

## **MEDICAL BREAKTHROUGHS** **RESEARCH SUMMARY**

TOPIC: WEIGHT LOSS AND COLORECTAL POLYPS  
REPORT: MB #5109

**BACKGROUND:** Colon cancer is the third most common cancer diagnosed in the USA and the American Cancer Society estimates that there are 106,180 new cases of colon cancer yearly. Colorectal cancer is the third leading cancer related death in men and in women and the second most common cause of death when the numbers for men and women are combined, It is expected to cause about 52,580 deaths during 2022. The overall lifetime risk of developing colorectal cancer is about one in twenty-three men and one in twenty-five women.

(Source: <https://www.cancer.org/cancer/colon-rectal-cancer/about/key-statistics.html#:~:text=Excluding%20skin%20cancers%2C%20colorectal%20cancer,new%20cases%20of%20colon%20cancer>)

**DIAGNOSING:** When diagnosing colon cancer, the symptoms include a persistent change in bowel habit, persistent abdominal discomfort such as cramps, gas or pain in your stomach, weakness or fatigue and unexplained weight loss. Many people with colon cancer experience no symptoms in early stages of the cancer and when symptoms appear they are likely to vary, depending on the size and location in the large intestine. Diagnosing colon or colorectal cancer is straightforward in that people get screened for colon cancer around the age of forty-five years old and people who have an increased risk such as those with a family history of the disease should consider getting screened sooner. There are several different screening options, and each provide benefits and drawbacks. Talk to your doctor about the different options for screening and together decide which tests are appropriate for you.

(Source: <https://www.mayoclinic.org/diseases-conditions/colon-cancer/symptoms-causes/syc-20353669>)

**PREVENTION:** To reduce your risk of colon cancer, weight loss and change in diet is being researched. Scientists want to see if changes in your diet can reduce your colorectal cancer risk and medical experts often recommend a diet low in animal fats and higher in fruits, vegetables and whole grains to reduce the risk of other chronic diseases such as diabetes and coronary artery disease. Making healthy choices helps as well such as increasing your physical activity, keeping a healthy body weight, and limiting use of alcohol and tobacco.

(Source: [https://www.cdc.gov/cancer/colorectal/basic\\_info/prevention.htm](https://www.cdc.gov/cancer/colorectal/basic_info/prevention.htm))

**FOR MORE INFORMATION ON THIS REPORT, PLEASE CONTACT:**

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**If this story or any other Ivanhoe story has impacted your life or prompted you or someone you know to seek or change treatments, please let us know by contacting Marjorie Bekaert Thomas at [mthomas@ivanhoe.com](mailto:mthomas@ivanhoe.com)**