

Colorectal Cancer Signs, Symptoms and Cause

Valentina Rose*

Department of Biology, University of Naples, Italy

Corresponding Author*

Valentina Rose
Department of Biology,
University of Naples, Italy
E-mail: rosevalentina@naples.it

Copyright: © 2020 Rose V. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received date: November 04, 2020; **Accepted date:** November 20, 2020; **Published date:** November 27, 2020

Abstract

The occurrence of cancer of the colon or rectum (parts of the large intestine) is colorectal cancer (CRC), also known as bowel cancer, colon cancer, or rectal cancer. Signs and symptoms may include blood in the stool, a shift in bowel movements, weight loss, and exhaustion. Benign, or non-cancerous, or malignant cancer can be colorectal. A cancer that is malignant can spread to and affect other parts of the body.

Keywords: Colorectal cancer•Rectal cancer•Chemotherapy

Introduction

The occurrence of cancer of the colon or rectum (parts of the large intestine) is colorectal cancer (CRC), also known as bowel cancer, colon cancer, or rectal cancer. Signs and symptoms may include blood in the stool, a shift in bowel movements, weight loss, and exhaustion [1]. It is the second leading cause of death from cancer in females, and the seventh in males. However the death rate from colorectal cancer has been declining due to advancements in screening methods and changes in therapies. Most colorectal cancers, with only a limited number of cases attributed to underlying genetic abnormalities, are due to old age and lifestyle factors [2]. Risk factors include diet, obesity, smoking and lack of physical activity. Red meat, processed meat and alcohol are dietary factors that raise the risk, inflammatory bowel disease, which involves Crohn's and ulcerative colitis, is another risk factor. Benign, or non-cancerous, or malignant cancer can be colorectal. A cancer that is malignant can spread to and affect other parts of the body. A team of specialist doctors, including colorectal surgeons, medical oncologists, radiologists and pathologists, are often required to treat colon cancer. To develop the best and most successful therapy plan, these doctors collaborate with the patient. Surgery is the keystone of treatment, and the option of treatment depends largely on the location of the tumor in the colon and the stage of the disease. It is also possible to incorporate chemotherapy or a mixture of treatments. Radiation therapy is rarely used for colon cancer, unlike rectal cancer, although it may have a role in the treatment of advanced or recurring tumors.

Signs and Symptoms

The signs and symptoms of colorectal cancer depend on the position of the cancer in the intestine and whether the cancer has spread to other areas of the body (metastasis) [3]. The classic signs of alarm include: worsening constipation, blood in the stool, drop in the calibre of the stool (thickness), lack of appetite, weight loss, and in those over 50 years of age, nausea or vomiting. About 50% of people with colorectal cancer

do not report any symptoms. In the early phases of the illness, many individuals with colon cancer experience no symptoms. They will likely vary when signs appear, depending on the size and location of the cancer in your large intestine [4].

Causes

In people with little to no genetic risk, more than 75-95% of colorectal cancer occurs. Risk factors include older age, male sex, high fat consumption, sugar, alcohol, red meat, processed meats, obesity, smoking, and a lack of physical activity. In general, when healthy cells in the colon undergo changes (mutations) in their DNA, colon cancer starts. The DNA of a cell includes a set of instructions which tell a cell what to do. In an organized manner, healthy cells expand and divide to keep the body functioning normally. But cells begin to divide when the DNA of a cell is damaged and becomes cancerous, even when new cells are not required. They form a tumor as the cells multiply [5].

Conclusion

A common malignancy that causes a large number of deaths is colorectal cancer. It is however, potentially preventable by screening and when diagnosed at an early stage, extremely curable with surgery alone. For more advanced-stage patients, modern chemotherapy tends to boost survival. A common malignancy that causes a large number of deaths is colon cancer. It is however, potentially preventable by screening and when diagnosed at an early stage, extremely curable with surgery alone. For more advanced-stage patients, modern chemotherapy tends to boost survival. The signs of colon cancer are ambiguous and often need assessment by experts in health care.

References

1. Winawer, S. J., et al. "Colorectal cancer screening: clinical guidelines and rationale." *Gastroenterology*. 112.2(1997): 594-642.
2. Imperiale, T. F., et al. "Multitarget stool DNA testing for colorectal-cancer screening." *New England Journal of Medicine*. 370.14(2014):1287-1297.
3. Winawer, S., et al. "Colorectal cancer screening and surveillance: clinical guidelines and rationale—update based on new evidence." *Gastroenterology*. 124.2(2003):544-560.
4. Quintero, E., et al. "Colonoscopy versus fecal immunochemical testing in colorectal-cancer screening." *New England Journal of Medicine*. 366.8(2012):697-706.
5. Zavoral, M., et al. "Colorectal cancer screening in Europe." *World journal of gastroenterology: WJG*. 15.47(2009):5907.