

## Colon Cancer: Its Symptoms, Diagnosis, Treatment and Prevention

Neil Tarcar\*

Department of Medicine, University of Pittsburgh, Pennsylvania, USA

### DESCRIPTION

Colon cancer, also known as colorectal cancer, is a prevalent and potentially life-threatening disease that affects the colon and rectum. It ranks as one of the most common cancers worldwide, but with early detection and appropriate treatment, it is often curable. In this article, we will explore the key aspects of colon cancer, including its symptoms, risk factors, diagnosis, treatment, and prevention strategies.

### Symptoms of colon cancer

Colon cancer often begins as small, noncancerous growths called polyps in the colon or rectum. Over time, some of these polyps may turn into cancer. Early-stage colon cancer may not exhibit any noticeable symptoms, which makes regular screening essential. However, as the disease progresses, the following symptoms may appear

**Changes in bowel habits:** Persistent diarrhea or constipation, as well as changes in stool consistency, such as narrower stools, should be noted.

**Blood in the stool:** The presence of blood in the stool or rectal bleeding, which may manifest as bright red or dark-colored stools, can be a sign of colon cancer.

**Abdominal discomfort:** Frequent abdominal discomfort, including cramps, pain, or bloating, could be a symptom of colon cancer.

**Fatigue and weakness:** Anemia caused by chronic bleeding from the tumor can lead to fatigue, weakness, and pale skin.

**Unexplained weight loss:** Sudden, unexplained weight loss can be a sign of various medical conditions, including colon cancer.

**Bowel urgency:** Feeling the need to have a bowel movement even when the colon is empty may indicate a problem in the lower digestive tract.

### Diagnosis and treatment

Early diagnosis is crucial for successful treatment of colon cancer. Screening methods such as colonoscopy, sigmoidoscopy,

and stool tests can help detect the disease at an early stage or identify precancerous polyps that can be removed before they turn cancerous.

If colon cancer is diagnosed, the treatment plan depends on the stage of the disease. Treatment options include

**Surgery:** Surgical removal of the tumor and nearby lymph nodes is often the primary treatment for localized colon cancer.

**Chemotherapy:** This treatment uses drugs to kill cancer cells or stop their growth and is often recommended for more advanced stages of colon cancer.

**Radiation therapy:** Radiation therapy may be used to target and destroy cancer cells in the rectum area.

**Targeted therapy:** Targeted drugs may be prescribed to specifically target cancer cells while minimizing harm to healthy cells.

**Immunotherapy:** Immunotherapy drugs stimulate the body's immune system to fight cancer cells.

**Prevention:** Preventing colon cancer involves adopting a healthy lifestyle and managing risk factors.

**Screenings:** Regular colon cancer screenings are essential, especially for individuals over the age of 50 or those with a family history of the disease.

**Diet:** A diet rich in fiber, fruits, vegetables, and whole grains can reduce the risk of colon cancer. Limiting red meat and processed foods is also advisable.

**Exercise:** Regular physical activity can help maintain a healthy weight and reduce the risk of colon cancer.

**Avoid tobacco and limit alcohol:** Quit smoking and limit alcohol consumption to decrease the risk of causing cancer.

Colon cancer is a common and potentially deadly disease, but it is also one of the most treatable when detected early. Understanding the risk factors, recognizing the symptoms, and prioritizing regular screenings can significantly improve the chances of successful treatment and recovery. By adopting a healthy lifestyle and managing risk factors, individuals can take proactive steps in reducing their risk of developing colon cancer.

**Correspondence to:** Neil Tarcar, Department of Medicine, University of Pittsburgh, Pennsylvania, USA, E-mail: neil\_tarcar@mededu.com

**Received:** 29-Aug-2023, Manuscript No. IMT-23-26492; **Editor assigned:** 01-Sep-2023, PreQC No. IMT-23-26492 (PQ); **Reviewed:** 15-Sep-2023, QC No. IMT-23-26492; **Revised:** 22-Sep-2023, Manuscript No. IMT-23-26492 (R); **Published:** 29-Sep-2023, DOI: 10.35248/2471-9552.23.9.232

**Citation:** Tarcar N (2023) Colon Cancer: Its Symptoms, Diagnosis, Treatment and Prevention. Immunotherapy (Los Angel). 9:232.

**Copyright:** © 2023 Tarcar N. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.