




جامعة الإمام عبد الرحمن بن فيصل
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Myths and Facts about Colorectal Cancer





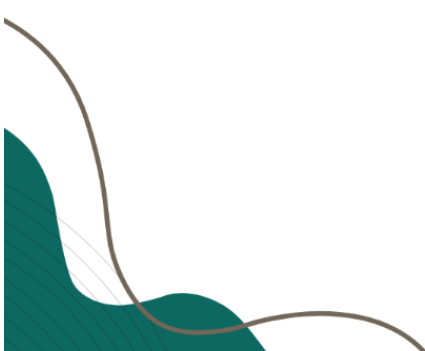
What are the Myths and Facts about Colorectal Cancer?

Myth: “Only those with a family history get colon cancer”.

Fact: About 75% of cases occur in people with no known risk factors. Family history may require earlier or more frequent screening.

Myth: “I don’t have any symptoms, so I must not have colorectal cancer”.

Fact: Colorectal cancer often presents no symptoms in its early stages, making it crucial to not rely on symptoms for detection.



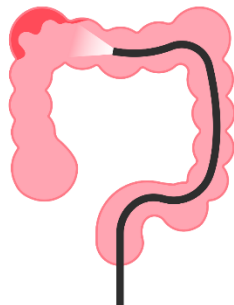
What are the Myths and Facts about Colorectal Cancer?

Myth: “Colonoscopy is a difficult procedure”.

Fact: The colonoscopy itself is not painful, often utilizing sedation for comfort. Any discomfort is typically associated with the gas used to visualize the colon lining. The less pleasant aspect is the bowel preparation the day before.

Myth: “Colorectal cancer is a man’s disease”.

Fact: Colorectal cancer affects both men and women. In fact, it is the third most common cancer in both genders.



What are the Myths and Facts about Colorectal Cancer?

Myth: “Positive Stool-Based Screening Equals Cancer Diagnosis” .

Fact: Stool-based tests identify more than cancer, detecting precancerous lesions or polyps. A follow-up colonoscopy is essential to locate and potentially remove any identified polyps. Stool-based tests do not provide a direct cancer diagnosis.

Myth: “If Colorectal Cancer Runs in My Family, There's Nothing I Can Do” .

Fact: While family history increases the risk, lifestyle factors play a significant role. Maintaining a healthy diet, regular exercise, and screenings can help mitigate the risk.

What are the Myths and Facts about Colorectal Cancer?

Myth: “If I Have Hemorrhoids, It Can Explain Blood in the Stool”.

Fact: While hemorrhoids can cause rectal bleeding, it's essential not to dismiss blood in the stool. Colorectal cancer can present with similar symptoms, necessitating proper evaluation.

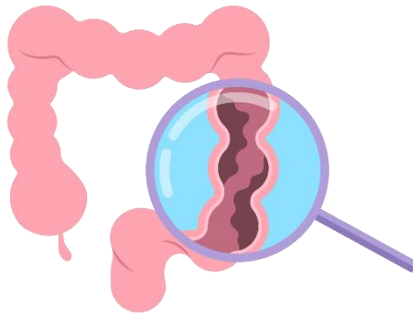
Myth: “A Healthy Diet Won't Impact Colorectal Cancer Risk”.

Fact: Diet plays a role in colorectal cancer prevention. A diet rich in fiber, fruits, vegetables, and low in red processed meats can contribute to a lower risk.

What are the Myths and Facts about Colorectal Cancer?

Myth: “Having a colon or rectal polyp means an immediate cancer diagnosis requiring surgery”.

Fact: Polyps can be precursors to cancer, but early detection and removal prevent progression. Colonoscopy and sigmoidoscopy effectively prevent colon cancer deaths.



Sources and references:

All pictures used from Canva.com

Review and audit:

The content of this booklet has been reviewed by Surgery Consultants at
King Fahd University Hospital.

Surgery Department

Health Awareness Unit

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