



# Rate of Colorectal Cancer Surges Among Young Americans

## Description

The incidence of colorectal cancer among younger individuals in the United States has been steadily increasing over the past two decades, with significant rises seen in the youngest age groups. Research presented at Digestive Disease Week (DDW) 2024 revealed alarming statistics, showing a 500% increase in colorectal cancers among children aged 10 to 14, a 333% increase among teenagers aged 15 to 19, and a 185% increase among young adults aged 20 to 24 from 1999 to 2020. Lead researcher Dr. Islam Mohamed emphasized that colorectal cancer is no longer just a disease affecting the elderly population and stressed the importance of public awareness regarding the signs and symptoms.

Factors contributing to the rise in colorectal cancer cases include genetic predisposition and lifestyle habits such as obesity, tobacco and alcohol use, and poor dietary choices. Although colonoscopy screening is not currently recommended for young populations due to low case numbers, tailored preventive measures should be considered. Common symptoms of early-onset colorectal cancer include changes in bowel habits, abdominal pain, rectal bleeding, and signs of anemia.

In addition to the younger age groups, colorectal cancer rates have also increased in older demographics, highlighting the need for vigilance across all age ranges. This concerning trend underscores the necessity for increased awareness and proactive measures to combat this growing health issue.

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## Vocabulary List:

1. **Incidence** // (noun): The occurrence rate or frequency of a disease.
2. **Colorectal** // (adjective): Relating to the colon and rectum.
3. **Steadily** // (adverb): In a gradual consistent manner.
4. **Predisposition** // (noun): A susceptibility or tendency to be affected by a particular condition.
5. **Anemia** // (noun): A condition marked by a deficiency of red blood cells or hemoglobin.
6. **Vigilance** // (noun): The action or state of keeping careful watch for possible danger or difficulties.

## Vocabulary quizzes

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

1. Which term is used to signify the deep appreciation or love for something?  
Option: Antiretroviral  
Option: Cherishes  
Option: Empower  
Option: Mutation
2. The body's ability to resist infection and disease is known as:  
Option: Variant  
Option: Immunity  
Option: Monitoring  
Option: Nutrients
3. Which type of cancer affects the colon and rectum?  
Option: Steadily  
Option: Predisposition  
Option: Anemia  
Option: Colorectal
4. The process of giving power and authority to someone is known as:  
Option: Empowerment  
Option: Innovative  
Option: Strains  
Option: Evolve



5. Which term relates to mental processes like thinking understanding and remembering?

- Option: Longevity
- Option: Biomarkers
- Option: Neurodegenerative
- Option: Cognitive

6. Which term describes the act of following guidelines or rules?

- Option: Adherence
- Option: Stigmatize
- Option: Monitoring
- Option: Nutrients

7. A change in the genetic material of an organism is referred to as a:

- Option: Incidence
- Option: Variant
- Option: Mutation
- Option: Predisposition

8. The action or state of keeping careful watch for potential dangers or difficulties is called:

- Option: Anemia
- Option: Vigilance
- Option: Remission
- Option: Anemia

9. To remove the association of shame and disgrace from a particular condition is to:

- Option: Comprehensive
- Option: Variant
- Option: Destigmatize
- Option: Transcend

10. Which term describes the introduction of new ideas or methods?

- Option: Innovative
- Option: Empower
- Option: Steadily
- Option: Evolve

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

11. A balanced diet should provide essential \_\_\_\_\_ for overall health.



12. Advancements in medicine and healthcare have increased the average human \_\_\_\_\_ .
13. The \_\_\_\_\_ of the disease has been steadily increasing over the past decade.
14. Genetic factors may create a \_\_\_\_\_ to certain medical conditions.
15. After undergoing treatment the cancer went into \_\_\_\_\_ .
16. The healthcare plan included a \_\_\_\_\_ range of services to address various needs.
17. The virus showed multiple \_\_\_\_\_ which made treatment challenging.
18. Organisms constantly \_\_\_\_\_ to adapt to their environment.
19. Blood tests can detect specific \_\_\_\_\_ that indicate the presence of a disease.
20. Alzheimer's disease is a type of \_\_\_\_\_ disorder that affects the brain.

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



21. Regularly observing and checking a patient's condition and progress.
22. To give someone the authority or power to do something.
23. To go beyond the usual limits or boundaries.
24. To treat someone as unworthy or disgraceful because of a particular characteristic.
25. The process of enabling individuals to have control over their lives.
26. A form or version of something that differs from the standard.
27. Keeping track of a process or activity over time to ensure proper functioning.
28. A genetic alteration or change resulting in a different characteristic.
29. Introducing new methods or ideas to improve existing practices.
30. The act of following a set of guidelines or instructions consistently.

## Answer

**Multiple Choice:** 1. Cherishes 2. Immunity 3. Colorectal 4. Empowerment 5. Cognitive 6. Adherence 7. Mutation 8. Vigilance 9. Destigmatize 10. Innovative

**Gap-Fill:** 11. Nutrients 12. Longevity 13. Incidence 14. Predisposition 15. Remission 16. Comprehensive 17. Strains 18. Evolve 19. Biomarkers 20. Neurodegenerative

**Matching sentence:** 1. Monitoring 2. Empower 3. Transcend 4. Stigmatize 5. Empowerment 6. Variant 7. Monitoring 8. Mutation 9. Innovative 10. Adherence

## CATEGORY

1. Health - LEVEL4

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