



ROSWELL PARK COMPREHENSIVE CANCER CENTER

COLORECTAL CANCER *Info Sheet*



HAVE YOU BEEN SCREENED?

Most people should begin colorectal cancer screening by **age 45** – **5-years earlier** than previous guidelines because **colorectal cancer is increasing among young adults.**

About **56 new cases** of colorectal cancer are now being **diagnosed daily** in people **46 and younger.**

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

The **5-YEAR** survival rate for colorectal cancers detected at **EARLY, LOCALIZED STAGES** is **>90%**

RECTAL CANCER is increasing and now accounts for **32% of ALL COLORECTAL CANCER CASES.**

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



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



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Accredited Rectal Cancer Program



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

WHY ROSWELL PARK FOR COLORECTAL CANCER?

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.
- ✓ **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.
- ✓ **Accredited Rectal Cancer Program**

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.**

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

for guidance, support and cessation aids.

MEET OUR DOCTORS



Surgical Oncology

1. Leonid Cherkassky, MD
2. Anthony Dakwar, MD, FACS
3. Marshall Dhir, MD, FACS
4. Moshim Kukar, MD, FACS
5. Gary Mann, MD, FACS
6. Steven Nurkin, MD, MBA, FACS
7. Ankit Patel, MD
8. Zachary Stiles, DO, MS

Medical Oncology

9. Christos Fountzilas, MD
10. Jasmeet Kaur, MD, FACP
11. Anuradha Krishnamurthy, MBBS
12. Kannan Thanikachalam, MD

Radiation Oncology

13. David Mattson, MD
 14. Varun Chowdry, MD, MBA
- ### Gastroenterology
15. Kevin Robillard, MD
 16. Sehrish Jamot, MD

Genetics

17. Kenan Onel, MD PhD
18. Katherine Latina, MS, CGC
19. Margaret Alexander, PhD
20. Mollie L. Hutton, MS, CGC