

# Colon Cancer: Protect Yourself



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## **Chapter 1 - What Is Colon Cancer?**

Before you can understand how colon cancer can affect you, you must understand exactly what cancer is. Cancer is the umbrella name given to hundreds of diseases and disorders. Though talked about as lung cancer, breast cancer, colon cancers are many more, the disease does not really affect the organ but affects the cell of the organ. The title of the cancer comes from the organ affected. The colon, a major organ in your intestine, is made up of cells and when those cells become cancerous, colon cancer is diagnosed.

The cells will become cancerous if they begin to divide without control or function. This will cause damage to other cells as the dividing cells vie for space and dominancy. The normal function of the cells is to divide to replace old cells. When the cancerous cells divide without control the other cells have little chance competing with them. The uncontrolled dividing cells take up more and more space until they become a mass of cells and become tumor or growth. Once large enough, the tumor can cause discomfort or even pain. The tumor, if not removed, will grow big enough so that you can actually see or feel the affected area. For example in breast cancer, the woman or doctor can feel on the outside of the skin for a bump or lump that is out of place.

There are two different kinds of tumors. The first type of tumor is the benign and is not life threatening. It usually does not spread. They are akin to a wart or growth you might see on your skin. A doctor may choose to remove the benign tumor or just to leave it because to disturb the tumor might cause the cancer to become malignant. When

the tumor cells do become malignant, the tumor now is cancerous. These cancerous cells can spread throughout the body and invade each cell, tissue, or organ. If the cancer is spread too much it can even enter the blood stream and cause blood cancer. This is the most serious type of cancer because the cancer cells now are incorporated to all parts of your body. As the cancer spreads throughout your body, the new cancer cells will invade healthy cells and cause them to become cancerous. A simple tumor can spread cancerous cells into all the organ systems of the body and eventually one will succumb and die. Each organ produces a specific kind of cell. So if your cancer starts in the colon and move towards your lungs through the blood system the cancer will still be called colon cancer even though your lungs are now infected. Another example would be if breast cancer got into the bloodstream and moved into the ovaries. The breast cancer would be in a different location in a different body organ. The name of the cancer was still be called breast cancer. The original place of where to cancer started is the origin of the name the cancer will receive while it is in your body.

Though the colon does not seem a vital organs system, it is essential to life. Why is the colon such a vital part to your healthy body existence? The colon is part of the digestive system of which most of the waste material is stored. Inside the colon is where your feces will travel and finish the final part of digestion before being excreted out of the anus. At the end of the long portion of the colon is a small part of the colon that is called the rectum, which leads to the anus. The entire system which is made up of the colon, rectum, and anus makes up what is known as the large intestines.

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## **Chapter 2 - What Factors Contribute To Colon Cancer?**

Diet is the overall contribution factor of colon cancer. If you eat a fatty, meat filled diet, the chances of you contracting colon cancer is higher than if your diet contained more vegetables and grain products. Research has shown that most Western populations have a higher incidence of colon cancer than those of Asia. This correlates with the diet the Asians ingest. They consume more rice and vegetables than most Americans and Europeans. Africans also have a lower chance of getting colon cancer due to their intake of grains. If you are partial to fast food, your chance of being a victim of colon cancer rises significantly.

When fat enters your system it is broken down differently than grain and vegetables. The complex chemical makeup of fat causes the substance to break down slowly and there are residue substances left over. These substances rest in your colon longer than others. They carry components in them that are carcinogens, or cancer causing substances. These carcinogens will lie in the folds of your colon and do their dirty work of mutating cells and creating tumors. If you continue to consume fat without the intake of fruits and vegetables, the fat carcinogens will continue to pile up. This makes the area of your colon highly susceptible to colon cancer. The lower intake of fat and the increase in fruits and grains will scrape and dig those carcinogens out of the folds of your colon and decrease your chance for polyps.

If these polyps appear, most professionals believe all are non-cancerous at the beginning. With time some develop into malignant tumors by slowly invading the healthy tissues and cells. The

surrounding tissue is aggravated and the cell division biological clock goes off kilter. The cells start dividing out of control and soon the polyp will be a mass of cancer that will spread if not treated. The colon cancer can definitely affect the colon and the function of the organ, the biggest danger is the cancer spreading to the liver or blood where treatment success is highly unlikely.

Colon cancer can also be linked to ulcerative colitis and Crohn's disease. These are inflammations found within your colon that cause abdominal pain and diarrhea. Over 2 million of the residents of the United States is affected with this disorder and over half will develop colon cancer from this inflammation. Again this disorder is consistent with diet and is found more in the Western world than in the East. The same process proceeds with the inflammations as with the development of polyps. The irony is that with the inflammation, the tissue is already weakened due the inflammation making the carcinogens easier to do their job of creating polyps. By treating these colon disorders, the chance of developing colon cancer will be greatly decreased. These conditions can be treated with drugs and diet or in extreme cases surgery. It is better to treat these conditions when they appear than take the chance of the development of colon polyps or colon cancer.

### **Chapter 3 - Colon Cancer and Genetics**

Some professionals argue that cancer is genetically disposed to an individual if their family has a history of colon cancer. This is partially correct, because 20% of all colon cancer patients have had family that has had a history of colon cancer in their past. If your family has a history of colon cancer, it is imperative that you visit your local doctor and have yourself checked out. If the person with colon cancer within your family is your father or your mother, the chances of you having colon cancer will increase by 18%. If you are genetically preordained to have colon cancer, there are several factors that must be considered. This means that your chromosomes within the cells of your colon are already set so that colon cancer can develop and spread rapidly. The damaged chromosomes are more susceptible to the whims of the cancer causing carcinogens because their immunity to the proteins and amino acids that cause the division of cells is already low.

If you do not know your family medical history it is best to call a relative and find out as soon as possible. Since colon cancer can be an embarrassing disorder to admit among friends and family, someone in your family would know if your father or mother had such condition. The individual must remember that the genetic possibility of you acquiring colon cancer is already at 20%. This means if you are already have a one out of five chance of contracting colon cancer. If you have a fatty diet and eat lots of meat and little vegetables and grains you are even more susceptible to colon cancer. Like heart disease, the lifestyle choices and the genetic code within your body determines the higher chance of colon cancer occurrence.

There are other conditions which cause the risk of colon cancer to appear more frequently in some individuals than others. The age of a person is not a factor when dealing with the cumulative aspects of colon cancer. There are several conditions that affect the occurrence of the cells within the colon but the mutations of the cells are still due to the heredity, diet, and predisposition of individual. Remember because you have only one of these factors does not mean that that factor will be enough to cause colon cancer. Sometimes it is the combination of factors that increases the percentage of risk. Even if you don't have any of these factors within your lifestyle, it is better to have yourself checked out by your doctor even if you do not show any symptoms or pain. The polyps can exist within your colon right now and you would not know it. They are just waiting to find the method and means in which to mutate the surrounding tissue and start to spread cancerous cells. The risk outweighs the benefits of not being examined, because colon cancer is a silent killer. Once the cells are cancerous and has spread beyond the colon, sometimes it is too late for treatment to prevail. It is better to go through the discomfort and sometimes embarrassment of the examination then going on with your life without lifestyle changes and the possibility of developing colon cancer.

## Chapter 4 - What Are The Symptoms of Colon Cancer?

There is not one symptom of colon cancer that can be pointed at by a doctor where he will say, "Look, you have colon cancer!" You could have one symptom or you could have them all. Some of the symptoms are cross characterized with other diseases because the symptoms show up in many of the disorders and diseases that exist. One symptom is fatigue and weakness. If you have a constant feeling of being tired and not really wanting to do anything because your body is just too weak to do it, this can be a sign found in many diseases and disorders. Go see a doctor if this is your condition and be ready to tell him, if you're predisposed to colon cancer due to heredity or genetics.

Another symptom that might go with the first is shortness of breath. If you have shortness of breath, even when not doing strenuous exercises, this may also be a symptom of colon cancer. If you climb a flight of stairs or walk across a large parking lot trying to reach your car and you become short of breath, then either you are out of shape or there is a more serious reason for your condition. Both of these symptoms are a red flag telling you that something is wrong with your body. Take the flag warning serious and visit your doctor.

A more visual symptom than the first two is a change in your bowel movements. If you have narrow stools or diarrhea and it continues for a longer period than normal, a professional consultation may be needed for consultation. Even prolonged periods of constipation should be a concern for the individual. Abdominal cramps, bloating, or weight loss is serious symptoms that no one should ignore. If he had been

diagnosed with any irritable bowel disorder and you are having these symptoms for a longer period than what you are accustomed, a visit to the doctor is more prudent than waiting it out and see if it goes away.

Colon cancer can display one or all of these symptoms. Some of the symptoms are so related to other diseases or just being out of shape that it is sometimes hard for the individual to discern whether the symptom is important enough to warrant a visit to a physician. If you have a combination of these symptoms it is imperative that you go see your doctor. Something is not right with your body and you need to have it checked out. The faster you get to the doctor, the more chance that the polyps that cause colon cancer will be discovered and they can be removed before becoming cancerous. The colon is not an area of the body that many people want to discuss nor have any examination of. To have a stranger looking into your anal cavity is an intrusive and sometimes horrifying experience. It is sometimes better to swallow your pride and to undertake the examination just to make sure that your life is secure. Remember that it does not only affect your life, it also affects the life and relationship of your friends and family. Since colon cancer happens primarily in males, above the age of 40, the prime of your life and security of your family's lives can be cut short. It's not worth the chance. If you have these symptoms go see a professional and have the examination.

## **Chapter 5 - How To Test For Colon Cancer**

As previously mentioned, the examination for colon cancer can be a little embarrassing and uncomfortable. They are two major procedures that test for colon cancer. The first of these procedures is the lower G.I. series which uses a barium enema x-ray. Before the procedure begins the doctor will ask the patient to go on a clear liquid diet for several days. The procedure takes anywhere from 15 minutes to an hour depending on the problem being studied and the shape and position of the colon. During this procedure, the patient will be given a white chalky liquid substance that contains barium. As the liquid goes through the digestive system the barium will coat the inside of the stomach, small intestines, large intestines, colon, and rectum. As you drink this liquid you may feel full or have mild abdominal discomfort, but this will go away shortly after the procedure. An x-ray of the colon of the patient will be taken to check for polyps or other cancerous growths. If a clear x-ray cannot be obtained, the doctors will insert gas into your abdominal cavity and colon to expand the region to get a better picture. The x-ray picture will be looked at by several specialists to find dark shadows on the picture that could be a sign of the cancerous growth. The doctor may also take a blood sample to test for carcinoembryonic antigen. If this antigen is present, the doctors will detect high levels of cancerous material in your bloodstream, which is usually a sign that there are also high levels of cancerous materials in your colon.

Another procedure to check for colon cancer is the colonoscopy. Here a doctor will insert a long, flexible tube into your rectum to inspect the inside of your colon. The patient is usually sedated for this procedure

because it is very invasive and painful. The colonoscopy is usually the best way to find polyps or growth within your colon. While the tube is inserted into your rectum, the doctor will look through a viewing camera to search the entire surface area of the inside of your colon. If polyps are found they are usually removed from your colon and sent to a pathologist. The pathologist will examine the polyps of the microscope and determine whether they are cancerous or not. The pathologist will also let you know, if you have precancerous cells within your colon. The precancerous cells are a step away from turning into cancer cells. These precancerous polyps will develop into larger polyps and began to infiltrate the cells within your colon. If the cancer cells are found within your colon, there will be other procedures that will look for cancer within your liver and other organs of your body. These procedures can include chest x-rays, blood work, and other medical procedures that will determine if the cancer adds spread to any other part of your body. Most men refuse to have a colonoscopy due to the fact of the invasive nature of the procedure. The procedure is sometimes considered a social taboo for many men of certain cultures. This is a sad thing because these men are putting their lives at risk and also risking the quality of life for family and friends. If you are married to or have a close friend who is a male that has colon cancer symptoms or has reached the age in which colon cancer might affect them to most, convince them to see their doctor and to have the procedure done. Once the procedure is done and there are no cancer problems found within the colon, the procedures shouldn't have to be redone for about five years. This time period could be shorter if you have a genetic displacement for colon cancer.

## Chapter 6 - Treatments For Colon Cancer

If you are diagnosed with colon cancer, surgery is usually the best treatment. During the surgery, the tumor or malign polyp will be removed along with the tissue surrounding it. The surgery is nothing to be afraid of because the area of tissue around the polyp is usually a small perhaps, dime sized piece of tissue. The doctor will connect the healthy tissue around the hole so that it may grow together. If successful the cancerous cells and all tissues that was affected by the cancerous cells will have been removed and not affect the new tissue. If the cancer has spread into the rectum, the entire rectum is usually removed.

Complications from the surgery are not from the procedure, but from the chance that the cancerous cells may have spread to other parts of the body. If the cancer has spread to other organs within or around the colon, the survival rate for the patient is about 10% within a five-year period. If the cancer has not spread to other organs, most cancer patients can live ordinary lives. Eighty percent of all colon patients survive.

If the cancer spreads to the lymph nodes, more advanced surgical procedures may need to be performed. If surgery is out for the option, then chemotherapy will be implemented. The chemotherapy uses medicines that travel throughout the body and attacks cancerous cells. After colon cancer surgery there may be microscopic residue of cancerous cells in your colon. The chemicals will travel throughout your body and into your colon and attack the cancerous growths. Chemotherapy is usually given at the doctor's office, but there are

also instances when the chemotherapy can be taken from home. The most uncomfortable thing about chemotherapy is the side effects. These side effects are as individualized as the cancer itself. Some patients lose their hair, while others will become tired and dysfunctional during the process. The chemotherapy patient may become noxious to the point of vomiting or have bowel symptoms that include constipation or diarrhea.

If you are diagnosed with colon cancer, you can't afford to ignore the doctor's advice. This is a life-threatening condition which could lead to a slow and painful death. It is not fair to yourself or your family to let this condition go without proper treatment, surgery, or chemotherapy. The survival rate from surgery is very good compared to other types of cancers. The professionals that either perform the surgery or initiate the chemotherapy know what they're doing and your best interest and your life is in their hands. It is better to have the procedures done as quickly as possible after diagnosis because the danger of the spread of the cancer from the colon to other parts of your body or organ systems is extremely high. Without the surgery, the cancer will definitely spread into your liver, lungs, and blood. When this happens, the doctors can really do nothing for you except to make your journey toward death more comfortable. If you're having trouble making the decision to have surgery or to consider chemotherapy, talk to a friend or a family member that has had a colon cancer treatment. Their experiences may make you feel more at ease and more willing to take the treatment. Don't wait too long, because time at this point is not on your side.

## **Chapter 7 - Grape Seed Extract and Colon Cancer**

Alternative medicine is medicine that is practiced using nontraditional methods is methods that have not been fully accredited from the medical profession. The use of alternative methods for cancer treatment has become more popular. Whether you believe in a holistic approach or traditional medical procedures have failed you, alternative medicine is an option that many colon cancer patients can turn to. Be sure to call your insurance company before you start any alternative medicine treatment. Some treatments are not covered by your insurance and you want to be able to pay for the treatment through your insurance if possible. If your insurance does not cover the alternative medicine cancer treatment, you may have to rely on your own financial resources to cover the expense.

A relatively new alternative medicine treatment for colon cancer is the use of grape seed extract. The chemicals found in grapes have been found to significantly stop or slow the growth of tumors in your colon that could possibly turn malignant. A recent study states that the colon cancer tumors can be reduced by 44% when grape seed extract is used. The extract will freeze the cell cycle and sometimes convince the cancer cell to destroy itself. So far, little is known about how much of the grape seed extract should be used in at what dosage would cause side effects. There hasn't been any research study to prove what side effects exist. So far, the research has been conducted with animals, so people should not rush out and start eating mass amounts of grape extract to prevent colon cancer. Doctors suggest that the grapes should be incorporated into your diet, but should be used sparingly and not as a major deterrent for colon cancer.

Grape beverages such as grape juice and wine have been known to reduce unhealthy effects in regards to your heart and circulatory system. The health-conscious public is already buying grape seeds because the seeds have more of these beneficial chemicals than the actual wine or grape juice does. Though marketed as a dietary supplement the colon cancer patient should not jump on the band wagon yet. The patient should try minimal amounts of great seeds to see if the chemicals contained within will reduce the colon cancer cells.

So far, the benefits of these chemicals where found that results depended on how much extract was used and how long it was used for. When a massive dose was used for a long duration of time 92% of rapid cell growth decreased. Once the research for the grape seed extract is complete, the treatment will be available for all cancer treatments dealing with intestinal, abdominal, or colon related cancers. The best results were shown when human colon cancer cells were placed into mice; the mice reduced their cancer or were cured. In mice that were getting high doses of grape seed extract, the colon cancer disappeared and there were no side effects. If you currently have colon cancer, consult with your doctor before adding the grape seed extract to your diet. The chemicals within the extract could diminish the effects or stop the effects of current treatment or medications. To add any exercise or dietary supplement to your routine without the compilation of a doctor would be ill-advised

### **Dishonest Claims in the Cure of Colon Cancer**

If you had been diagnosed with colon cancer, you are probably afraid and ready to try anything to find a cure or to find an alternative

treatment that doesn't involve chemotherapy or the intrusive treatment of colonoscopy. By being in such a panic state, you can make some very serious, misguided, wrong decisions in your treatment plan. If you find some information that claims to be a cure for colon cancer, you really need to research the source of the information including what kind of clinical trials have been proven to be beneficial for a cure. There are a lot of scams out there to get you to buy the product or to have you do some type of holistic treatment that in the long run will be expensive and will not work.

There has been a recent claim that onions and curry reduce the chance for colon cancer. The study concluded that a regime of eating both these types of foods will reduce the amount of polyps in your colon by 60% and reduce the size of the cancerous polyps by up to 90%. Though these results look great in headlines, if you look behind the scenes you will find that the claims are a little far-fetched and not well researched. The research said that this was a small clinical trial. If you really look into what the research says you will find that it was not only a small clinical trial, but a very small clinical trial. Only five people were used as subjects in the study. The statistical data derived from the study could in no way, in any circumstance substantiate their claim. The subjects were asked to take a pill containing the chemicals that are found in both curry and in onions. The amount of chemicals they ingested was large. No human being would want to include that much onion and curry as a part of their daily diet. Unsubstantial research like this usually opens the door for drug peddlers to sell you onion extract or to push curry spice. Read between the lines or actually just read the research yourself. Make an informed decision and with that decision ask her doctor for guidance

Another false claim about colon cancer treatments is that you should invest in the use of colonics or colon cleansing herbs or medicines. Doctors agree that regular bowel movements or colon cleansing methods are not enough to deter or to prevent colon cancer. There is no one-stop, fit all solution or prevention that one can do to prevent colon cancer. The colon cleansing market has skyrocketed as rumors of cures and of prevention of colon cancer has circulated around public forums. It is just a massive advertising campaign to convince you to buy their product. As with other claims, look into the research and go beyond the label of the product. Use the Internet to find out what doctors think of the product and if it really does have beneficial uses in the fight against colon cancer. If you trust the label of a product, you're more likely to pay way too much money and reap too little benefits for what you really want from that product. Talk to your doctor or specifically bring the product advertisement to him. He or she is probably more experienced with that product than your untrained eye. Do not trust the clerk at the nutrition store either. They are there to sell a product and nothing more. Colon cancer is a serious threat and you do not want to rely on the whims of advertisers and product pushers to protect you from colon cancer or to help you cure the disease..

## **Chapter 8 -Statistics about Colon Cancer**

Colon cancer is the most dangerous cancer for men and women in United States. According to the American Cancer Society, 55, 290 men and 57,050 women will be diagnosed with colon cancer. This means that 112,000 men and women will suffer from colon cancer this year. Out of this large number almost half will be terminal. Though the number of colon cancer deaths has dropped off in the last decade and a half, the odds of survival once contracting the disease in its advanced stages is not that good. Doctors have reasoned that the cancer rate is dropping is that more Americans are taking the advice of their doctors and pre-screenings are happening more often. The number of successful advanced treatments and other options that affect the survival rate is going up and the number of screenings per year by doctors have also increased.

The diagnoses of colon cancer at earlier stages in regards to survivability increase the probability rate to 90%. That is only when it is caught in the early stages. If it is found in the advanced stage, only 39% of colon cancer patients survive. That is why it is important to visit your doctor every five years and have a colon cancer exam. The doctors have a better chance of removing the diseased polyps from the colon in the beginning stages. Once the cancer has got past the beginning stages it can spread into the liver or other vital organs. Once the cancer has reached this advanced stage very little can be done about the survivability rate. If the cancer spreads into your liver, lungs, or blood you have less than 10% chance of living.

Recent statistics are based on the patient living up to five years after

the treatment has been applied. The research points would go down if you extended the survivability time to 10 or 20 years. Since most colon cancer patients acquire the disease at later stages in their life, the five-year survivability rate is the best measurement tool. Most patients live beyond the five-year time limit. The results of a five-year limit may be skewed because of the advancement of new techniques and treatment of colon cancer. The patient five years ago may have a less of a chance of survival than the patient that is diagnosed today.

If you're concerned about colon cancer it is wise to get your screening done as soon as possible. Also if you have reached the age of 35 and if colon cancer is a part of your family history, it is vital to get the treatment ASAP. No matter what age or sex you are, colon cancer can creep into your life at any moment. Though primarily found in the later stages of middle-aged men, both sexes are preordained to get the disease if it is in their family history. If you have not had you screening, the time is now. Don't wait! If there was no colon polyps found in your colon during the screening they may ask you to wait for at least five years before your next exam. If some cells were suspect and your doctor had a concern, he might ask you to come back within the next one to three years. If you show any symptoms of colon cancer, you should immediately call your doctor and ask for screening. The longer you wait to because you think the symptoms are part of another ailment, the less chance the doctor will be able to diagnose your cancer in its early stages in the ensure the survivability rate.

## Chapter 9 - Women And Colon Cancer

Most women think that colon cancer is a male disease. They are wrong in this assumption because men and women can contract the disease at an equal intensity. A lot of women will push their male partner to go and have a screening without thinking that colon cancer can also be a risk to them also. Most men avoid scheduling the screening due to the intrusive nature. Women, who are used to such exams during their yearly female examinations, will not even consider having their own colon examined. Colon cancer is not a sexist disease; it does not care if you are a man or woman. It is just as important for a woman to be screened for colon cancer as it is for a man.

Another misconception concerning colon cancer in women is that women should not have to be screened until age 50. This is a false claim, especially if a woman has colon cancer in her family's history. She is at the same risk as a man with colon cancer who has the disease in their family's history. The same causes of colon cancer can be found for both men and women. Poor diet that contains red meat and few vegetables will greatly increase both the women's and the man's chance for the invasion of colon cancer. Just because a woman shows no symptoms of colon cancer, which does not mean that a screening should not be done.

These same procedures to test for colon cancer are used for both men and women. The colonoscopy is the usual technique using a slender flux will tube that inserted into your anus. The doctor will use a camera device through the tube to look at the inner lining of the colon

to determine if polyps are there or not. A sedative is used to decrease the pain and to allow the woman to relax during the procedure. After interviewing women who have had colonoscopies it has been found that it is a more desirable screening and their annual Pap smear.

Of all the types of cancer, colon cancer is the third leading killer of human beings no matter what sex or race you are. It is not discerning at all between socioeconomic standards or how you were raised. Out of the 120,000 cases of colon cancer in America, just about half that number is women. Out of the 56,000 people that die of the disease each year, around 25,000 of them are women.

There are several types of screenings that are available for both men and women. A simple less intrusive way to check your colon's health on a yearly basis is in a occult blood test. Another screening that is a little more intrusive is to have your doctor perform a lower G.I. series and find out if polyps are emerging. Most people avoid the colonoscopy. Though it is not comfortable it is the best way to discover if you have polyps inside your colon and this may even save your life. The price of discomfort and possible embarrassment is affordable when you think about the lives of your husbands, sons, and daughters as they would have to go through their lives without a mother or wife.

## **Chapter 10 - Side Effects of Colon Cancer Chemotherapy**

If surgery did not halt the advance of colon cancer polyps cells within your colon, chemotherapy may be the next solution. The chemotherapy is a treatment technique that uses medications and chemicals to halt the advance of cancer. Though there are successes in many chemotherapy attempts dealing with colon cancer, the side effects of chemotherapy can cause the patient to undergo both physical and emotional distress. Dealing with the side effects is sometimes harder than dealing with the chemotherapy itself. Each side effect is distinct and has different remedies in which a person may deal or at least cope with its specific effect on their daily lives.

Fatigue is one of the most reported side effects of chemotherapy. The symptom may show itself by making it hard getting out of bed, or more often, it is a sense of being tired all the time and not wanting to do anything. Even if you get enough sleep, fatigue will interfere with your day as you try to find some relief from the tiredness. The best way to overcome the side effect of fatigue is to balance your day. A balance of rest and activity is important due to your weakened state. The individual must prioritize their tasks. The important tasks should be done before the less important ones. One must get up in the morning and think about their day and decide which tasks are important during daily activities and how to minimize those exercises that don't fit your daily tasks. If the fatigue is really messing with you're emotional and physical safety, consult your doctor and having him prescribe drugs that may act as an amphetamine to you up a little bit so that you can perform your daily routine.

Another side effect of chemotherapy is diarrhea. Everyone has had a bad experience of having loose bowels or the uncontrollable urge to use a restroom when it is not very convenient. Diarrhea will leave you dehydrated and weak. If the diarrhea becomes excessive see your doctor so that they may prescribe you drugs or medicines that will slow or prevent the diarrhea from happening. If anything beyond your ordinary output of stools is noticeable, the doctor should be notified. You should follow the advice to stop the flow or the frequency of defecating. If you are having massive diarrhea, try to limit your meals or eat something with a more liquid base. Do not increase your diet until the diarrhea stops for at least 24 hours. If you begin to eat before the diarrhea stops you are just adding fuel to the fire and will not cure the side effect.

Along with the diarrhea may become a feeling of nausea and vomiting. The vomiting and nausea can be prevented by a simple use of drugs before the chemotherapy session begins. Just as with people who have travel sickness, a simple over-the-counter drug can be used to eliminate the feeling of being sick or the overwhelming urge to vomit. Your doctor can prescribe a prescription for drugs that can relieve your inclinations for nausea or prevent vomiting during the course of your treatment. While under chemotherapy always heed the doctors advice and never try home cure or alternative medicine without his advice. Nausea can be a state of mind in which simple precautions can be made against it. If you feel overwhelmed by the side effect, sit or lay down until the feeling is over.

## Chapter 11 - Colon Cancer Prevention

Though colon cancer is equally as dangerous for men as it is for women, the prevention of colon cancer is as different as night and day for both sexes. A recent study discusses that if a man eats moderate amount of vegetables particularly spinach, lettuce, and cabbage, that the chance that he will have colon cancer will go down significantly. The study also adds that a dietary regiment of vegetables and fruits are part of a man's daily intake of food. In the course of daily meals, the vegetables and fruits should be more abundant and then a red meat or other fatty food. Both vegetables and fruits are known to be packed with cancer fighting compounds and fiber that will help decrease the chance of acquiring colon cancer polyps.

While no significant data has been presented, the idea that fruits and vegetables reduce colon cancer has been around for decades. The sample size of the study concentrated on over half a million men and women aged 50 to 71. Out of this half a million, almost 3000 developed colon cancer. When these subjects were interviewed about their daily diet, it was found that only one or two servings of fruits and vegetables a day, accounted for 20% of the men who have colon cancer. Men who ate two or more servings a day of fruits and vegetables were at a significantly lower risk than the others. Vegetarian men who had eat large intakes of vegetables during the day reduced their chances of colon cancer by 18%. Ironically, women who ate more fruits and vegetables had a higher risk of colon cancer than women who did not eat as much fruits or vegetables. The researchers report that the results for women might be skewed because women report eating healthier when in actuality, they really

do not.

Now here is the good news for women. A Japanese study reports that drinking three or more cups of coffee a day can reduce colon cancer risk by half. In a sample size of around 100,000 men and women between 40 and 69 years old and during a 12 year research time, they found that the benefit did not include men. Even by putting into the factors of exercise, diet, and other health related issues, the caffeine produced by three or more cups of coffee still reduce the chance for a woman to acquire colon cancer. The report did mention that the researchers were not sure that it was the caffeine in coffee or that other compounds contained within the coffee might be responsible for the reduction of colon cancer. They also stated that women who drink 3 cups of coffee a day had better chances of not acquiring colon cancer than women who drank no coffee at all. They have proved from past studies that the caffeine within the coffee stimulates the colon and the cells within the colon to counteract any negative cell division that might be going on due to polyps or malignant tumors.

Still with the results of both of these research papers it would not be advisable to run out and buy massive amounts of coffee are to go to the local grocery and stock up on fruits and vegetables. As with all research, more research needs to be done to make sure that the preliminary research is well founded. Drinking coffee in moderate amounts and also adding more roughage to your dinner is always advisable for good health. It is ill advised to change your daily eating routine without consulting your doctor.

## **Chapter 12 - Stage And Treatment**

Colon cancer is diagnosed in stages. These stages run in numbers from zero to six and the higher the number the more serious the cancer is. Each stage has a treatment which will best remove the cancer or at least stop the growth of the mutating cells. Doctors can look at the colon cancer and determine what stage it is and best recommended treatment that is best for you.

In Stage 0, the cancer has not grown beyond the inner lining of the colon. The treatment regiment usually is surgery in which the polyp is removed and a biopsy by a pathologist is performed. The cancer will be cut from the inner lining of the colon wall and then the hole will be sewn up so the healthy tissue can again rejoin.

In Stage 1, of colon cancer, the cancer is noticeable. The cancer is not only on the surface of the tissues of the colon, but it has grown into two or three layers beneath the surface. Again surgery is the best treatment for the colon cancer, and once the polyps are removed, there is usually no other treatment required

In Stage 2 cancer, your cancer had spread beyond the wall of the colon and has infected the nearby tissue of the lymph nodes. If the cancer has not affected the lymph nodes, then again the surgery is the best treatment for your condition. If the doctor thinks that the cancer might come back, radiation or chemotherapy might be recommended. Radiation is usually recommended before chemotherapy, but surgery is the best option at this point.

Stage 3 colon cancer is more advanced. Your cancer has definitely spread to the lymph nodes but has not yet spread to the other part of the body which would make it a complicated treatment. Radiation therapy will definitely be suggested and the dosage of the radiation will be bigger, so that it can not only stop the cancer within your colon, but also the outside lymph nodes.

Stage 4 colon cancer means that your cancer has spread to other organs such as your liver, lungs or blood. In women, the cancer can spread to the ovaries. Surgery is still the first option, but usually, if the cancer has spread to the liver or other organs chemotherapy will have to be applied. It is according to how many polyps or cancer cells are present that determine your survivability chances or the return more cancer. At this stage, the colon cancer will have to be treated as well as the other organs. If the cancer is spreading to the blood a system the need for testing for other types of cancer to arise will have to be more frequent. Though the survivability rate has increased within the last few decades, stage four cancer is a very serious stage in which the patient and the doctor must make proper preparations in the event for either negative or positive results. There are special cancer centers and specialized hospitals that can help patients with stage four cancer. They also are equipped with the latest equipment and techniques as well as family counseling and grief counseling. At stage four cancer you are more likely to be working with a team of specialists and your local doctor. Though you have stage four cancers, do not give up hope, many patients survive and live normal, happy lives.

## Chapter 13 - My Story

Like most men, I was afraid to death of having a colonoscopy done. It wasn't that I was afraid of the colon cancer they might find, but I was more afraid of the procedure. The idea of someone or something, putting something into my anus was too much of a thought for me to bear. If I had remained a single man, I would probably have never had a pre-colon cancer screening at any cost. Even though my wife was nagging me to get the procedure done, I ignored her and it became sort of a long-term argument between us. The realization of the importance of screening came to me after I received a phone call from my mother saying that she had just had a colonoscopy done and it found benign polyps in her colon. She called my two twin sisters first to let them know about the findings and they both had the procedure done out of fear that they might also have polyps.

My mother, both my sisters and my wife began to team up on me by constantly reminding me that I needed to have a colonoscopy. They compounded this by sending me all kind of e-mails and literature that gave the horror stories of colon cancer that had progressed to the advanced stages. After much peer pressure and after reading some of the literature that my family has sent me, I decided to have the procedure done. All it took was a trip to the doctor to have a minor physical and to ask permission to have the hospital schedule me for colonoscopy. While at the doctor, he performed a rectal exam. He inserted his lubricated gloved fingers into my anus to fill around the rectum for possible polyps or lesions. Though it was uncomfortable, the doctor assured me that the rectal exam was more uncomfortable than the actual colonoscopy would be.

Upon arriving at the hospital I was taken into the waiting room and the doctor gave me a brief overview of the procedure. She said that I would be administered a light sedative and then the doctors would insert a flexible long tube into my colon to search for polyps. I signed a waiver stating that if any polyps were found they could be taken from my body and given to a pathologist for further examination. Here the pathologist would find out if the polyps were indeed benign or malignant. After console, I was taken to a surgical room where I was laid on my side. The anesthesiologist put in a IV needle into the top vein of my right hand. He then began to turn on the drip of the IV and started talking to me in a calming voice. He asked me if I'd ever been in the service and as I started to relate my adventures in the Marine Corps. Everything went black

I woke up about 30 minutes later still in my hospital gown and lying in a bed. My wife told me get up and get dressed and I checked out the hospital and walked to the car. I had no memory of what had happened to me nor do I really want to remember. The only discomfort I had was that during the procedure they put a gas into your colon to expand the tube to be able to move around freely. I was cursed with a large amount of flatulence which was a very embarrassing and hard to control. The experience was nothing like I would imagine it to be. The embarrassment was only a figment of my imagination that messed with my head. I didn't need to fear the procedure at all.

## Chapter 14 - Colon Cleansing and Colon Cancer

Every magazine that you pick up and every time you turn the television, you are bombarded with ads for colon cleaning supplements and ways to prevent colon cancer. The products promise amazing results that go anywhere from increasing your daily life activity to diminishing the chance of colon cancer to 0%. These claims are absolutely false. No colonic treatment and or colon cancer product can take away any chance of you contracting colon cancer. The advertisements are all about selling products that have little health benefits whatsoever.

Some of the advertisements and propaganda that these marketing companies used to affect your buying whims use medical jargon and sometimes use even medical fact to sway your opinion. One of the falsehoods that they put out is that regular bowel movements are not enough to clear out the colon. If you are eating plenty of fruits and vegetables and have roughage in your diet, your regular bowel movements are sufficient enough to clean out all the toxins that would cause colon cancer. Of course nobody needs residues of red meat and undigested mucous buildup along colon walls. This of course is the breeding ground for polyps or tumors to grow as the cancer causing substance may cause irritation that would start a colon cancer growth. No amount of colon cleaning marketed products can clean out this area. You are basically wasting money and wasting your time when you add pollutants and supplements to your diet.

Another falsehood that the colon cleansing marketing people put out to the public is that a dirty colon can adversely affect the body's lymphatic system. This again is not true. The lymphatic system can

only be affected once the polyp grows and becomes malignant. If the polyp grows beyond the cell wall of the colon it can affect the lymphatic nodes which are found beneath the cell walls. If your body has developed polyps or tumors the colon cleansing action of these products will irritate the polyps, and probably spur uncontrolled growth that will cause the benign cancer to become malignant.

Colonic enemas also known as high colonics are used to wash cancer causing substances from your colon and according to the advertiser's claim reduce the risk of colon cancer. Here the colonic technician will flush large amounts of water into your colon to wash away the mucous buildup. What the colonic or enema actually does is to wash away the fecal matter away from the colon wall and dislodge any loose materials between the folds within a colon. A stool softener or a laxative can act in the same manner. As any doctor will tell you, the continued use of laxatives will cause dehydration or move the food out of your body faster than the body can absorb nutrients. This could lead your body starving for vitamins and minerals that it really needs to function in a healthy manner. No matter what the advertiser's claims or what the side of the bottle tells you, if you have any worries about using these products, please consult your doctor before you do so. Some of these products are very abrasive and can cause anal bleeding and mild discomfort. If you take these products in your perceived best interest without consulting a doctor, you are probably hurting the situation more than you are helping it.

## **Chapter 15 - Colon Cancer and Missing Hormones**

A recent study conducted at the Kimmel Cancer Center reported that colon cancer is a disease of missing hormones and could be treated by hormone replacement therapy. This gives hope for many colon cancer sufferers and those that have the predisposition to have colon cancer due to heredity or genetics. The researchers found that two hormones, suppress tumor growth in the colon. If the patient does not have these two hormones they are more likely to have polyps or tumors grow within the colon walls. In the beginning stages of a polyp formation in the hormones or lack of them are confused about the tumor growth and without the hormones the growth will become free to grow at will.

Whether the patient does not have these hormones or the hormones are mutated, when the conditions are right for tumor growth the lack of or the mutation of these hormones will not inhibit the growth. The research was conducted on mice. When the mice were subjected to cancer-causing agents the mice without the hormone that suppresses tumors grew tumors at a alarming rate versus the mice that did have the hormone. The lack of the hormone inhibitor resulted in both larger tumors and a greater number of tumors in the large intestines. When the hormone that suppresses tumors was injected into the mice, these mice showed very little to no polyp growth.

This insight will convert the idea that colon cancer is a hereditary disease into a new idea that it is a hormonal disease. The doctors that did the research found that this is a totally new way of thinking and could foster research that could eliminate or at least predict the

susceptibility of colon cancer. The researchers plan to extend these studies to human subjects in with that their hope is to eventually use hormone replacement as a first-line treatment against colon cancer.

As with all new innovations and colon cancer therapy, the patient should be advised to consult a doctor before gaining hope that the therapy will cure them. If you are a current colon cancer survivor also keep in mind that the time it takes for the research to develop this into a working procedure may take upwards to 5 to 10 years. The research has to be approved by the American Medical Association, and also have a review and retest done by peers in the medical community. Many times the scientific community and the world at large will jump on the band wagon when a new therapy proves to be beneficial in the treatment of colon cancer. Sometimes this reaction is premature and the hopes of both the doctors and their patients can be deflated as new you researchers find that the hormonal replacement therapy is not as good as it was originally intended to be.

The future research of hormone replacement therapy has to go through clinical trials. They research also have to have a population size that would significantly reduce the risk of colon cancer or cancer altogether before it is widely accepted. Though this new research looks promising, the reader should take the results with prudence and wait for later results. If you would like to consider hormonal replacement therapy speak to your doctor and maybe you can be put on a clinical trial list..

## **Chapter 16 - Vitamin D and Colon Cancer**

According to a recent study, people that have higher blood levels of vitamin D are less likely to get colon cancer. The researchers took blood from 500 participants in the study and compared their vitamin D levels with the occurrence of colon cancer in each subject. They compared the vitamin D levels of 179 patients who develop colorectal cancer with those of 356 participants who did not get colon cancer. The study was reinforced by a similar study done with female patients. Though the female patients study was linked to a ovarian cancer and breast cancer, the combined findings showed that men more than women with high vitamin D content in their blood had a lower incidence of colon cancer.

A secondary finding of this research found that the vitamin D content in the blood was more beneficial if you were in shape. Overweight are out of shape participants, even with the high vitamin D concentrations in their bloodstream showed neither as a significant deterrent for colon cancer nor a reduced risk factor. As a current or potential colon cancer patient, you must remember that these results are preliminary and though they have been backed by other research there is still much to go. To reap the benefits of vitamin D supplements, research suggests that you must be in shape. Along with a diet of fiber, specifically vegetables and fruit for men, your chances for colon cancer can be reduced. The significance of how much that cancer risk is reduced is still up for speculation.

Vitamin D helps absorb calcium. In countries where vitamin D it is

low in the national diet there is a higher increase for susceptible diseases such as Ricketts or colon cancer. In countries such as the United States, where red meat is a high supplement for protein, the chance for colon cancer rises. In this population a body mechanism produces a chemical called lithocholic acid, also known as the most dangerous compound that your body produces. The red meat eating population has a large amount of this compound in their bodies. If you would inject lithocholic acid into an animal, they are certain to get colon cancer. Vitamin D and vitamin D supplements help break down this compound

Though the use of vitamin D is not the sole component in a anti-colon cancer regiment. It can be used along with dietary changes and other lifestyle modifications. No claim to cure or the reduction of colon cancer should be the big miracle treatment. Consolation with your doctor with the new amendments to your nutritional balance or other methods of treating or curing colon cancer is pertinent to the successful reduction of risk or reduction of a re-occurrence of colon cancer. Make sure that the research being advertised has been reviewed by peers and also has been accepted as a treatment by the American Medical Association. The use of alternative methods of treating colon cancer is becoming more popular. Most are unproven or has had little research to prove them. When you read an article that describes the results of the research, try to find the original research documents. Sometimes marketers will use online articles or other venues to express the benefits of such treatments, but in reality the research will prove that the results are minimal are have not been accepted a fight be larger medical communities.

## **Chapter 17 - Colon Cancer And Race**

Health insurance or the ability to pay for medical treatment is not a factor when it comes to minority colon cancer survivability. Doctors have found that the reason that Black and Hispanic men have a higher colon cancer rate is due to the screening test and surgical treatments that encompass the entire process. Even though there have been disparities in health insurance that has had a minor effect on the outcome of colon cancer survivability rate and minorities, the cases have been minimal.

Research has found that compared to Caucasian males Blacks had 17% more chance of dying from colon cancer. Hispanic males had the same percentage risk than that of Caucasian males. Asian males had almost 0% chance of being diagnosed with colon cancer. Doctors say that at Black and Hispanic men were more prone to accept the treatment options once the colon cancer was found, they would have a higher survivability rate and a lower risk of death. The cultural aspect of not trusting doctors, especially white doctors in America causes some minorities to not under go colon cancer screening door once diagnosed nor consider the treatment options that are available.

Patient-doctor bias is also a consideration when it comes to the disparity among minorities in relation to colon cancer. Doctors who are biased toward their patients are reluctant to offer treatment options if that doctor believes that the patient will not consider treatments. An over all consensus from the minority population is that the medical community is not to be trusted. Coupled with the primitive cultural belief that if someone touches cancer, the cancer will

automatically spread. This hinders doctors from making sound judgments and informed options for their patients. The higher incidence of untreated colon cancer in Black Americans correlates with the research that shows that Black Americans have a higher negative opinion against the medical community than whites.

The economic differences between black and white patients also are a consideration in the colon cancer controversy. A higher percentage of Black and Hispanic males have little or no insurance compared to white males of the same age. Doctors suggested that universal health care while eliminate race problems and bring the percentage rates of Hispanic and Black men closer to the white man's survivability rate. Another research study implies that the diet of Hispanic and Black men is higher in fat, then the diet of Caucasian men. It is then argued if the diet and lifestyle changes are incorporated in all races, does not the percentage go down before proper prescreening and post diagnosis treatment begin? The final answer is that the Hispanic and Black populations must go beyond their belief systems and have prescreening arranged and to be compliant if diagnosed with colon cancer to adhere to the treatment that is prescribed by the doctor. As with all racial issues, the trust between races either in the community or the doctors office has to be smoothed over or decreased or the survivability rate among minority men will stay the same and will not decrease. Once both sides of the equation can see each other as a person and not a color, the medical disparity will disappear.

## **Chapter 18 - Laetrile: Another False Hope**

Laetrile, a highly publicized cure for cancer is composed of vitamin B-17 and apricot pits. This produce was featured in many colon cancer forums online, and he has even appeared in some magazines. The drug has given many patients false hope for the cure for colon cancer. Labeled with a logo that says that it is novel treatment the government doesn't want you to know about, Laetrile has been sold to hundreds and thousands of people who are afraid of having their cancer worsen than or to contract colon cancer appear in the first place. Jason Vale, the president of the Christian Brothers Contracting Corp., has been given a sentence in prison for the next five years for pushing the drug and selling the drug without approval of governmental agencies.

Mr. Vale is reported to have the opinion that the government is hiding potential cancer cures and has a conspiracy to maintain population control and control drug prices worldwide. He describes the government as being too universal and feels that the government believes a cure for colon cancer would not benefit the agency at large and that the benefit for individuals and is often neglected. The FDA counteracts his statement by saying that there is no scientific evidence that Laetrile is a cancer fighting drug. There are still Laetrile stocks that are being sold by wholesalers online to the worldwide market. It has not been approved in the United States and is unlikely to be so.

Though it is a very terrifying thing to be diagnosed with colon cancer, the search for alternative medicine and alternative treatment is a process that some patients choose to feel relief. Make sure that the

FDA approves the method or treatment that you choose for yourself. Even a consolation with your doctor will probably be disappointing because the doctor will not recommend anything not approved by government agencies. The best cure for colon cancer right now is the treatment of surgery, chemotherapy, or simple polyp removal. You need to know that except for the drugs used to chemotherapy no other drugs have been able to stop the growth or at least hinder the spread of cancer within the colon.

There are many people out there that are willing to make a buck at your expense. They will make outlandish claims of cures and treatments that have no scientific backing whatsoever. They will report faults clinical trials, and they will falsify research studies to twist the words to make their product look more helpful than it really is. What you read on the label of these miracle drugs is usually a false marketing text that will appeal to your want to have a cure. If you find such a claim and are willing to try it, please research the product carefully, including taking it to your doctor and ask him what research he has found on the benefits of the medication that you wish to try. In all actuality be product may actually cause the cancer cells to increase rather than decrease or it may contain chemicals that your body might fight against with the current colon cancer treatment you are given. A colon cancer cure would be a wonderful product and matter what the cost for millions of Americans, but the product has to be tested and approved by governmental agencies or you are putting yourself in your health at risk.

## **Chapter 19 - How Colon Cancer Affects Families**

So you have just been diagnosed with colon cancer. You think the world is coming to an end and you are afraid of the disease and what the disease can do to you both emotionally and physically. But there are others that are involved in your diagnosis and need to have the counseling and guidance that the patients themselves deserve. Your family and relatives have an equal share in your fear and discomfort. Not only are they afraid for you and the circumstances that could result from a failed colon cancer treatment. It could leave your family financially and emotionally distraught. Your significant other and children will suffer the most emotionally, but you are close to your relatives which include your mother, father, brothers, and sisters now have a health concern that they now have to face.

Your diagnosis of colon cancer now affects your entire family because colon cancer has been known to be passed on through hereditary means or genetics. By the lack of our hormones or the predisposition of hormones, your closest relatives are now at risk of having colon cancer themselves. It is advisable for your parents and children to have pre-screening for colon cancer or rectal cancer possibilities. This is especially important if your parents are over the age of 65 or your children are over the age of 35. You need to be upfront with your relatives by first letting them know about your diagnosis and then you need to be persuasive and have them to attend a prescreening.

As you go through your treatment, whether it be a polyp removal by surgery or chemotherapy, keep in close touch with your family and let them know that the treatments are not as bad as they seem. Discuss and explain to them what the treatment consists of and how the treatment will be beneficial to you. As you go through your treatment

process, you will have access to information that will be helpful in understanding what goes on in treatment and exactly what changes are or treatments not implemented. If you go through chemotherapy, there will be a lot of both physical and emotional changes that you go through for a period. Your family and friends will notice the changes and offer support. But you can also be proactive with this process by convincing them to have the prescreening done and hope that they will not go through the same predicament that you are going through in your life right now.

If you or your family is feeling a great amount of stress, you might want to seek the help of a psychological consultant or even a religious leader that you trust. You are not alone once diagnosed with colon cancer. There are many support groups and family support groups that you can attend where people that have had or survived your disease can give you reasons for hope and comfort during your time of stress. Do not keep your colon cancer diagnosis a secret. In the long run if your family is in danger and you decide to keep your diagnosis secret, the result of your friends and family of not having a prescreening can lead to disastrous results. If they are susceptible to colon cancer and are not privy to the information that you have, you could set them up for disastrous results.

## **Chapter 20 - Colon Cancer Support Groups**

What can you expect from colon cancer support groups? If you talk to a colon cancer survivor, most will testify that you will receive information, love, and even sanity. The emotional support that you receive from any colon cancer support group can equal or exceed the support that you receive from your family and friends. Here is a place where people who have gone through what you have gone through can come and relate stories and pass on knowledge that will help you relieved the tension and stress associated with the diagnosis.

Research has proven that the support given by colon cancer support groups relieved the emotional stress so much that it had the effect of the physical well being of the patient and sometimes has extended their life.

When you attend a colon cancer support group, the peers that have surrounded you have firsthand knowledge of what you are dealing with and what you are about to deal with. They have shared the same fears and emotions that are going through your body and your mind right now. They have had experience with dealing with family and loved ones and how to prepare them for the inevitable if the treatment does not go as planned. Just like other support groups that deal with alcohol abuse, family dysfunction, or other social ills, the colon cancer support groups are specific in their nature in respect that they deal with the pre-screening, diagnosis, and treatment of colon cancer.

Support groups for colon cancer are offered locally in many areas. The American Cancer Society can give you the location of the colon cancer support group in your area. Your doctor can also supply a list of some support groups that feature specific needs when you are dealing with a diagnosis weather right after prescreening or if you have a stage four

cancer. If you are more of a private individual, you can reach support by phone. The phones are manned by people that have gone through the colon cancer treatment and have survived. You are not limited to which kind of support group you wish to use. Some people have used both local, telephone, and Internet sources for obtaining comfort in their time in need. Sometimes the stress and fear of a cancer diagnosis will cause a patient to worry without cause. A few calming words from an informed counselor who is suffering from the same condition can make a difference in whether you have sleepless nights or that you can go to your daily lives without aggravation. By using Internet support groups, not only are you extending yourself beyond community, you're reaching a world of people who have been diagnosed and have been treated for colon cancer. Alternative methods and alternative treatments can be discussed with people outside the United States where governmental agencies are not so slow to approving proven cancer treatments. The alternative treatments can be discussed amongst your peers and stories of success or failure can be related to allow you to go into the alternative treatment with an informed opinion. No matter what venue you choose to receive counseling from contacting a colon cancer support group is better than going it alone or having to deal with family issues. And without support groups you are not truly informed of what the treatment options are or what the outcome might be.

## **Chapter 21 - How Emotions Affect Your Colon Cancer Treatment**

There is a correlation between the mood that you are in, and the illness that you suffer. People that were in emotional distress or in other types of higher levels of distress have been found to have a slow recovery and a higher percentage of failed treatment or death rates. The emotional insecurity, of your diagnosis could lead to your and your family relationships, lack of productivity at your job, and even implications and thoughts of suicide. Being diagnosed with colon cancer can have a serious impact on your daily life and how you perceive your future. Most people cannot handle the possibility of death or a long-term illness.

47% of people diagnosed with colon cancer have been known to exhibit signs of a diagnosable psychiatric disorder. The diagnoses of the psychiatric disorder can be broken down into a little over 60% had distress related disorders relating to the diagnostic diagnosis of their illness, while a little over 30% of them had an adjustment disorder due to the fact that the patient had to adjust to a new lifestyle that is totally foreign to them. It is stated that the diagnosis of colon cancer or breast cancer increases 33% more than of diagnosis of similar or dissimilar illnesses.

Depression and adjustment disorders can be treated with a variety of drugs. Even though you have been diagnosed with colon cancer, the depression and anxiety in these symptoms are another illness entirely and it's more psychiatric in nature rather than physical. You can treat these symptoms of depression or anxiety with a variety of drugs that can be described by your doctor or a psychiatrist. Remember that the anxiety or depression is not caused by your colon cancer. You have to treat each illness separately and coexist with the knowledge

that you have a psychiatric and a physical disease.

Colon cancer support groups and other counselors can supply you with the information and the support you need to get you through both illnesses. By knowing what colon cancer is and knowing how it can affect your daily life will better equip you with the tools you need to have a handle on your depression and anxiety. Not knowing is the biggest factor of fear that you will have to deal with. Research and ask questions about colon cancer. The more you know, the better you will feel about the outcome of treatment. If caught early, colon cancer can be cured and the survivability rate is quite high. If your cancer is in the advanced stages, you may now have to deal with possibility of lower life expectancy or death. Prepare yourself either way through counseling, support groups, or religious affiliations that are known to help people in such a crisis. You know what will make you feel better, but you have to go out and seek it out. People will come to you for advice and the more you are secure in how you are dealing with your illness, the more help you will be for them. To hole up in your room and not talk to anybody is the worse thing that you can do. You must get out and live your life to the fullest and meet your treatment head on and defeat the elements with a high degree of competition. studies show that if you have a good attitude and you have a competitive spirit toward your disease, the chances of you beating the cancer is raised significantly.

## Chapter 22 - A True Life Colon Cancer Experience

This is a true narrative of a colon cancer experience. The name of the patient will be called Charlie to protect the confidentiality of both the patient and his family. Charlie was a 57-year-old male who was in good health. He had never been hospitalized nor had any serious illness. Charlie never smoked or drank. He had blood in his stool the night before and took in a sample. He was diagnosed with colon cancer.

During a sigmoidoscopy, the doctor found that Charlie had a bleeding hemorrhoid and several polyps that the doctor felt were precancerous. The doctor scheduled a colonoscopy a week later and within a week's time, Charlie's colon has shrunk so small that the doctor could not get the tube through his anus. The doctor said that there was a blockage in the colon and it had to be removed. Two days later a tumor was removed that, according to the doctor, had been in Charlie's colon for seven to ten years. The cancer had spread to several lymph nodes and there were spots on the liver. He was diagnosed with stage IV cancer. Charlie and his wife came to the realization that there was not a cure for this stage of colon cancer. Looking for a second opinion, Charlie went to a cancer center. Here they detailed the cancer as spreading to both lobes of the liver and that it was not treatable except by chemotherapy. Charlie was still in good health on the outside and he felt fine. Charlie and his wife decided to try a clinical trial before attempting chemotherapy. They felt that even if the clinical trial did not work, it would add to the base of knowledge on the road to finding a cure.

Charlie was hospitalized for about of month and took the oral medication daily. He stayed on the treatment until about three weeks

later when they applied a CAT scan and Charlie found out there was additional growth in his omentum. The treatments ceased. He and his wife tried a new clinical trial with a drug called Oxaliplatin. This drug showed promise during trials in Europe, but when Charlie applied he was turned down because of the drugs he had used in the first clinical trial. He continued to try different drug combinations but they all failed.

After a trip to Europe, Charlie tried unauthorized United States medicines, but the tumors continued to spread. By the time he came stateside, the cancer had grown so large that even chemotherapy was discouraged. He was given a hospice nurse and quietly expired at home. The simple act of colon screening could have saved Charlie's life and the grief and hardship his wife and family had to go through. Insurance paid for most of Charlie's care, but the travel and hospital costs in Europe were more than the family's finances could bear. After Charlie passed on, the funeral cost and medical bills were too much for his wife to handle. She had to declare bankruptcy and move from the neighborhood her and her kids had lived in all their life. Prescreening saves lives, if you are 50, you need to schedule a checkup as soon as you can. Charlie died because he did not get a screening.

## Chapter 23 - Children's Colon Cancer

Colon cancer is not restricted to the affliction of older men and women. Children can contract colon cancer just as easily. The colon cancer the most affects you children is know as familial adenomatous polyposis or FAP. If this condition is not treated at a young age the FAP patient could have full blown colon cancer by the age of forty. The treatment for these young patients is surgery. All or part of the colon and rectum will be removed to prevent the polyps from turning cancerous and spreading to the lymph nodes or liver. A pre-treatment before surgery may include Celebrex which has been known to reduce the number of tumors and prevents reoccurrence in adult patients.

Clinical trials are being conducted to find out just how much Celebrex should be dosed to the children between the ages of ten and fourteen. The children that were chosen for this clinical trial either have a parent that is going through FAP treatment or they have a parent who has been diagnosed with colon cancer. As a part of the study, the children go through a yearly screening that could include a colonoscopy or blood stool sample. A third of the children in the study are given a placebo while the others are given a certain amount of Celebrex. The children and the parents also go to family counseling to talk about the procedures and why they are important to add to the base of knowledge or to find a cure for colon cancer.

As more information about colon cancer is discovered, there have been several breakthroughs into the way a person should change their lifestyle to reduce the occurrence of polyps or colon cancer. As the study continues with children's genetic codes are being broken to prove what children have predisposition to the cancer and how they might live their lives to keep from acquiring the disease. There have

also been studies that have found the colon cancer might be a hormonal disease and the starting of hormone replacement therapy at a young age can guard the child against latter complications. Certain foods or food extracts such as grape seeds have been found to reduce the chance for colon cancer. If these foods were incorporated into the child's daily nutritional intake the percentage of cancer occurrence would drop significantly. As with all preventive measures to reduce the chance of cancer, especially in regards to children, clinical trials and studies must be performed to make sure that the dietary changes or hormonal treatments will not inhibit the development of the child nor display side effects which could trigger another disorder. Parents who have been diagnosed with colon cancer or who has had polyps removed should consul their children about the dangers of the disease and importance of pre-screening. The information about colon cancer is readily available from a myriad of sources, but if your child do not know that they are at risk, the chances of them seeking out help through pre-screening and examinations will be very minimal. The refusal to talk to your children about colon cancer could lead to deadly consequences.

### **Other Resources about Colon Cancer**

If you need more resources in your search for information about colon cancer, you can contact the American Cancer Society. The easiest access to the American Cancer Society is via the Internet. By going to their website you can find resources about what a specific cancer is, how it can be diagnosed and treated, and support groups that deal specifically with your kind cancer. The website is user friendly and provides tons of information that will help you deal with your cancer or to find help for a relative if your family member is diagnosed with

cancer. There you can find resources that will give you directions or phone numbers to your local chapter of the American Cancer Society. This organization has had decades of experience dealing with colon cancer and the prescreening, treatments, and cures of this dreaded disease. The American Cancer Society can also guide you to colon cancer survivor support groups. They can provide free guidance to help you find doctors or treatment facilities that are specific toward your needs

There are also Internet chat rooms that are specifically designed to deal with the subject of colon cancer. Here you can meet a global peer group that either is dealing with colon cancer right now or have survived the experience. The interaction amongst these peers will provide you with information regarding the emotions and physical stress that each patient has gone through. They can relate stories of heartache or survival and give you advice on how your family and relatives can deal with what you are going through. Sometimes if you hear advice from someone who has the same condition you are more likely to take that advice. On this website you can either blog your opinion of colon cancer or you can specifically ask a direct question to help you obtain information. Having colon cancer is such an embarrassing, stressful ordeal any advice from these peers would be a great comfort.

Other medical sites on the Internet such as WebMD can give you detailed medical analysis of exactly what colon cancer is, how to look for it, how to treat it, and other resources to let you know what the treatments are and how to deal with your disease. These websites offer detailed tutorials that teach you, or show you the specific details of colon cancer. In an interactive environment, you can actually see a colonoscopy being performed. By seeing the treatment

performed, this will ease some stress or anticipation; you might have about taking part of the treatment. Sometimes seeing the actual treatment versus talking to a doctor and hearing his words is more of a comfort. These websites also offer links to support groups, and interactive web pages in which you can ask questions of colon cancer survivors. The only thing stopping you about learning more about colon cancer is your determination to find more information. Though the information is out there it is up to you to search it out. Once you have detailed information about everything that has to do with colon cancer, there is nothing to stop you from setting an appointment for a prescreening. If your prescreening shows nothing is wrong with you, at least you have the comfort in knowing that you are healthy. With your newfound experience with the treatment of colon cancer, you have a better chance of convincing friends and family to schedule a screening also.



# Nutrition is the 1st Step to Good Health

## About Omega 3 - What Are They?

Omega 3 capsules can provide the essential fatty acids that your body needs, as these important nutrients are often depleted in many of the foods we eat. However it is important to find a high quality supplement to ensure that you are getting the maximum amount of omega 3 EFAs.

Through a long and rich history of scientific inquiry, both dietary and supplemental sources of omega 3 oils have revealed their effectiveness in treating disease and maintaining overall health. Because significant dietary changes have made it difficult to reach a healthy balance of omega 3s from food sources alone, the popularity of omega 3 capsules has grown in response to these findings, and a variety of supplements are now widely available.

### What are Omega-3 Fatty Acids?

The three omega 3 fatty acids are called ALA (alpha-linolenic acid), EPA (eicosapentaenoic acid), and DHA (docosahexaenoic acid). ALA is the primary omega 3 fatty acid in that it can be converted in the body to EPA and later to DHA, both vital nutrients in the healthy function of the brain and cardiovascular system. Omega 3 pills contain various combinations of these three, but not all combinations are equally beneficial because this conversion process is in general very inefficient.

Omega 3 oils containing only ALA, like flaxseed oil supplements, are therefore not as effective in increasing the amount of EPA and DHA available to the body. Omega 3 supplements that provide EPA and DHA directly, in particular those containing oils from fatty fish like tuna and salmon, are not dependent on the conversion of ALA and may therefore provide the maximum benefits of supplementation.

The omega 3s are one of the two types of essential fatty acids (EFAs) that are absolutely

necessary but cannot be synthesized in the body. EFAs are used in the formation and function of cellular membranes, and in the manufacture of hormone-like molecules that influence and regulate vital body processes, including heart rate, blood pressure, and immune response.

The second of the EFAs needed for all these processes are the omega-6 fatty acids, and some omega 3 capsules contain supplemental quantities of omega-6 as well. It is generally suggested that these supplements not be used, since our dietary intake of omega-6 fatty acids already far exceeds that of the omega 3s (mostly because of an increase in our consumption of processed vegetable oils). Because ALA has to compete with the primary omega-6 fatty acid for the same enzymes in its conversion to EPA and DHA, such an imbalance in the relative concentrations of the two EFAs can result in EPA and DHA levels that are insufficient to maintain normal body processes.

### **What are the best supplements?**

Omega 3 pills containing natural triglycerides from fish oils are the most common sources of EPA and DHA. Care should be taken when purchasing these fish oil supplements, since they can vary greatly in their taste and digestibility, and they are not required to undergo a strict purification process to remove mercury and other contaminants like PCBs.

If you are looking for [high quality omega 3 capsules](#) then take a look at Omega 3 DHA Esters, a natural fish oil supplement containing the highest concentrations of DHA and EPA, the two essential fatty acids with the most benefits for your body.

Take a look at this [special product](#) and discover how omega 3 oils can improve your health today!

### **What are antioxidants?**

The [benefits of antioxidants](#) have been the subject of thousands of studies in recent years due to their possible role in **preventing heart disease, cancer and other illnesses**. High concentrations of antioxidants are present in many herbal supplements, which is why herbal supplements have become so popular.

Antioxidants are one of the many **protective compounds** found in plants, known as phytochemicals. The main function of antioxidants is to **neutralize free radicals** in the body, thought to be the cause of premature aging, heart disease and cancer.

Free radicals are highly reactive byproducts of chemical processes in the body. They **produce harmful oxidation** that can damage the integrity of cells and body tissues.

*With so many outside forces influencing the amount of free radicals in the body (exposure to sun, smoke pollution, harmful bacteria, cholesterol-laden foods) it is now more important than ever to make sure your body has the benefits of antioxidants it needs to fight disease.*

**Antioxidants scavenge these free radicals** in the body, and research has shown that this

wards off disease and promotes general well being.

## **Where are antioxidants found?**

Our bodies produce their own antioxidants, but as we get older our ability to produce antioxidants weakens. Antioxidants are found naturally in fruits and vegetables. Vitamins such as Vitamin C and Vitamin E have antioxidant properties.

## **Herbs contain powerful antioxidants which are often more powerful than many vitamins!**

That is one of reasons why [herbal supplements](#) have become so popular. The benefits of antioxidants in herbs have been studied extensively and have shown impressive results.

## **Herbs with the benefits of antioxidants**

**Turmeric** - contains the potent antioxidant curcumin, which helps fight free radicals in the liver and aids in digestion.

**Hawthorn** - contains OPC's, powerful antioxidants that strengthen the heart muscle and blood vessels.

**Ginkgo Biloba** - contains extremely powerful flavonoids that increase circulation to the brain, attributing to increased mental awareness and memory. Also protects the ears and eyes and promotes blood circulation to the lower legs.

**Green Tea** - contains OPC's which protect the heart and circulatory system, contributing to overall well-being.

**Red Clover** - the extract contains four anti-tumor compounds and the strong antioxidant tocopherol, a form of Vitamin E.

**Bilberry** - its powerful antioxidant compounds, called anthocyanosides, help with eye problems such as cataracts and poor night vision.

## **What's the best source of antioxidants?**

## **Should you take all of these herbs with the benefits of antioxidants separately or together in one comprehensive formula?**

We recommend that you **take these herbs together** if possible for many reasons:

1. Taking each herb separately could prove very costly as you would have to buy many different supplements.
2. Mixing and matching herbs on your own could be dangerous to your health.
3. Many herbs working together can offer more therapeutic benefits, often better than a single

herb on its own.

4. All of these nutrients have to be balanced perfectly in order to be optimally effective.

We have found a nutritional product that contains **all of these powerful antioxidants** in a synergized comprehensive formula. The product is called [Total Balance](#), and we have made it our core nutritional product. It is made up of all natural herbs, vitamins, minerals and nutrients with the benefits of antioxidants and other therapeutic properties.

We researched the company that makes this [natural formula](#) and have found that they adhere to **strict GMP compliance**, which are the highest manufacturing standards in the world. This ensures the **quality and effectiveness** of the ingredients.

Also, they only use **standardized herbal extracts**, the purest herbal extracts with the highest quality and therapeutic benefits.

All of the ingredients in [Total Balance](#) are supported with a **Certificate of Analysis (COA)** which guarantees their potency and safety.

Lastly, all of the nutritional products are **formulated by a highly trained, highly credentialed scientific team** that can blend these ingredients perfectly to ensure that they do not interact adversely and offer the **maximum benefits** to your body.

Many of our editors and visitors have experienced success with Total Balance. They have used Total Balance for the [benefits of antioxidants](#) as well as its many other therapeutic benefits.

## Supplementing Your Immune System

A high quality [immune system supplement](#) can ensure that your body has the vitamins, minerals, antioxidants and other vital nutrients it needs to fight off illness and maintain optimal health.

Many of us are nutrient-deprived due to poor dietary habits, coupled with the fact that **many of the foods we eat are depleted of nutrients** by the time they arrive on store shelves.

A lack of essential nutrients can have a **serious negative impact on the strength and functioning of our immune systems**, rendering us susceptible to any number of illnesses.

That's why **millions of people take an [immune boosting supplement](#)** to keep themselves healthy, strong, and disease-free.

Of course it is important to eat a well-balanced diet and exercise regularly to maintain your health. Also avoiding smoking, excessive alcohol and exposure to stress and harmful toxins will keep your immune system strong.

An immune system supplement can also be part of your general wellness regimen. Not only can

it **build your body's defense against all types of infections and diseases**, it can also increase cardiovascular function, maintain digestive health and bolster the nervous system.

### **Where can you find an immune boosting supplement?**

There are a number of supplements on the market these days, but many of them are subpar. In fact, some of these products do not contain any therapeutic ingredients, despite what it says on the bottle!

That's why it's important to find a high quality immune system supplement, one with vitamins, minerals, antioxidants and other nutrients that have been proven to boost the immune system and promote general health.

One of the most promising [immune system supplements](#) we have come across is called Viral-Protec, which contains a **broad spectrum of therapeutic nutrients** to fortify the immune system.

This special supplement has a number of specialty ingredients, all of which have been **clinically shown to provide a host of health benefits** to the body.

If you are interested in immune boosting supplements, you might want to take a look at [Viral-Protec](#), an immunity supplement formulated by a well-regarded natural health company.