

Colorectal Cancer in Ohio

What do I Need to Know?



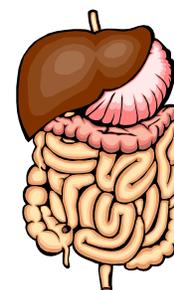
Comprehensive Cancer Control Program
Division of Prevention & Health Promotion
Bureau of Healthy Ohio

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What is Colorectal Cancer?

Colorectal cancer is cancer that occurs in the colon or rectum. The colon is the large intestine or large bowel. The rectum is the passageway connecting the colon to the anus.

The majority of colorectal cancers begin as polyps - abnormal growths - inside the colon or rectum that may become cancers over a long period of time.

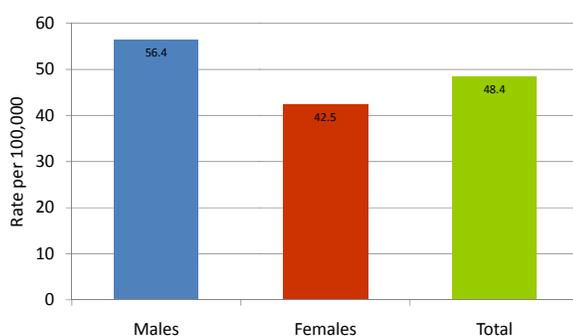


How does Colorectal Cancer Affect the US and Ohio Populations?

- Colorectal cancer is the third-most common cancer in both men and women in Ohio and the United States.
- During 2005-2009, an average of 6,177 new cases of colorectal cancer were diagnosed each year among Ohio residents.
- More than 90 percent of colorectal cancers occur in individuals 50 and older.

Figure 1

Average Annual Colon & Rectum Cancer Incidence Rates
by Gender in Ohio, 2005-2009^{1,2}



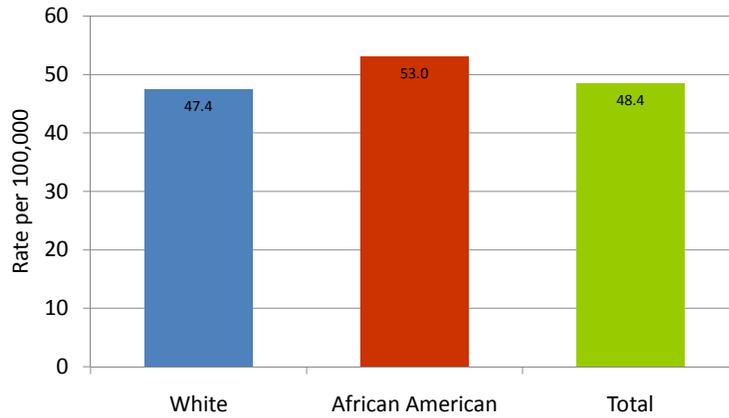
¹ Source: Ohio Cancer Incidence Surveillance System, Ohio Department of Health, 2012.
² Average annual rate per 100,000, age-adjusted to the 2000 US standard population.

- Currently, a man living in the United States has a 1 in 19 lifetime risk of developing invasive colorectal cancer, while a woman has a 1 in 20 lifetime risk of developing invasive colorectal cancer.

- Males in Ohio are more likely to develop invasive colorectal cancer than females in Ohio (figure 1).

Figure 2

Average Annual Colon & Rectum Cancer Incidence Rates by Race in Ohio, 2005-2009^{1,2}

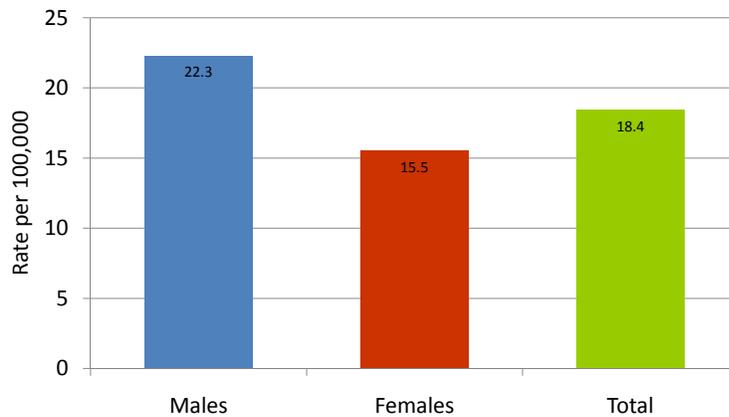


- African Americans in Ohio are more likely to develop invasive colorectal cancer than whites in Ohio (figure 2).

¹ Source: Ohio Cancer Incidence Surveillance System, Ohio Department of Health, 2012.
² Average annual rate per 100,000, age-adjusted to the 2000 US standard population.

Figure 3

Average Annual Colon & Rectum Cancer Mortality Rates by Gender in Ohio, 2005-2009^{1,2}



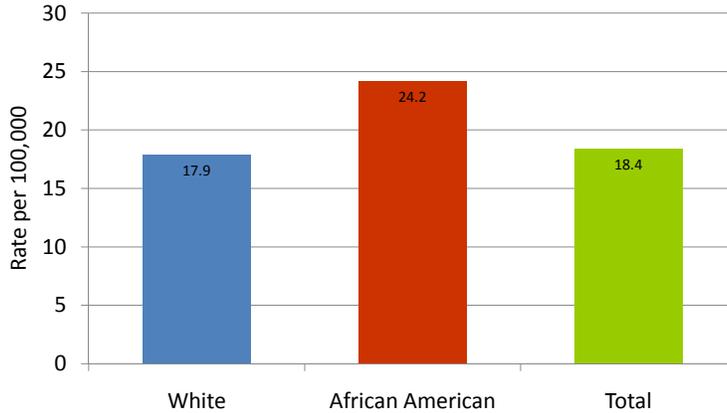
- Males in Ohio are more likely to die from colorectal cancer compared to females in Ohio (figure 3).

¹ Source: Chronic Disease and Behavioral Epidemiology Section and the Vital Statistics Program, Ohio Department of Health, 2012.
² Average annual rate per 100,000, age-adjusted to the 2000 US standard population.

- Colorectal cancer deaths account for 9 percent of all deaths from cancer in the United States and 10 percent of all deaths from cancer in Ohio.

Figure 4

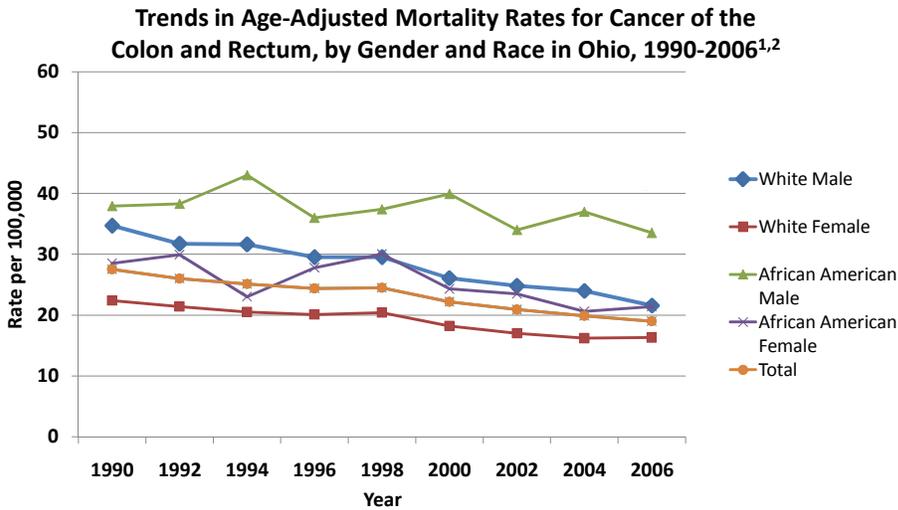
Average Annual Colon & Rectum Cancer Mortality Rates
by Race in Ohio, 2005-2009^{1,2}



- African Americans in Ohio are more likely to die from colorectal cancer compared to whites in Ohio (figure 4).

¹Source: Chronic Disease and Behavioral Epidemiology Section and the Vital Statistics Program, Ohio Department of Health, 2012.
²Average annual rate per 100,000, age-adjusted to the 2000 US standard population.

Figure 5



- Colorectal cancer deaths declined from 1990 to 2006 for all gender and race groups. Colorectal cancer deaths declined 30.0 percent from 1990 to 2006 (figure 5).

¹Source: Ohio Cancer Incidence Surveillance System, Ohio Department of Health, 2009.
²Average annual rate per 100,000, age-adjusted to the 2000 US standard population.

What Causes Colorectal Cancer and Who is at Risk?

The exact cause of most colorectal cancer is not yet known. Your risk is considered higher than average if:

- You are over the age of 50
- You are African American or Ashkenazi Jew
- You or a close blood relative have had colorectal polyps or colorectal cancer
- You have chronic inflammatory bowel disease
- You have an inherited genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer (HNPCC)
- You are obese and/or physically inactive
- You consume a low fiber, high fat diet
- You smoke cigarettes

Are there Symptoms of Colorectal Cancer?

Symptoms can include:

- Having diarrhea or constipation
- Feeling that your bowel does not empty completely
- Finding blood (either bright red or very dark) in your stool
- Finding your stools are narrower than usual
- Cramping or steady stomach pain
- Losing weight with no known reason
- Feeling very tired and weak all the time
- Having nausea or vomiting

A common symptom of colorectal cancer is a change in bowel habits.

Most often, these symptoms are not due to cancer. Other health problems can cause the same symptoms. Anyone with these symptoms should see a doctor to be examined and treated as early as possible.

Early cancer usually does not cause pain. It is important not to wait to feel pain before seeing a doctor.

Are there Things I can do to Help Prevent Colorectal Cancer?

- Have regular screening tests for colorectal cancer beginning at age 50
- Limit consumption of alcohol to less than two drinks per day
- Maintain a healthy body weight
- Exercise regularly
- Avoid diets high in fat, red meats or processed meats
- Increase consumption of fruits and vegetables
- Avoid smoking

Is there a way to Find Colorectal Cancer or Precancerous Conditions Early?

If you're 50 or older, getting a screening test for colorectal cancer could save your life. Here's how:

- Colorectal cancer usually starts from a polyp in the colon or rectum. A polyp is an abnormal growth that shouldn't be there
- Over time, some polyps can turn into cancer
- Screening tests can find polyps, so they can be removed before they turn into cancer
- Screening tests can also find colorectal cancer early, when the chance of being cured is good

What are the Screening Tests for Colorectal Cancer?

Several tests are available to screen for colorectal cancer. Some are used alone; others are used in combination with each other. Talk with your doctor about which tests or tests are best for you.

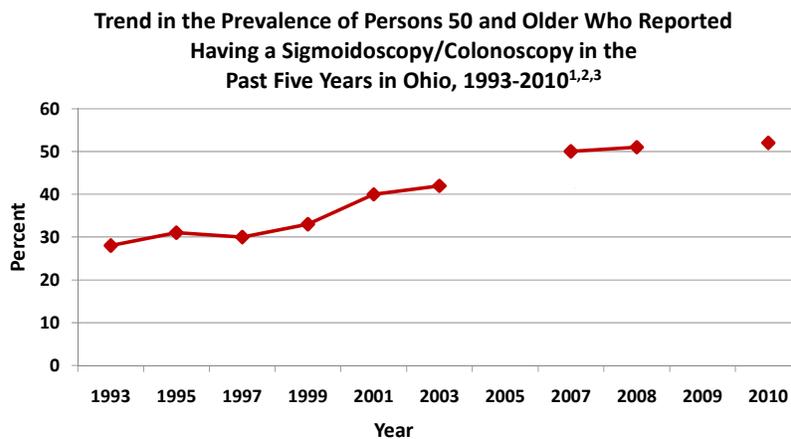
- Fecal Occult Blood Test (FOBT)
- Flexible Sigmoidoscopy
- Combination of FOBT and Flexible Sigmoidoscopy
- Double-contrast Barium Enema
- Fecal Immunochemical Test (FIT)
- Colonoscopy



Who gets Colorectal Cancer Screening in Ohio?

Screening tests are a powerful tool in the prevention, early detection and successful treatment of colorectal cancers. In Ohio, the number of cancer deaths has declined as the number of people who are screened for colorectal cancer has increased.

Figure 6



- From 1993 to 2010, the number of people aged 50 and older who reported having a sigmoidoscopy/colonoscopy in the past five years nearly doubled from 28 percent to 52 percent (figure 6).

¹ Source: Ohio Behavioral Risk Factor Surveillance System, Ohio Department of Health, 2012.

² The weighted percentages were adjusted to: 1) probability of selection, i.e. the number of different phone numbers that reach the household, the number of adults in each household, and the number of completed interviews in each cluster; and 2) demographic distribution, i.e., age and gender.

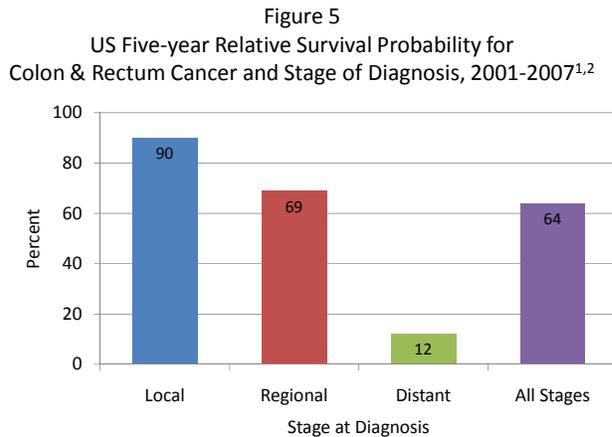
³ "Don't Know" and "Refused" were excluded from the denominator. This can cause an artificially high percentage.

*The Ohio Behavioral Risk Factor Surveillance Survey includes colorectal screening questions during selected years.

Does the Stage of Diagnosis Make a difference?

Regular screening tests by a health care professional can result in the detection of colorectal cancer at earlier stages, when treatment is more likely to be successful.

Figure 7



¹ Source: Surveillance, Epidemiology, and End Results (SEER) Program, *SEER Cancer Statistics Review 1975-2008*, National Cancer Institute, 2011.
² SEER 17 areas. Based on follow up of patients into 2008.

- When colorectal cancer is found early (at the local stage) the five-year survival likelihood is 90 percent (figure 7).

Stage of Diagnosis

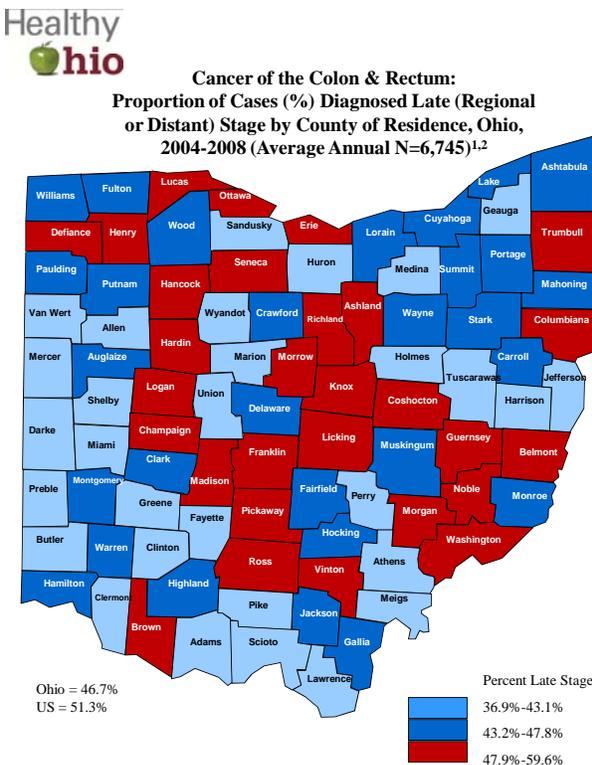
Local – The cancer is contained to the organ of origin.

Regional – The cancer has extended beyond the organ of origin directly into surrounding organs or tissues or into regional lymph nodes.

Distant – The cancer has spread to other parts of the body (distant organs, tissues and/or lymph nodes) remote from the primary tumor.

Unstaged/Unknown – Insufficient information is available to determine the stage or extent of the disease at diagnosis.

Figure 8



¹ Source: Ohio Cancer Incidence Surveillance System, Ohio Department of Health, 2011.
² Each category represents approximately 33%, or 29, of the 88 counties.

- Nearly half (47 percent) of all colorectal cancers in Ohio are diagnosed regional or distant stage, when survival is not as high. Figure 8 presents the percentage of regional and distant stage colorectal cancer by Ohio county.

Is Colorectal Cancer Screening Covered by Insurance?

Most insurance companies help pay for screening tests for people aged 50 or older. Many plans also help pay for screening tests for people less than age 50 who are at increased risk for colorectal cancer. Check with your health insurance provider to determine your colorectal screening benefits.

People with Medicare who are aged 50 or older are eligible for colorectal cancer screening. For more information about Medicare's coverage related to colorectal cancer screening, call the Centers for Medicare and Medicaid Services at 1-800-MEDICARE (1-800-633-4227) or visit the Medicare Web site at <http://www.medicare.gov/health/coloncancer.asp>. TTY users should call 1-877-486-2048.

If I am Without Health Insurance and Live in Ohio, is there a way to Obtain Colorectal Cancer Screening?

Many providers know the importance of screening and will work with you to ensure you can get the best screening for you based on your medical and family history. Some communities offer no-cost or reduced-cost screening programs to people without financial resources. Other communities have medical providers who are willing to provide these services on a case-by-case basis. To find a resource in your area, please contact the American Cancer Society at 1-888-227-6446.

What's being done in Ohio to Increase Access to Colorectal Cancer Screening for Persons with Financial Need?

The Ohio Department of Health (ODH) has been working with groups in many communities to increase screening opportunities and prevent colorectal cancer. In 2007, ODH received funding from the Centers for Disease Control and Prevention (CDC) to increase these efforts. Our main goal is to help local groups in their efforts to increase colorectal cancer screening programs (especially no-cost and reduced-cost colonoscopies) with the goal of decreasing overall colorectal cancer incidence and death in Ohio.

For additional information about colorectal cancer initiatives in Ohio, please contact the Comprehensive Cancer Program, Ohio Department of Health at (614) 466-2144.

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National Cancer Institute, *What you need to know about Cancer of the Colon and Rectum*, 2006 31 Center Drive, MSC 2850, Bethesda, MD 20892-2580.

**Colorectal Cancer in Ohio
What do I Need to Know?**



The Ohio Department of Health

<http://www.odh.ohio.gov>

Optimal Health for all Ohioans

**John Kasich, Governor
Theodore E. Wymyslo, M.D., Director of Health**

**Division of Prevention & Health Promotion
William McHugh, Division Chief**

**Bureau of Healthy Ohio
Barbara Pryor, Interim Chief**

**Comprehensive Cancer Control Program
Robert Indian, Chief
Mary B. Lynn, Researcher
Stephani Francis, Program Consultant
Debbie Wallace, Administrative Assistant**

For additional information about this report, contact
Mary Lynn at mary.lynn@odh.ohio.gov, 614-995-5433
or:

Ohio Department of Health
246 N. High St.
Bureau of Healthy Ohio – 8th Floor
Columbus, OH 43215
Phone: 614-466-2144

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