



New Surge in Young Adults Facing Colon Cancer Crisis

Description

Young people diagnosed with colon cancer face a significantly heightened risk of dying from cardiovascular disease (CVD) compared to their peers, according to expert warnings. Research reveals that colon cancer patients are 16% more likely to succumb to CVD—a result of heart conditions such as heart attacks and high blood pressure—than those without the disease. Notably, the risk more than doubles within two years of diagnosis.

The situation is particularly alarming among younger patients under 50, who are 2.5 times more likely to die from heart issues compared to their counterparts. Although the precise cause of this link remains unclear, researchers speculate that aggressive cancer treatments like chemotherapy and radiation might inflict damage on the heart, thus elevating the risk for conditions like heart attacks.

Furthermore, younger individuals often receive more intense treatments due to later-stage diagnoses, partly attributable to inadequate screening and misattribution of symptoms. As a result, researchers recommend enhanced research and monitoring of cardiovascular health in these patients, especially during the critical first two years after diagnosis.

Dr. Ahsan Ayaz, author of the study from Montefiore St Luke's Cornwall Hospital in New York, emphasized the importance of aggressive management of cardiovascular risk factors. Coordinated care between oncology and primary care teams is crucial, given that colorectal cancer is the fourth most common cancer in the U.S., and its incidence is anticipated to rise.

Racial disparities also emerge in the data; Black patients face a 74% increased chance of cardiovascular mortality, which may reflect socio-economic disparities and limited access to healthcare.

As new therapies are introduced, ongoing studies aim to better understand their cardiotoxic side effects. Addressing these emerging health threats requires a comprehensive and vigilant approach to patient care.

Vocabulary List:

1. **Cardiovascular** /,kɑr.di.ɒs'væ.s.kjʊ.lər/ (adjective): Relating to the heart and blood vessels.
2. **Succumb** /sə'kʌm/ (verb): To fail to resist pressure temptation or some other negative force.
3. **Incidence** /'ɪn.sɪ.dəns/ (noun): The occurrence rate or frequency of a disease or event.
4. **Disparities** /dɪ'spær.ɪ.tɪz/ (noun): Inequalities or differences in outcomes or conditions.
5. **Speculate** /'spɛk.jə.leɪt/ (verb): To form a theory or conjecture about a subject without firm evidence.
6. **Cardiotoxic** /,kɑr.di.ɒs'tɒk.sɪk/ (adjective): Having a harmful effect on the heart.



Comprehension Questions

Multiple Choice

1. What is the increased risk of dying from cardiovascular disease (CVD) faced by colon cancer patients?
Option: 8%
Option: 16%
Option: 24%
Option: 32%
2. Younger patients under 50 diagnosed with colon cancer are how many times more likely to die from heart issues compared to their counterparts?
Option: 1.5 times
Option: 2 times
Option: 2.5 times
Option: 3 times
3. Which type of treatment for colon cancer is speculated to elevate the risk of cardiovascular diseases like heart attacks?
Option: Surgery
Option: Chemotherapy
Option: Immunotherapy
Option: Hormone Therapy
4. Who emphasized the importance of aggressive management of cardiovascular risk factors in young colon cancer patients?
Option: Dr. John Doe
Option: Dr. Jane Smith
Option: Dr. Ahsan Ayaz
Option: Dr. Sarah Lee
5. Which racial group faces a 74% increased chance of cardiovascular mortality?
Option: White patients
Option: Asian patients
Option: Black patients
Option: Hispanic patients



6. Which cancer is mentioned as the fourth most common cancer in the U.S.?

- Option: Breast cancer
- Option: Lung cancer
- Option: Prostate cancer
- Option: Colorectal cancer

True-False

7. Colon cancer patients are less likely to die from CVD compared to their peers.

8. The risk of dying from heart issues decreases in younger patients under 50.

9. Racial disparities do not impact cardiovascular mortality rates in cancer patients.

10. Enhanced research and monitoring of cardiovascular health are recommended only for older patients with colon cancer.

11. Coordinated care between oncology and primary care teams is considered crucial for managing cardiovascular risk factors.

12. The incidence of colorectal cancer is expected to decrease in the U.S. in the coming years.

Gap-Fill

13. Young people diagnosed with colon cancer face a significantly heightened risk of dying from cardiovascular disease (CVD) compared to their peers, especially within _____ years of diagnosis.

14. Dr. Ahsan Ayaz, author of the study, recommended enhanced research and monitoring of cardiovascular health in these patients, particularly during the critical first _____ years after diagnosis.

15. Black patients face a _____% increased chance of cardiovascular mortality.

16. Addressing emerging health threats requires a comprehensive and _____ approach



to patient care.

17. Racial disparities in healthcare may contribute to limited access to appropriate _____

for black patients.

18. New therapies for colon cancer are being studied to better understand their potential

_____ side effects.

Answer

Multiple Choice: 1. 16% 2. 2.5 times 3. Chemotherapy 4. Dr. Ahsan Ayaz 5. Black patients 6. Colorectal cancer

True-False: 7. False 8. False 9. False 10. False 11. True 12. False

Gap-Fill: 13. two 15. 74 16. vigilant 17. care 18. cardiotoxic

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which type of disease affects the heart and blood vessels?

Option: Cardiovascular

Option: Endocrine

Option: Musculoskeletal

Option: Neurological

2. What term is used to describe additional issues or problems that arise following a primary disease?

Option: Allergies

Option: Complications

Option: Remission

Option: Prevention

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

3. _____ is the process of receiving a vaccine to build immunity against a specific disease.



Matching Sentences (Match each definition to the correct word from the vocabulary list.)

4. Diseases caused by pathogenic microorganisms are considered .

5. The act of admitting a patient to a hospital for treatment is known as .

Answer

Multiple Choice: 1. Cardiovascular 2. Complications

Gap-Fill: 3. Vaccination

Matching sentence: 1. Infectious 2. Hospitalization

CATEGORY

1. Health - LEVEL4

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