



مركز الكويت لمكافحة السرطان  
Kuwait Cancer Control Center

## Colorectal Cancer

Patient Education



Developed in partnership with



The colon is also called the large bowel or large intestine. It is the lower 150 to 180 cm of the digestive system. The last 20 to 25 cm of the colon is the rectum. Colon cancer, sometimes called colorectal cancer, is cancer that starts in the large intestine or rectum.

Cancer cells are abnormal cells. Cancer cells grow and divide more quickly than healthy cells. Some cancer cells may form growths called tumors. All tumors increase in size, but some tumors grow quickly, others slowly. Some cancer cells spread to other parts of the body through the blood and lymph systems.

## Signs

Cancer of the colon and rectum often has no signs. See your doctor if you have any of these signs:

- Dark or bright red blood in or on the stool
- Diarrhea or constipation that does not go away or other change in bowel habits
- Pain in the lower abdomen
- Loss of weight for no reason
- Feel tired or lack energy
- Stools are more narrow than usual for more than a few days. This may be from a tumor in the rectum.

## Types of Tumors

Tumors found in the colon or rectum can be benign or malignant.

- Benign tumors do not spread to other parts of the body. They can be removed by surgery. Cysts are benign tumors that contain fluid.
- Malignant tumors may grow into the nearby tissues, organs or blood.

## Your Care

### Tests

If your doctor thinks you may be at risk for cancer, you may have some of these tests:

- Physical exam with a rectal exam where the doctor inserts a lubricated gloved finger into the rectum to feel for lumps.
- Sigmoidoscopy where a thin, flexible tube is put into the rectum to let the doctor see inside the lower part of the colon.
- Colonoscopy where a thin, flexible tube is put into the rectum to let the doctor see the entire length of the colon.
- Samples of tissue are removed for testing, called a biopsy.
- Barium enema where liquid barium and air is put into the rectum to see the colon on X-ray.
- Blood tests to check blood loss and how well the liver is working.

If tumors are found, your doctor may order X-rays, CT scans and other types of blood tests to see if the cancer has spread to other parts of the body.

### Treatment

After all of your tests are done, your doctor will talk to you about treatments that are best for you.

Treatment may include:

- Surgery to remove the tumor. The kind of surgery will depend on the location and size of the tumor. Often, the part of the colon with cancer is removed.
- Radiation therapy to stop or slow the growth of cancer. It is often used after surgery to destroy any cancer cells that may remain.
- Chemotherapy medicines to kill cancer cells. These medicines are given by mouth, by injection into a muscle or vein, or directly into the affected organ to treat cancer. These medicines help kill cancer cells.



- Immunotherapy may also be called biotherapy. This treatment uses natural substances made by the body's immune system. This kills cancer cells, slows their growth or helps the immune system fight the cancer in a better way.

You may have one or more cancer treatments. Some patients have surgery followed by radiation therapy or chemotherapy.

### Follow-up Care

Regular visits to your doctor are important. Your care at these visits may include blood tests, CT scans, chest X-rays or other tests. Report any problems to your doctor between visits.

If you have any questions, please speak to your treating physician or health care provider.

- العلاج المناعي قد يُطلق عليه أيضاً اسم العلاج البيولوجي. يستخدم هذا العلاج مواد طبيعية يكونها الجهاز المناعي بالجسم، يؤدي هذا إلى قتل الخلايا السرطانية أو إبطاء نموها أو يساعد الجهاز المناعي على مقاومة السرطان بطريقة أفضل.

قد تخضع لنوع واحد أو أكثر من علاجات السرطان، حيث تُجرى لبعض المرضى الجراحة وبعقبها العلاج الإشعاعي أو العلاج الكيميائي.

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تُشكل الزيارات المنتظمة إلى طبيبك أهمية كبيرة. وقد تشمل الرعاية في هذه الزيارات إجراء اختبارات الدم أو أشعة مقطعية حاسوبية أو أشعة سينية على الصدر أو اختبارات أخرى. الرجاء إخطار طبيبك بأي مشكلات تحدث بين الزيارات .

وفي حال وجود أي أسئلة أو استفسارات لا تتردد في مناقشتها مع طبيبك أو الفريق المعالج لك.



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