How does Nutrition play an important role with
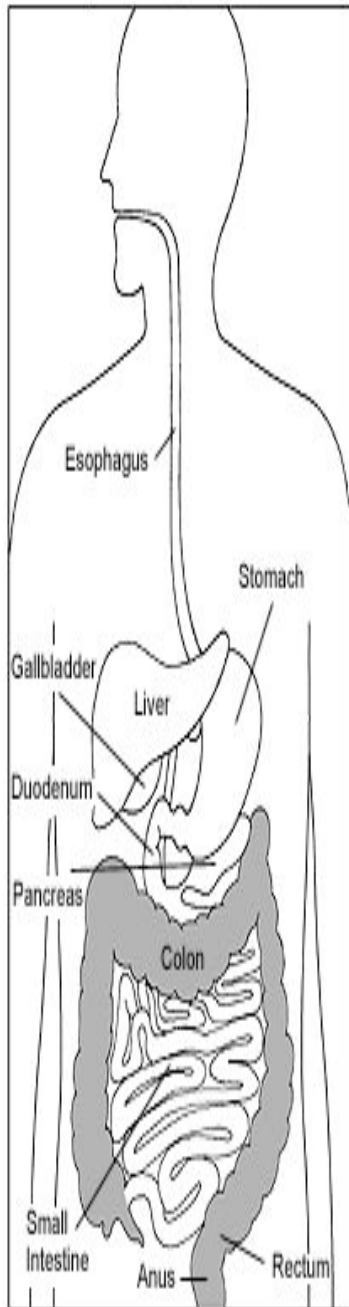
Colon Cancer?

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)?

The Digestive System

Esophagus
Stomach
Gallbladder
Liver
Duodenum
Pancreas
Colon
Small Intestine
Anus
Rectum

- 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
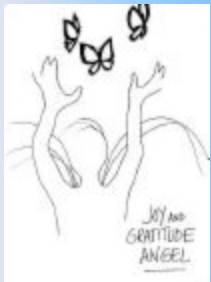- Fatigue due to blood in stool

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