

Colon Cancer: Causes and its Associated Risk Factors

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Description

Colon cancer is a cancer that develops in the large intestine and spreads throughout the body (Colon). The colon is the digestive system's last section. Colon cancer is more frequent in persons over the age of 50, although it can affect anybody at any age. Abnormal cells, which are small, noncancerous (benign) clumps of cells that form on the inside of the colon, are the most common starting point. Most of these polyps may develop into colon cancer over time. Small polyps may not produce any signs or symptoms. As a result, doctors recommend routine screening tests to assist in the prevention of colon cancer by identifying and removing polyps before they become malignant. If colon cancer develops, a variety of therapies, including surgery, radiation therapy, and medication treatments such as chemotherapy, targeted therapy, and immunotherapy, are available to help manage it.

Symptoms

- Consistent bowel changes, such as diarrhea or constipation, or a change in stool consistency
- Cramps, gas, or pain are consistent of stomach discomfort
- A sense that your intestine doesn't empty fully
- Weakness or weariness
- Unexplained weight loss

Many people with colon cancer have no symptoms or signs in the early stages. Depending on the size and location of the cancer in large intestine, the symptoms may vary.

Causes

In general, colon cancer is caused by mutations in the DNA of healthy colon cells. To keep your body working properly, healthy cells divide and grow in a regular pattern. Despite the fact that new cells aren't necessary when a cell's DNA is disrupted and it turns cancerous, the cell continues to divide. As the cells multiply, a tumour develops. Cancer cells can grow large enough to penetrate and kill normal tissue nearby over time. Furthermore, malignant cells have the ability to move to other places of the body and create deposits there (metastasis).

Factors that are at risk

Older age: Colon cancer can strike anybody at any age, however the majority of those diagnosed are over 50. Colon cancer rates in persons under the age of 50 have been rising, but physicians aren't sure why.

A personal history of colorectal cancer or polyps: You have a higher chance of colon cancer in the future if you've already had colon cancer or noncancerous colon polyps.

Inflammatory intestinal conditions: Colon inflammatory illnesses including ulcerative colitis and Crohn's disease might raise your chances of getting colon cancer.

Family history of colon cancer: If you have a blood family who has had colon cancer, you're more likely to have it. If you have a family history of colon or rectal cancer, your chances are significantly higher.

A sedentary lifestyle: Inactive people are more prone to acquire colon cancer. Colon cancer risk may be reduced by engaging in regular physical exercise.

Diabetes: Colon cancer is more likely in those who have diabetes or insulin resistance.

Obesity: When compared to those of normal weight, obese people have a higher risk of colon cancer and a higher chance of dying from colon cancer.

Smoking: Smokers may be at an elevated risk of colon cancer.

Alcohol: If you consume a lot of alcohol, you're more likely to get colon cancer.

Radiation therapy: Radiation therapy used to treat prior tumours in the abdomen raises the risk of colon cancer.

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