



香港紅十字會
HONG KONG RED CROSS

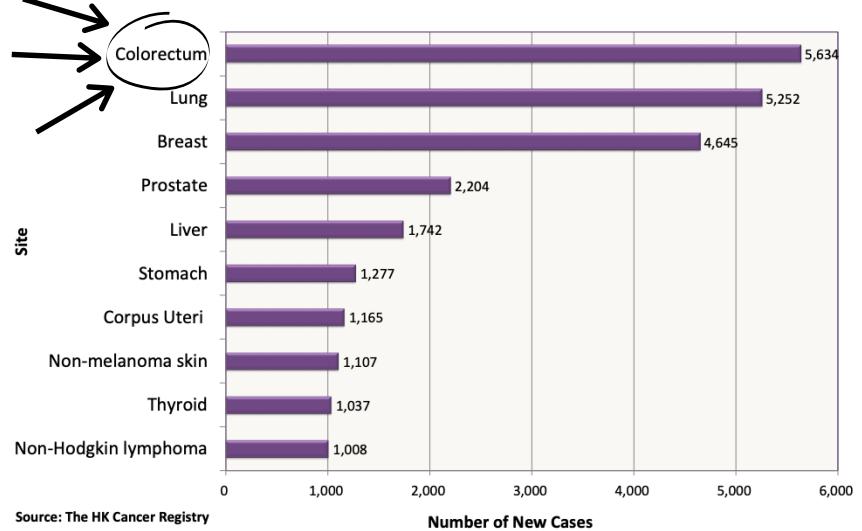
World Cancer Day

Understanding Colorectal Cancer



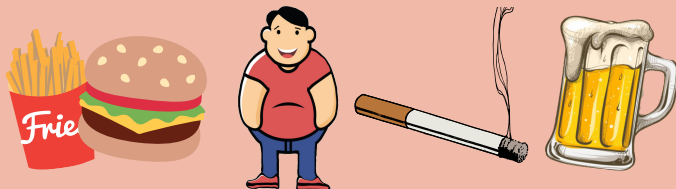
It is “World Cancer Day” on 4th February every year. It aims to raise awareness and education about cancer, and pressing governments and individuals across the world to take action against the disease. **Cancer is the top killer in Hong Kong**, accounting for about one-third of the total deaths. On average, cancer took the lives of over 35 individuals every day in the past five years. Colorectal Cancer has been the top leading cancer for 6 years.

10 Most Common Cancers in Hong Kong in 2018 (Both Sexes)



What causes it?

In fact, most of the risk factors are highly related to our diet and lifestyle. It is thought that a diet high in **animal fat and protein, and low in fibre**, may increase the risk of developing colorectal cancer. Other factors include obesity, lack of exercise, smoking and excessive alcohol consumption.



People with a **family history** of colorectal cancer may also have an increased risk of developing the condition. Those who have more than one family member diagnosed with colorectal cancer, or whose parents or siblings developed colorectal cancer under the age of 45, have a higher risk.

What are the common symptoms?

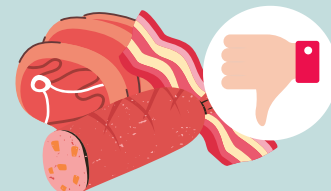
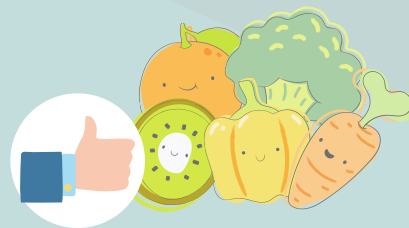
- Blood (either bright red or very dark) or a large amount of mucus in the stool
- A change of bowel habits such as loose stool or constipation
- Persistent urge after passing stool
- Abdominal discomfort (frequent gas pains, bloating, fullness, or cramps)
- Weight loss with no known reason

*These symptoms may be caused by conditions other than colorectal cancer. It is important to check with a doctor. The doctor may carry out some investigations include rectal examination, blood tests, stool tests, x-rays and procedures to obtain tissue samples for laboratory examination.

How can I prevent it?

1. Balanced diet

- Eat more fruits and vegetables (Consume at least 2 servings of fruits and 3 servings of vegetables a day.)
- Reduce consumption of red meat and processed meat (e.g. ham, sausages and bacon)



2. Regular exercise

- Spend at least 150 minutes every week on aerobic physical activity of moderate intensity



3. Maintain healthy body weight and waist circumference

- Aim for a body mass index (BMI) between 18.5 and 22.9, and a waist circumference of less than 90 cm (about 36 inches) for men and less than 80 cm (about 32 inches) for women.

Simple home-based exercise recommended by HKU Jockey Club Institute of Cancer Care:

4. Avoid alcohol and smoking



Colorectal Cancer Screening Programme

The Government's Colorectal Cancer Screening Programme subsidizes asymptomatic Hong Kong residents aged between 50 and 75 (born in the years 1945 to 1971) to receive screening service in the private sector for the prevention of colorectal cancer.

Screening means **examining people without symptoms** in order to detect disease or identify people at increased risk of disease so that **treatment can start earlier to improve the chance of cure.**

To know more, please visit the Colorectal Cancer Screening Programme website:

<https://www.colonscreen.gov.hk/en/public/index.html>

