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# Rising Colon Cancer in Youth: Warning Signs and Prevention

## Description

At the crack of dawn every Wednesday, our team of cancer specialists assembles for a 'tumor board' meeting. The burning question at hand: why is colorectal cancer claiming the lives of so many young individuals? Traditionally linked to those over 50, this disease is now affecting people in their 40s, 30s, and even 20s. Over the past decade, young patients, perplexed by their sudden diagnoses, have increasingly filled our consultation rooms. This alarming trend underscores a rising global health crisis.

Colorectal cancer, the fourth most common and second-deadliest cancer in the US, appears more frequently in the sigmoid colon, just before the rectum. Symptoms such as changes in bowel habits, unexplained weight loss, and blood in the stool should not be ignored. Despite its difficulty at any age, the impact on young individuals in their prime is particularly profound.

Several factors fuel this trend. Lifestyle choices, including diets high in processed meats, alcohol consumption, and sedentary behaviors, have been linked to increased risk. Importantly, even those who lead healthy lifestyles aren't immune, pointing to complex environmental and genetic contributions. Conditions like Lynch syndrome and familial adenomatous polyposis (FAP) significantly raise the risk.

Screening and early diagnosis are key to effective treatment; colonoscopies and at-home stool tests detect early signs of the disease. Unfortunately, younger individuals often miss out due to age-based screening guidelines, leading to later-stage diagnoses. Treatment requires a tailored approach, considering the specific needs and emotional challenges faced by younger patients.

In essence, tackling early-onset colorectal cancer demands a multifaceted approach, considering genetic, environmental, and lifestyle factors. By staying vigilant and building a deeper understanding, we can hopefully turn the tide against this growing epidemic.

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## Vocabulary List:

1. **Colorectal** /,kɒl.ɪ'rek.təl/ (adjective): Relating to the colon and rectum.
2. **Perplexed** /pə'plɛkst/ (adjective): Confused or puzzled.
3. **Sedentary** /'sɛd.ən.tɛr.i/ (adjective): Characterized by much sitting and little physical exercise.
4. **Diagnosis** /,daɪ.əg'nɒs.sɪs/ (noun): The identification of the nature of an illness.
5. **Epidemic** /,ɛp.ɪ'dɛm.ɪk/ (noun): A widespread occurrence of an infectious disease in a community at a particular time.
6. **Tailored** /'teɪ.lərd/ (adjective): Made or adapted for a particular purpose or person.



## Comprehension Questions

### Multiple Choice

1. What is the burning question discussed at the tumor board meeting regarding colorectal cancer?  
Option: Why is it the second-deadliest cancer?  
Option: How can screening be improved?  
Option: Why is it affecting more young individuals?  
Option: What are the symptoms of colorectal cancer?
2. Which age group was traditionally linked to colorectal cancer?  
Option: 20s  
Option: 30s  
Option: 40s  
Option: Over 50
3. What lifestyle choices have been linked to an increased risk of colorectal cancer?  
Option: High sugar intake  
Option: Processed meats, alcohol consumption, and sedentary behaviors  
Option: Regular exercise  
Option: Vegetarian diet
4. What is a key method for early detection of colorectal cancer?  
Option: MRI scan  
Option: Blood test  
Option: Colonoscopy  
Option: X-ray
5. What are some symptoms of colorectal cancer mentioned in the text?  
Option: Frequent headaches  
Option: Sore throat  
Option: Unexplained weight loss, blood in the stool, changes in bowel habits  
Option: Muscle pain
6. What conditions significantly raise the risk of colorectal cancer?  
Option: Diabetes



- Option: Lynch syndrome and familial adenomatous polyposis (FAP)
- Option: High cholesterol
- Option: Asthma

### True-False

- 7. Colorectal cancer is the most common cancer in the US.
- 8. Young individuals often receive early screening for colorectal cancer.
- 9. Genetic contributions do not play a role in the risk of colorectal cancer.
- 10. Treatment for colorectal cancer is the same for all age groups.
- 11. High processed meat intake is a lifestyle factor linked to increased risk of colorectal cancer.
- 12. Colonoscopies are a key method for detecting early signs of colorectal cancer.

### Gap-Fill

- 13. Colorectal cancer is the \_\_\_\_\_ most common cancer in the US.
- 14. Rising young patients with sudden diagnoses underscore a rising global health \_\_\_\_\_.
- 15. \_\_\_\_\_ and early diagnosis are key to effective treatment.
- 16. Younger individuals often miss out on screening due to age-based screening \_\_\_\_\_.
- 17. Colorectal cancer demands a multifaceted approach considering genetic, environmental, and \_\_\_\_\_ factors.
- 18. By staying vigilant, we can hopefully turn the tide against this growing \_\_\_\_\_.

### Answer

**Multiple Choice:** 1. Why is it affecting more young individuals? 2. Over 50 3. Processed meats, alcohol consumption, and sedentary behaviors



4. Colonoscopy 5. Unexplained weight loss, blood in the stool, changes in bowel habits 6. Lynch syndrome and familial adenomatous polyposis (FAP)

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

**Gap-Fill:** 13. fourth 14. crisis 15. Screening 16. guidelines 17. lifestyle 18. epidemic

## 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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**Author**

aimeeyoung99

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