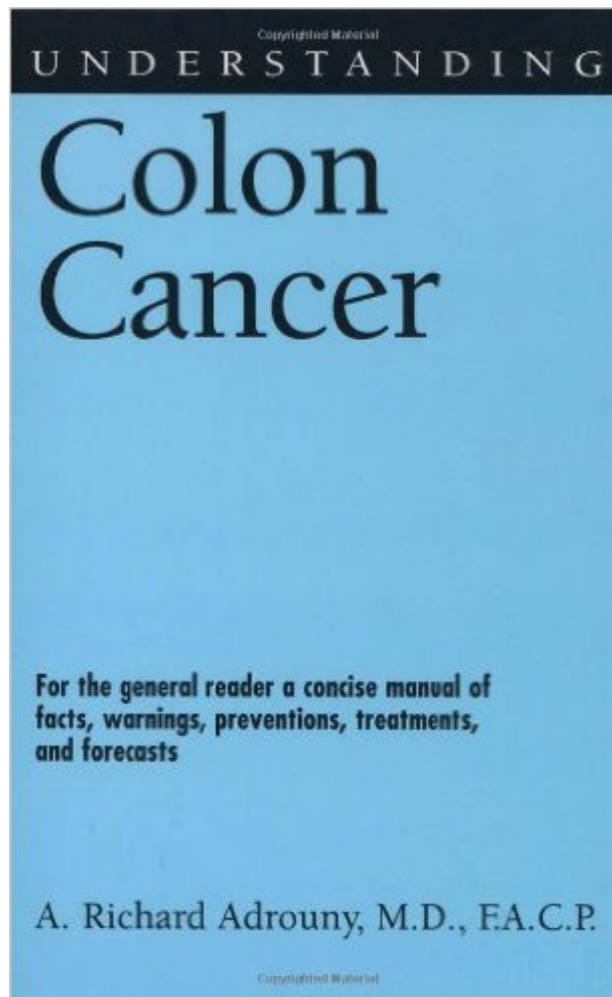


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# Understanding Colon Cancer (Understanding Health And Sickness Series)



## Synopsis

For decades, while other cancers grabbed the headlines, colorectal cancer was quietly ignored. The lifetime risk of colorectal cancer in the general population is 2.5 to 5 percent. This means that twenty-five to fifty out of one thousand people will be stricken by this disease. Although data show that in America colorectal cancer incidence and mortality have been waning in recent decades, cancers of the colon and rectum still cause approximately 56,000 deaths annually. About 140,000 new cases are diagnosed each year. It is plainly evident that colon cancer constitutes a large portion of all new cancer cases, a little more than 10 percent. It is the fourth most frequent type. For the lay reader wishing to know more about this disease that has become more prominent in public attention, *Understanding Colon Cancer* gives concise information and explanation. It covers fundamental knowledge about occurrence, carcinogenesis, genetics, diagnosis, staging, prognosis, and treatment, as well as forecasting the kinds of diagnostic tests and treatments that may be developed. It reviews demographics, high-risk conditions, the sequence from bowel polyps to cancer, polyposis syndromes predisposing people to colorectal cancer, and the genetics of the disease. Discussed in full detail are the warning signs of the disease and the tests used for screening and diagnosis (fecal occult blood test, barium enema, sigmoidoscopy, and colonoscopy). The stages of the disease are examined, along with theories of how colon cancer spreads. Two chapters focus on treatments, including surgery and chemotherapy. An entire chapter devoted to early detection and prevention discusses standard approaches, as well as such new or emerging strategies as vitamins, drugs, and genetic screening. What lies in the future for diagnostic testing and therapy? *Understanding Colon Cancer* concludes with discussion that forecasts the potential of genetic screening and treatment, of "virtual colonoscopy," and of new chemotherapeutic drugs, vaccines, and monoclonal antibodies.

## Book Information

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## Customer Reviews

Richard Adrouny, MD is a personal friend of mine but I am not a patient of his nor a physician nor do I have any medical training. However, I am approaching 60. I do get annual checkups and prostate exams and I do worry about cancer. Understanding Colon Cancer is as good a book on a critical medical issue as any lay reader could ever hope to find. Dr. Adrouny writes very fully and specifically about colorectal cancer, its development, theories regarding its prevention, and current treatment interventions. What makes his writing so valuable to cancer patients and others of us without medical training is its accessibility. He continuously offers clear, direct and perfectly understandable explanations so that the interested reader can truly grasp the meaning of necessary medical terms and their significance. When he mentions sigmoidoscopy he explains that the procedure is an examination of the inner rectum and lower colon. When he refers to adenomatous polyps he specifies that a polyp is a growth from a mucous membrane and an adenoma is a benign growth from a glandular tissue. Continuously, he shares with us state of the art medical understanding in terms non-physicians can grasp. And in the course of treatment for a potentially life-threatening disease understanding is comfort. Colorectal cancer screening as an annual event isn't a high priority for most men or women. When Dr. Adrouny explains that 15% of all cancers can be detected by a simple digital rectal examination, the momentary inconvenience of this act of diligence seems a small price to pay confirming our health status. Similarly, fecal occult blood testing, barium enema, and endoscopy all offer evaluations that could spare us suffering and save our lives. While reading this book I wondered if Dr.

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