



ROSWELL PARK COMPREHENSIVE CANCER CENTER

# COLORECTAL CANCER *Info Sheet*



SMOKING HAS BEEN LINKED TO AS MANY AS **1 in 5** CASES OF COLORECTAL CANCER.

## QUIT SMOKING? YES, YOU CAN!



Call the New York State Smokers' Quitline at **1-866-NY-QUITS** (1-866-697-8487) or visit [www.nysmokefree.com](http://www.nysmokefree.com) for guidance, support and cessation aids.

Colorectal cancer is increasing among younger adults.



**1 in 20** colorectal cancers is diagnosed in a person younger than 50.

**90%**

The 5-year survival rate for colorectal cancers detected at early, localized stages.

## HAVE YOU BEEN SCREENED?

Most people should begin colorectal cancer screening by **age 45** – five years earlier than previous guidelines because colorectal cancer among younger adults is increasing. (Check your healthcare insurance for coverage.) Screening methods include stool-based tests and exams that view the colon lining, such as colonoscopy or sigmoidoscopy.

**Colonoscopy** is the gold standard because it detects polyps – growths of tissue that have potential to become cancer – and removes them at the same time. Removing polyps before they become malignant **effectively prevents colorectal cancer**.

Talk to your doctor about earlier screening – **younger than age 45** – if you have other risk factors, such as:

- ✓ African-American ethnicity
- ✓ Family history of colorectal cancer
- ✓ Personal history of colorectal polyps
- ✓ Personal history of breast, ovarian or uterine cancer
- ✓ Known genetic condition associated with colorectal cancer
- ✓ Inflammatory bowel disease such as ulcerative colitis or Crohn's disease

## SYMPTOMS TO TELL YOUR DOCTOR

- ✓ A change in bowel habits, such as ongoing diarrhea or constipation
- ✓ Stool that has become pencil thin, dark or black
- ✓ Blood in the stool, or rectal bleeding
- ✓ Abdominal discomfort, such as pain or cramping
- ✓ Sensation of incomplete bowel movements
- ✓ Unexplained weight loss
- ✓ Feeling weak and tired



**1-800-ROSWELL (1-800-767-9355) | RoswellPark.org**

## PREVENTION: TAKE CHARGE OF YOUR HEALTH

Adopting a healthy lifestyle is one of the best ways to reduce your risk of colorectal and other cancers. Many risk factors for colorectal cancer are factors you can change:

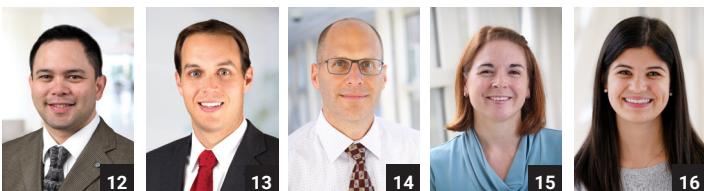
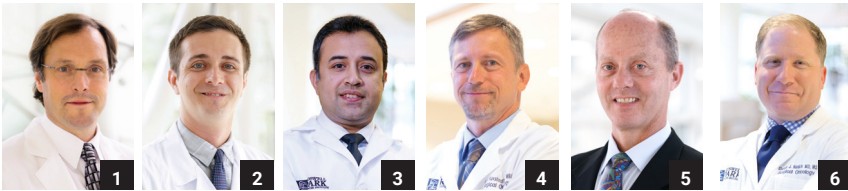
- ✔ Quit smoking
- ✔ Exercise regularly
- ✔ Eat a high-fiber diet low in fat and red meat
- ✔ Limit alcohol intake
- ✔ Maintain a healthy weight

## WHY ROSWELL PARK FOR COLORECTAL CANCER?

We believe every patient is unique, and we approach cancer treatment on an individual and personal basis. We offer the highest level of comprehensive and integrated cancer care, including:

- ✔ **Gastrointestinal surgeons with high-volume expertise** in endoscopic, minimally invasive laparoscopic, and **robot-assisted surgery** for colon and rectal cancers.
- ✔ **Gene testing of the cancer** to determine whether targeted therapy or immunotherapy will be more effective against it.
- ✔ **Capability to provide radiation therapy during surgery**, in our uniquely equipped surgical suite, the only one in WNY.
- ✔ **Stage 4 treatment options** for colorectal cancer that spreads to the liver, including specialized surgical techniques, ablation therapy and radioembolization.
- ✔ **Survival outcomes better than national benchmark.** The observed 5-year survival rates for colon cancer patients treated at Roswell Park are consistently higher than national rates across all disease stages.

## MEET OUR DOCTORS



### Surgical Oncology

1. Steven Hochwald, MD, MBA, FACS
2. Leonid Cherkassky, MD
3. Moshim Kukar, MD
4. Boris Kuvshinoff II, MD, MBA
5. Gary Mann, MD, FACS
6. Steven Nurkin, MD, MS, FACS
7. Roderich Schwarz, MD, PhD

### Medical Oncology

8. Amy Early, MD
9. Christos Fountzilas, MD
10. Renuka Iyer, MD
11. Sarbajit Mukherjee, MD, MS

### Radiation Oncology

12. David Mattson, MD

### Gastroenterology

13. Andrew Bain, MD
14. Kevin Robillard, MD

### Genetics

15. Mollie L. Hutton, MS, CGC
16. Katherine Clayback, MS, CGC

## GET A **SECOND** OPINION

If you have a cancer diagnosis, you need a second opinion. We can arrange for our colorectal experts to review your scans and pathology and schedule a consultation.

Why it matters – in about 10% of cases we review, the diagnosis is changed, impacting your treatment options, decisions and the way forward.

## CLINICAL TRIALS



The newest treatments, available only through clinical trials, are important options for many patients.

About 50% of Roswell Park patients are eligible for a clinical study.

**Whether or not you choose to participate is entirely up to you.**

