

Colorectal Cancer on the Rise in Younger Adults

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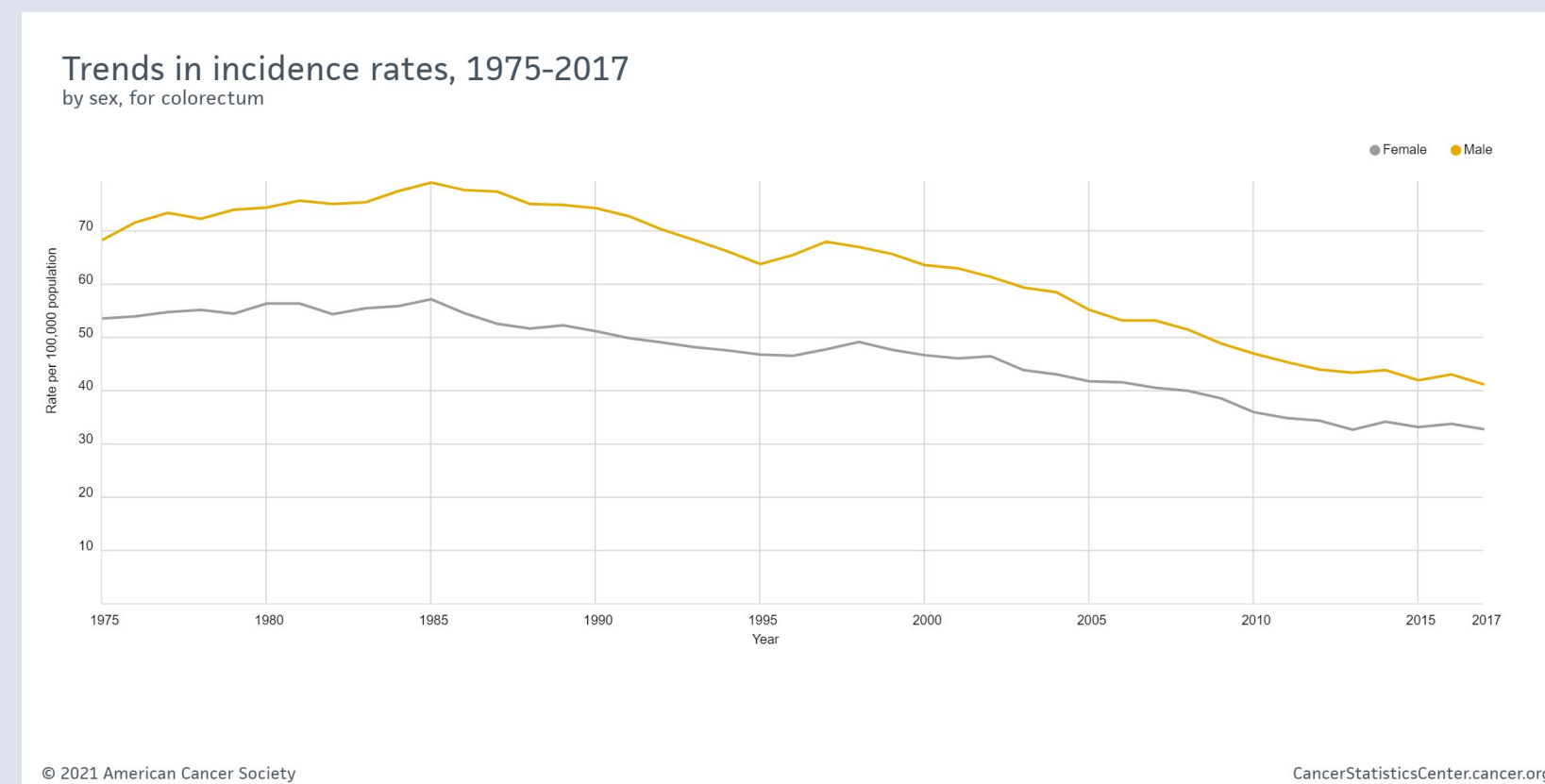
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Introduction

Colorectal Cancer is the second leading cause of cancer death in the United States. (Source: American Cancer Society)

In the United States, 11 percent of colon cancer diagnoses, and 18 percent of rectal cancer diagnoses, occur in individuals under the age of 50. (Source: Dana-Farber Cancer Institute)

Since the 1990s the rate of colorectal cancer has more than doubled among adults younger than 50 even while overall rates have decreased. (Source: National Cancer Institute)



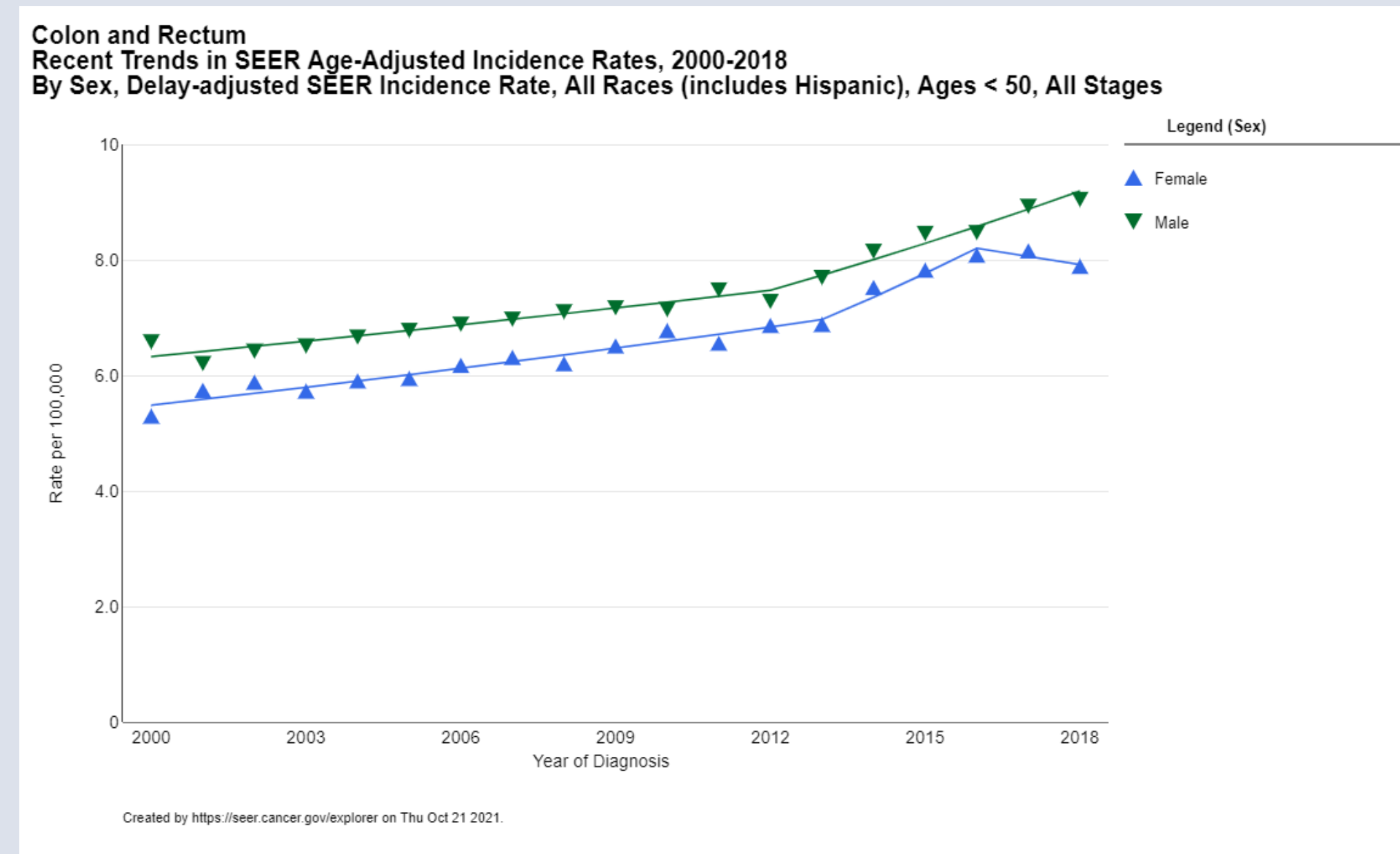
A Rising Problem

From 2012-2016 colorectal cancer incidence:

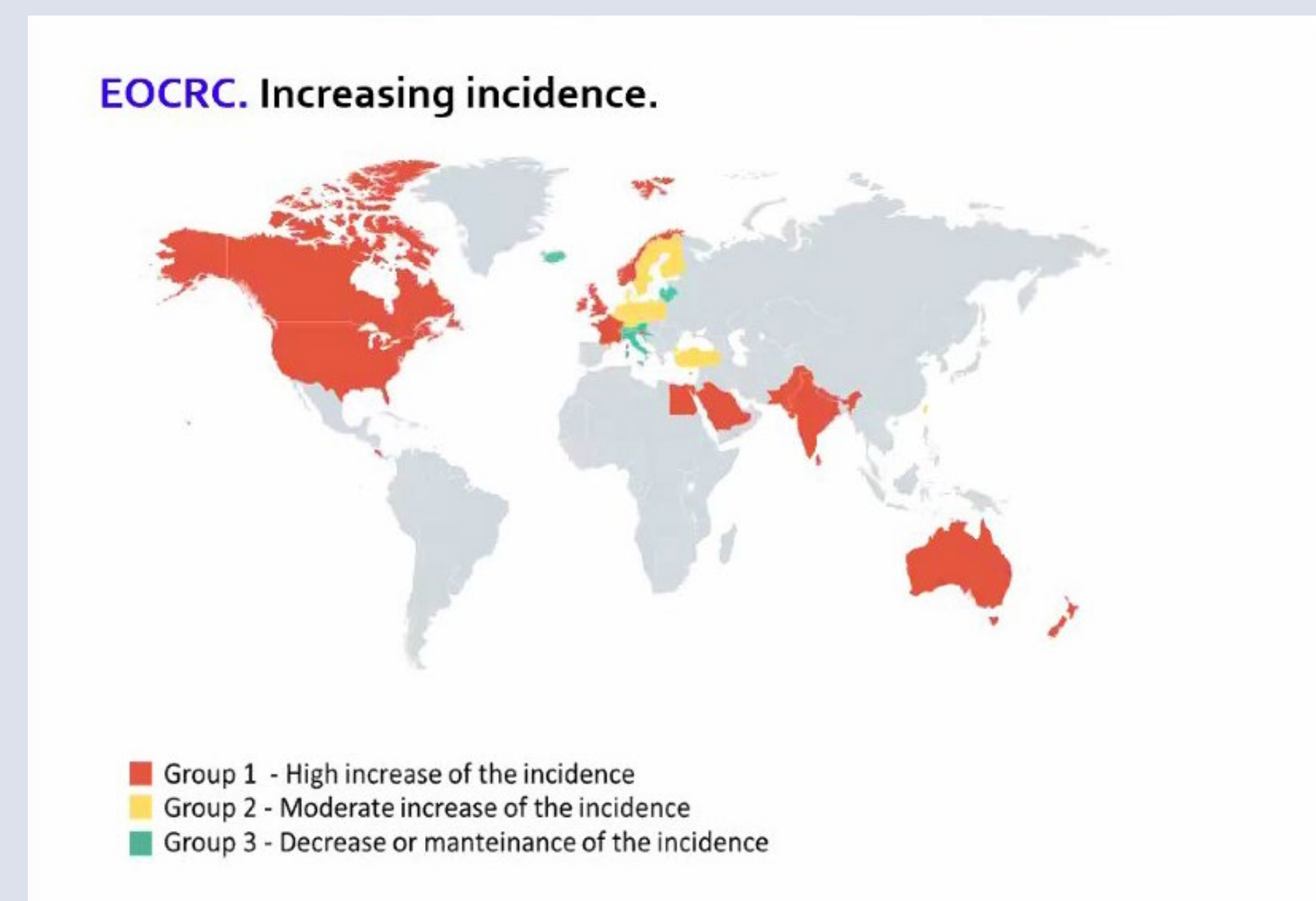
- Increased by 2.2% annually in individuals <50
- Increased by 1% annually in individuals 50-64
- Decreased by 3.3% annually in individuals 65 and older

- By the year 2030, colorectal cancer incidence is expected to double among adults younger than 50. (Source: Dana-Farber Cancer Institute)

- By 2030 colorectal cancer will be the leading cause of cancer deaths among those ages 20-49 years old. (Source: JAMA Netw Open. 2021)



Source: National Cancer Institute: Created by <https://seer.cancer.gov/explorer> on October 21, 2021.



Source: Dr. Jose Perea, MD, PhD, Accessed via Fight Colorectal Cancer@FightCRC on October 12, 2021

Challenges to Understanding EOCC

- Low incidence of early-onset colorectal cancer
- Limited number of large population-based studies among younger adults
- This makes identifying nongenetic risk factors and contributors to the rising incidence of early onset colorectal cancer difficult.

(Source: CA: A Cancer Journal for Clinicians)

When the incidence of a disease changes by generation, that suggests the culprit is something in the environment, rather than something biological. (Kimmie Ng, M.D., of Dana-Farber Cancer Institute)

Areas with Emerging Evidence

- Diet
- Antibiotic exposure
- Gut microbiome
- Inflammation

USPSTF Screening Guidelines

May 18, 2021-In the current recommendation, while continuing to recommend colorectal cancer screening in adults aged 50 to 75 years (A recommendation), the USPSTF now recommends offering screening starting at age 45 years (B recommendation).

Potential Interventions

- Increase individual patient awareness through education and provider reminders
- Increase ease of access by providing transportation
- Media campaigns
- Mail FIT kits

(Source:: American Cancer Society)