How does Nutrition play an important role with Colon Cancer?
Purpose

• Educate the public about colon cancer
• Answer questions like “What is Colon Cancer”?
• Details of causes
• Effects on patients
• Risk factors
• Importance of nutrition
• Prevention
• Treatment and management
• Total effects of cancer when it has spread
• Plan to healthier living
Learning Objectives

• At the end of the presentation students will be able to:
  – Define Colon Cancer
  – Mention at least 4 risk factors of colon cancer
  – List 5 symptoms of colon cancer
  – Identify the methods for colon cancer prevention
  – Describe the nutritional recommendations during and after chemotherapy
What is Colon Cancer (Colorectal Cancer)?

- Cancer that occurs in the colon or rectum.
- The colon is the largest intestine or large bowel.
- The rectum is the passageway connecting the colon to the anus.
How does colorectal cancer develop?

- Most colorectal cancers begin as polyps, or tiny abnormal growths on the inside walls of the colon or rectum.
- Polyps vary in size, from tiny to a few centimeters.
- Some polyps become cancerous after several years and should be removed to prevent development of colorectal cancer.
Why the Concern?

• 4th leading cause of cancer-related death in world

• 2nd most common cancer in the United States

• Majority 80% of colon cancer occur sporadically in patients with no family history of colon cancer.

• Approx. 20% of cancers are associated with a family history of colon cancer.
What are Risks for Developing Colorectal Cancer?

- Poor Diet
  - High amount of fats
  - High amount of red meat
  - High temperature cooking of red meats
  - Low amount of vegetables
  - High alcohol consumption
  - Low water consumption
Causative Factors

- Underlying cause not fully known
- Diet plays an important role
  - High fat/low fiber
  - Low folate and calcium
  - Lack of fruits/vegetables
- Digestion process
Associative Factors

- Nutrition recommendations differ for cancer patients
- Coping with side effects
- Nutritional supplements
- Fighting infection
- Myths regarding herbal remedies
- Vitamins and minerals
- Screening and early detection
Symptoms

• Blood in stool (#1 symptom)
• Bleeding from the rectum
• Abdominal pain
• Weight loss
• Nausea
• Constipation
• Change in stool (shape, size)
• Feeling bowels are not emptying
• Fatigue due to blood in stool
Prevention

• Stay active
• Eat foods high in fiber, low in fat
• Reduce fatty meats
• Take vitamins E, C, D, and Calcium, Selenium, and Folic acid
• Screening tests
Control Measures

- Watch your weight
- Eat well
- Limit drinking
- Get advice/educated
- Avoid smoking
Mental & Emotional Symptoms

- Anger
- Lack of control
- Sadness
- Frustration
- Positive changes
- Appreciation for the resilience of their bodies
- Gratitude
- Awareness of the finiteness of life, appreciation for life
- Shift in priorities
Plan to Rectify Preventing Colon Cancer

- Eat foods high in fiber, low in fat
- Exercise regularly
- Avoid smoking
- Increase intake of vitamin E, C, and calcium
- Eat plenty of vegetables
Nutrition During Chemotherapy

- Eat everything and anything
- Incorporate nutritional supplements into diet
- Eat bananas, rice, applesauce soothes diarrhea/abdominal pain
- Eat vegetables/grains to maintain stool content
- Manage weight loss
- Keep a log of stool activity
Nutrition After Chemotherapy

• Balance diet high in fiber, low in fat
• Exercise regularly
• Avoid smoking
• Increase intake of Vitamin E, C, and calcium
• Eat plenty of vegetables
• Regain weight, with healthy eating habits
• Keep a log of stool activity
Questions or Concerns
Review Questions

1. What is colon cancer?

2. Colon cancer begins as ________, or tiny abnormal growths on the inside walls of the colon.

3. ________ is the common risk factor of colon cancer

4. Which is the #1 symptom of colon cancer?

5. By staying active, eating fiber and not smoking we can prevent colon cancer: TRUE FALSE