

## Harvard School of Public Health reveals 40% of Colorectal Cancers prevent by Colonoscopy Screening in Every Decade

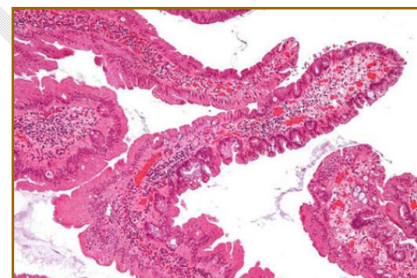
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Colorectal cancer, commonly known as colon cancer or bowel cancer is a uncontrolled cell growth in the colon or rectum or in the appendix. Most colon cancers are adenocarcinomas (cancers that begin in cells that make and release mucus and other fluids). A colorectal cancer may be benign or malignant. Benign means the tumor will not spread, while a malignant tumor consists of cells that can spread to other parts of the body and damage them. Scientists have identified a common genetic variation associated with the risk of colorectal cancer and its functional implications. According to WHO (World Health Organization) colorectal cancer is the second most common tumor among both men and women (after lung tumors). Screening can detect polyps before they become cancerous. Detecting colon cancer during its early stages has chances of cure much higher. The most common screening and diagnostic procedures for colorectal cancer are: Fecal occult blood test, Stool DNA tests, Flexible sigmoidoscopy, Barium enema X-ray, Colonoscopy, virtual colonoscopy, Ultrasound scan, Magnetic resonance imaging. Colorectal cancers might be prevented if people underwent regular colonoscopy screening. The new research also supports existing guidelines that recommend that people with an average risk of colorectal cancer should have a colonoscopy every 10 years. Colonoscopy is the most commonly used screening test in the U.S. but there was insufficient evidence on how much it reduces the risk of proximal colon cancer and how often people should undergo the procedure. The researchers suggested that colonoscopy's smaller effect in reducing risk for tumors in the proximal colon might be due in part to molecular or biological differences in those cancers. Their study provides strong evidence that colonoscopy is an effective technique for preventing cancers of both distal and proximal regions of the colorectum, while sigmoidoscopy alone is insufficient for preventing proximal cancer. The researchers estimated that if all participants in the study had undergone colonoscopies, 40% of colorectal cancers - including 61% of distal cancers and 22% of proximal cancers would have been prevented.



### REFERENCE

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