

Is Colon Cancer Caused By Poor Diet Habits?

INTRODUCTION: Colon cancer is cancer of the large intestine (colon), the lower part of your digestive system. It is the second leading cause of cancer deaths in the United States, and the leading cause of cancer deaths among non-smokers.

It is, in almost all cases, a treatable disease IF caught early. Truth: When colon cancer is caught early, it has a 95 percent survival rate. It may be nutritionally based. For example, the incidence is much higher in North America than in China, and the Chinese who migrate to North America have a higher incidence.

EARLY: The majority of colorectal cancers are predictable with early diagnosis and screening. In fact, screening prevents more deaths because of early detection than breast or prostate cancer screening. Other ongoing research is looking at multiple genes involved in colorectal cancer as well as improving screening methods so more cancers can be detected early.

This includes searching for markers in blood, stool or urine that might provide an easier screening tool to early signs of colon cancer. In general, when treated at an early stage, more than 90% of patients survive at least 5 years after their diagnosis. However, only about 39% of colon cancer is found at an early stage.

SYMPTOMS: Symptoms tend to vary depending on the position or site of the cancer within the colon or rectum, though there may not be any symptoms at all. Symptoms of colorectal cancer can include intense abdominal pain, bloody stools or rectal bleeding, unexplained weight loss, or major changes in bowel habits (recurring constipation or diarrhea).

In fact, the most common sign is no signs at all, says Emina Huang, MD. But once these symptoms start to develop, it may be a signal of more advanced disease. Fully half of people diagnosed after symptoms start will die. Finding colon cancer before symptoms develop greatly improves the chance of survival.

CONCLUSION: There's no question that the earlier colon cancer is found, the more likely the patient will be cured with surgery. Although the cause is still unknown, there is evidence that most of these cancers arise from polyps (benign intestinal tumors).

It has been well demonstrated that if colorectal cancer is diagnosed in its earliest stages, the cure rate could rise to 90%.

About the Author

About the author: Richard H. Ealom is an expert ezinearticles.com writer with more than 50 articles on diseases,causes,cures. To learn more about Colon Cancer visit "[Cancer Breakthrough USA!](#)" You have the right to reprint this article as long as this box is kept unchanged.

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