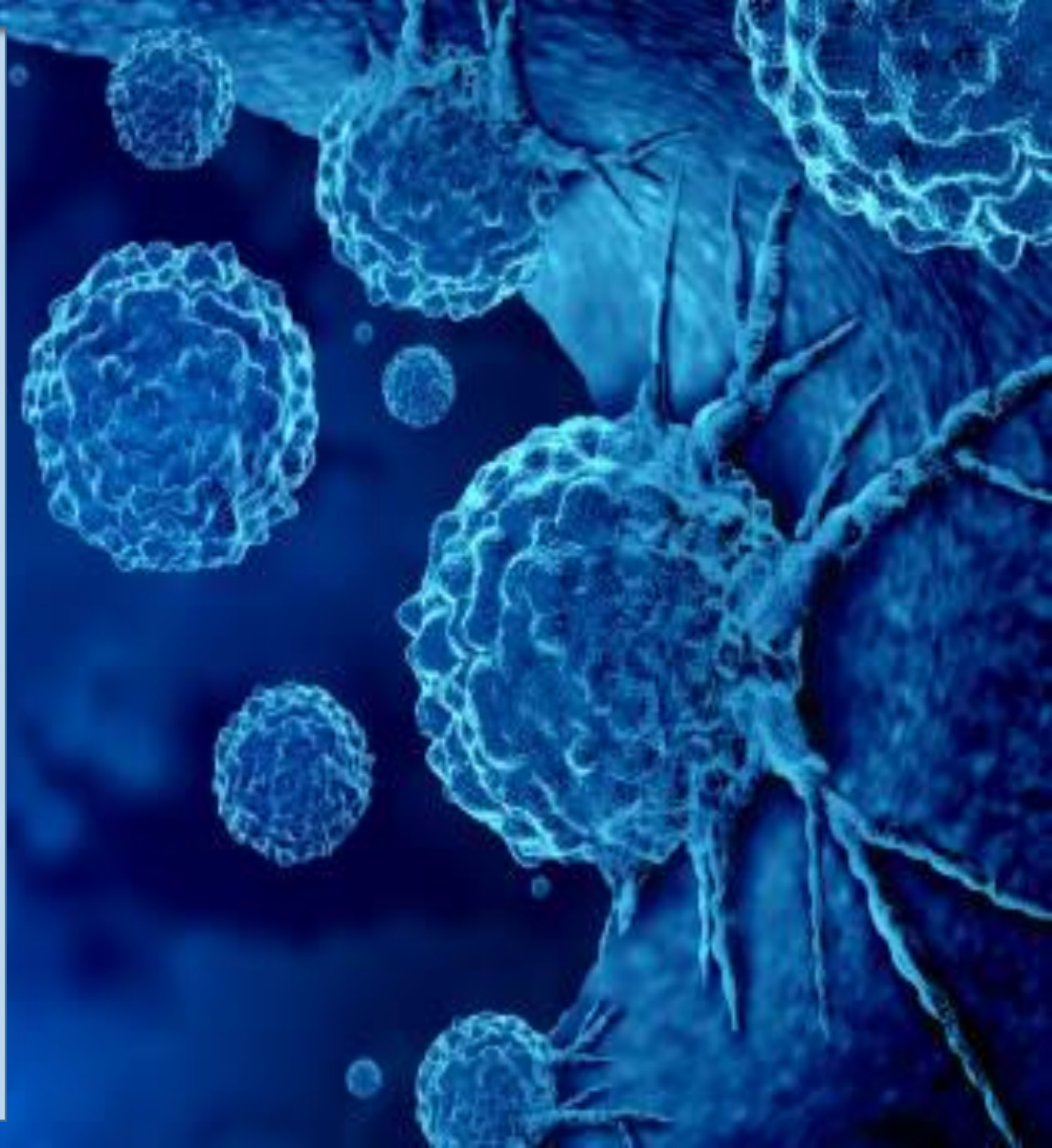


COLO RECTAL CANCER



MARCH
2025



Colorectal Cancer

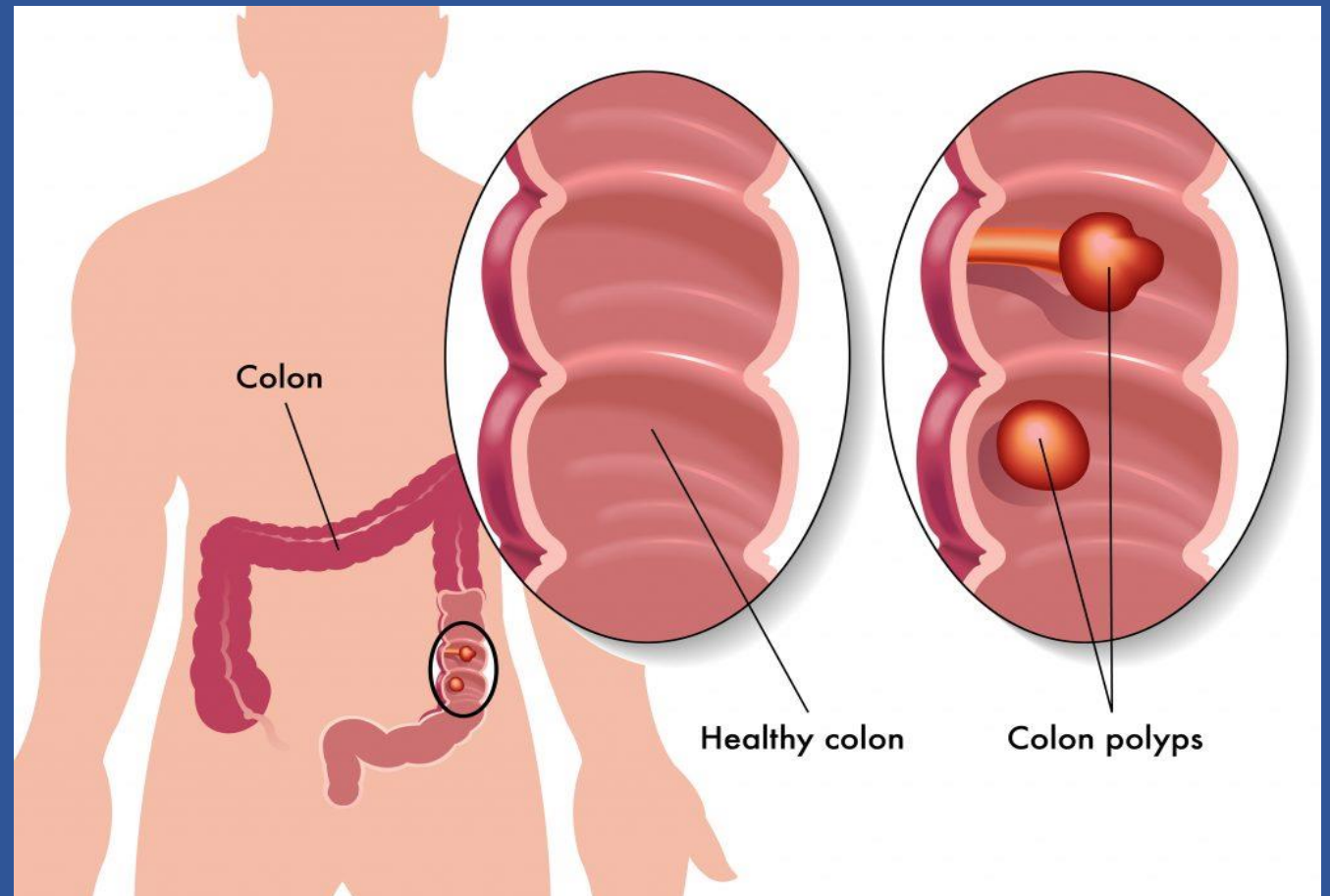
A world map with a grid of latitude and longitude lines. Sri Lanka is highlighted in a solid red color. The map shows the Indian subcontinent, Southeast Asia, and parts of Africa and Australia. The text 'Colorectal Cancer' is overlaid in large blue letters at the top.

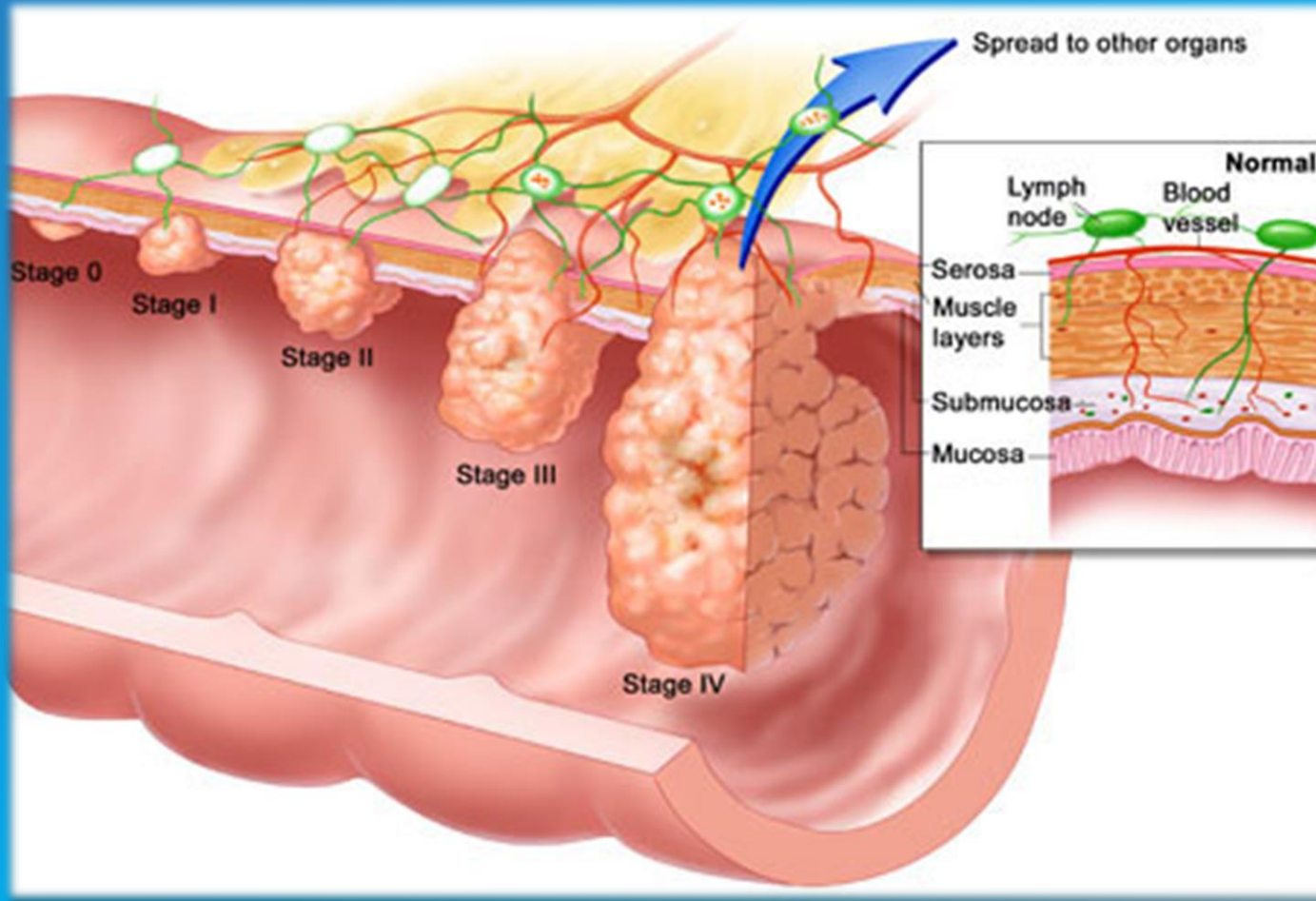
**3rd most common
cancer in the world and in
Sri Lanka**

Uncontrolled, abnormal cell growth in the Bowel wall (Colon or Rectum)

The growth presents as a Polyp.

- All polyps are not cancers.
- All polyps do not become cancer.
- Yet, having a polyp/ polyps is a risk factor & need medical management.





It spreads to the other parts of the body through; blood vessels & lymphatic system

(Liver, Lung, Brain, Peritoneum).



RISK FACTORS

COLO-RECTAL CANCER



Old age



Low fibre diet



Consuming processed meat and red meat



Use of alcohol & tobacco



Lack of physical exercise



*Family history of colon cancer
Diseases of colon*



**Nowadays, more colorectal
cancers are identified in the
younger population.**

Tobacco & Alcohol

Proven **Human Carcinogens**
linked with Colorectal
Cancers.



Physical Inactivity



Leads to Obesity & Diabetes mellitus.

Both are risk factors for colorectal cancer.

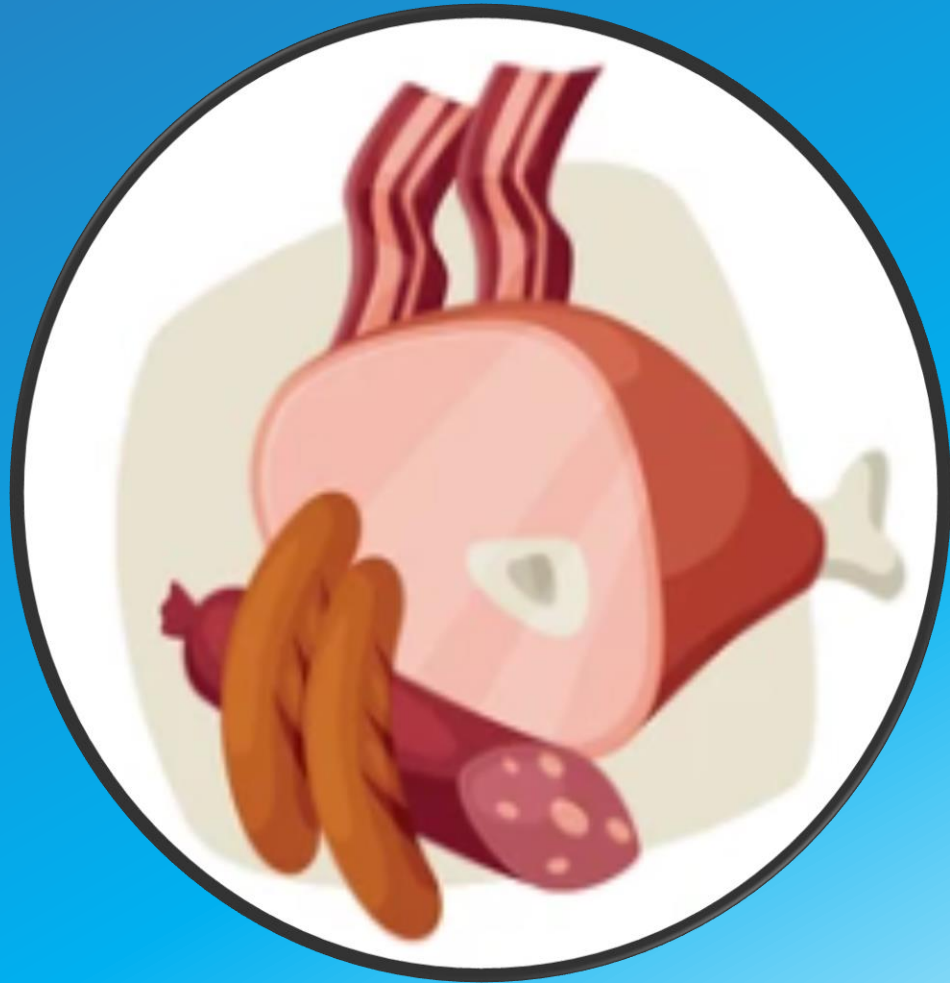
Obese men & women both have an increased risk for colorectal cancer.

Low fibre diet

- **Helps to make bulky stools: reduce constipation.**
- **Fibre absorb certain harmful carcinogens & remove from the body.**
- **Hence, a low fibre diet increases the risk of Bowel Cancer.**



Red meat & Processed meat



Proven
Human Carcinogens
linked with
Colorectal Cancers.

Family history of Colorectal cancer & other colonic diseases

- **Ulcerative Colitis**
- **Crohns disease**
- **FAP** (Familial adenomatous polyposis)





**Blood in
Stools**

Symptoms



Altered Bowel Habits
(Constipation, diarrhoea, thin stools, increased frequency)



Healthy Stools



Thin stools

Change in Bowel Habit



Constipation



Loose stools

Blood in Stools

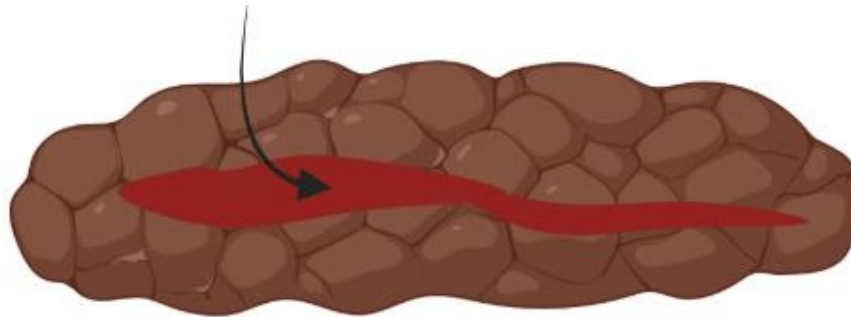


Blood in stools can present as;

**Invisible to naked eye
Detected only in a
stool sample**



**Bright red blood
stain**



Black & tarry stools

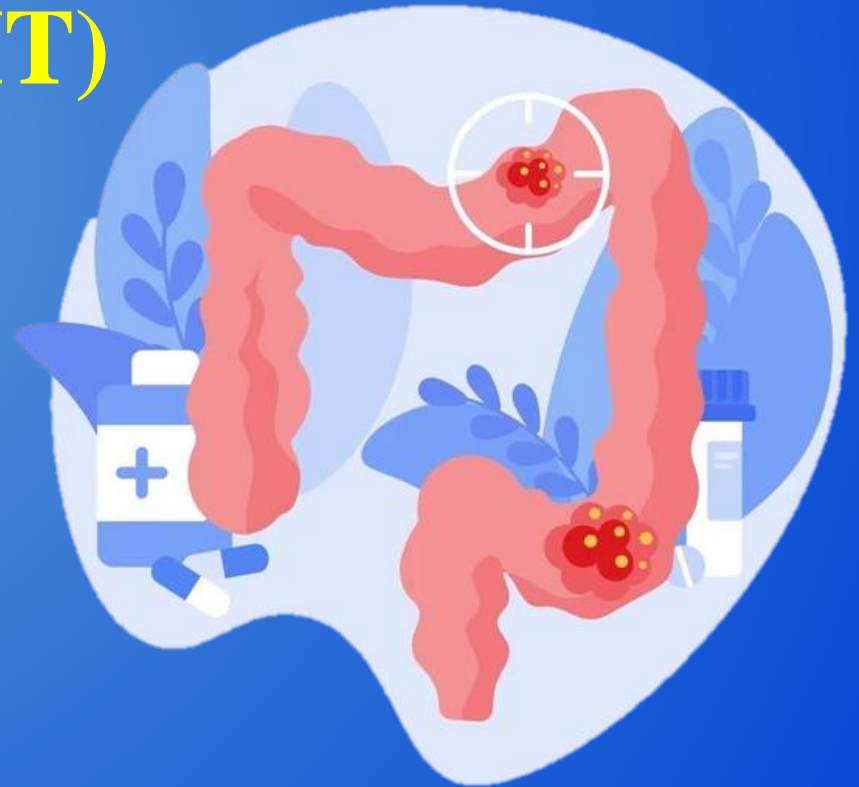


**If you have any of the above-mentioned
symptoms,
seek medical help immediately.**

**Early detection and
timely treatment can
save your life!**

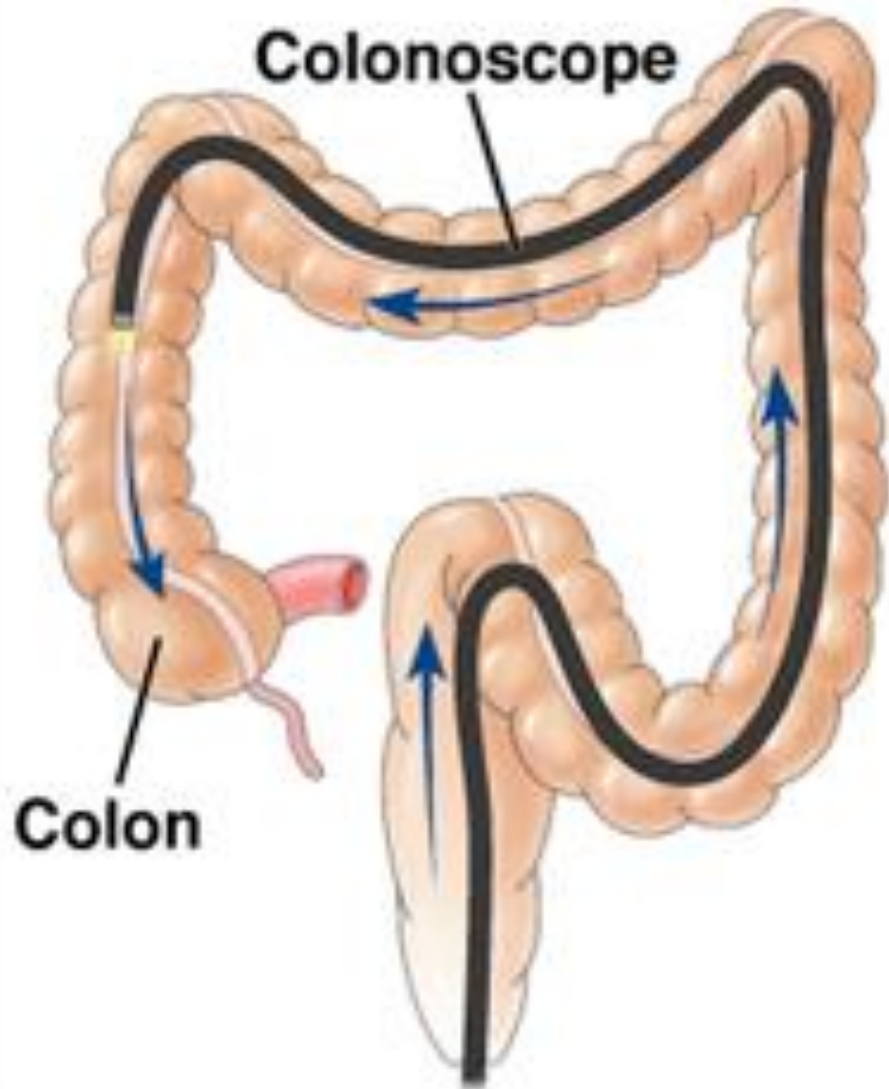
Tests for Early Detection of Colorectal Cancer

- **Stool for occult blood**
- **Fecal Immunochemical test (FIT)**
- **Stool DNA test**
- **Colonoscopy**
- **Flexible sigmoidoscopy**
- **CT Colonography**



Colonoscopy

Imaging of entire colon



A flexible tube with a tiny camera on the end, is inserted via the rectum to view the whole colon and rectum.

The only method that blends both prevention (by getting rid of polyps) and early detection of cancer.

Could be done as a day procedure.

Prevention of Colorectal Cancer



**Eat more fruits
& vegetables
daily**



**Exercise regularly
& maintain a
healthy weight**

**Avoid tobacco
smoking & alcohol**

(Proven Human carcinogens*)



Avoid processed meat

(Sausages, ham, bacon, salami etc.
are Proven Human Carcinogens*)



Avoid Red meat

(Proven Human carcinogens*)



**Avoid cooking meat
at high temperatures**

(barbecue, deep frying of meat etc.
produces human carcinogens*)

Colorectal Cancer



Preventable
Treatable
Beatable



Colorectal Cancer Awareness Month - March 2025

National Cancer Control Programme

0112368627 / www.nccp.health.gov.lk / nccpmohsl@gmail.com

