

New Frontiers in Colorectal Cancer Treatment: Targeted Therapy and Immunotherapy

Ajayroy*

Department of Gastroenterology, All India Institute of Medical Sciences, New Delhi, India

DESCRIPTION

Colorectal cancer, also known as colon or rectal cancer is a type of cancer that affects the large intestine, which is the lower part of the digestive system. It is the third most common cancer diagnosed in both men and women worldwide, with approximately 1.8 million new cases and 881,000 deaths reported in 2018 alone, according to the world health organization. In this article, we will explore colorectal cancer in detail, from its causes and risk factors to its symptoms, diagnosis, and treatment options.

Causes and risk factors

The exact cause of colorectal cancer is not yet fully understood. However, several risk factors have been identified that increase the likelihood of developing the disease. Some of these risk factors are genetic, while others are related to lifestyle and environmental factors. Here are some of the most common causes and risk factors of colorectal cancer:

Genetic factors: Some people may have a genetic predisposition to developing colorectal cancer. Certain gene mutations, such as Lynch syndrome and familial adenomatous polyposis, can increase the risk of developing the disease. People with a family history of colorectal cancer or other types of cancer may also be at higher risk.

Personal and family medical history: People who have had colorectal cancer in the past are at higher risk of developing it again. Other medical conditions, such as inflammatory bowel disease, can also increase the risk. Additionally, people with a family history of colorectal cancer or other types of cancer are more likely to develop the disease.

Age and lifestyle factors: Colorectal cancer is more common in people over the age of 50. Lifestyle factors, such as a high fat and

low fiber diet, physical inactivity, and obesity, can also increase the risk. Smoking and heavy alcohol consumption has also been linked to colorectal cancer.

Inflammatory bowel disease: Chronic inflammatory bowel diseases, such as ulcerative colitis and Crohn's disease can increase the risk of colorectal cancer. Inflammatory bowel disease causes inflammation in the digestive tract, which can lead to the development of abnormal cells.

Symptoms: Colorectal cancer often does not cause any symptoms in the early stages. However, as the disease progresses, certain signs and symptoms may develop. Here are some of the most common symptoms of colorectal cancer:

- Changes in bowel habits, such as diarrhoea, constipation, or narrow stools.
- Blood in the stool.
- Abdominal pain or cramping.
- Fatigue and weakness.
- Unintended weight loss.
- Feeling like the bowel is not emptying completely.
- Rectal bleeding.
- Anaemia.

Screening and early detection are essential for the successful treatment of colorectal cancer. The American cancer society recommends that people with an average risk of developing

CONCLUSION

Colorectal cancer is a common and serious disease that can affect anyone.

Early detection and treatment are essential for better outcomes.

Prevention and lifestyle changes can reduce the risk of developing colorectal cancer.

Correspondence to: Ajayroy, Department of Gastroenterology, All India Institute of Medical Sciences, New Delhi, India, E-mail: Ajayroy34@gmail.com

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