

Colon Cancer

Giriraj Prasad

NA, General Surgery

Category : General Surgery,Oncology

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Unfortunately, for me, the symptoms of colon cancer started playing with my health in and around year 2005 and drastically deteriorated my good health that I enjoyed before this dreadful disease broke into my fit-and-fine body dwell. I used to have severe pain moving all around in my abdomen. My appetite and weight had gone down drastically, and I was having severe pain with defecation. I believe this pain was due to some blockage in my colon area. I was literally puking out everything that I was eating. My body weight went down to only 55 kilograms from 90 kilograms, which was my weight before all this started.

I tried every maneuver to relieve this pain, but it never seemed to go away. I even tried painkillers and hot water bottles, but nothing worked for me. In fact, I had seen several GPs and gastroenterologists in year 2006 for my intestinal symptoms while I was posted in Dehradun, and even when I got posted to Jaipur. I was even seen at Sawai Mansingh Hospital in Jaipur but in vain. Nobody till then was able to even pinpoint or diagnose my condition and the underlying cause that was playing and acting like a silent enemy and killing me from inside out.

Finally, I landed up in Delhi where my brother-in-law supported me and took me to Ram Manohar Lohia Hospital. I was under the care of Dr. U. C. Biswal, head of surgery department there. There they performed several tests including a CECT of my abdomen and a colonoscopy with biopsy to screen my colon. After a few days, the biopsy report came with an indication of malignant cells, and the doctors there confirmed that I had a stage I cancer developing in my colon, even though they couldn't pinpoint the exact cause for this condition. They recommended immediate surgery to be followed by chemotherapy, if required.

I had undergone the surgery where they resected a segment of my sigmoid colon in particular. The surgery was indeed followed up with chemotherapy that lasted for 36 cycles, 2 cycles per

week. Every single chemotherapy cycle was so painful that it used to keep me disabled for the next 7-10 days, and I was absolutely unable to work. I was not in my senses to perform any kind of productive work during this entire time of chemotherapy treatment.

This dreadful year of chemotherapy ended in year 2007, and finally the good news struck me that my surgery and chemotherapy were successful. After a year long battle, I was advised that I can eat and drink anything, and there were absolutely no restrictions on my eating habits. It made me believe firmly that diseases like even cancer can be cured with proper treatment and diagnosis. I am so appreciative of the care and treatment rendered to me by Dr. U. C. Biswal that I owe my 2nd lease of life to him.

I believe that the hectic schedule of people living in urban areas along with exposure to various and sundry pollutants and increased stress levels in our day-to-day lives play a vital role in developing such critical conditions such as this one. Also, one needs to be selective of the foods that we ingest as bad food habits of people living in metros can also be the cause for colon cancer. But there is no definite sure-and-shot equation to solve this puzzle.

The piece of advice that I must like to give to the next-generation doctors is that they should attend every single patient pretty seriously, as I believe that I wouldn't have suffered that much if I had an early diagnosis. You must first diagnose and then treat any illness, rather than applying a hit-and-trial method just to save/earn a few bucks. All thanks to Dr. Biswal for providing me the right advice at the right time. I would advise my fellow patients not to panic with the word cancer as it is curable, and never be afraid of any kind of surgeries as they might save your life.

Website Doctor's Advice

What to do in case of severe symptoms?

Call your doctor immediately or go to the nearest emergency room.

Important questions to ask from your specialist:-

What is the location and stage of my cancer?

What all diagnostic tests do I need for a definitive diagnosis?

What medications do I need to be on, and what are their common side effects?

What are my treatment options, and which one is best suited for me?

What are the pros and cons of each treatment option?

If I am a surgical candidate, then what are the possible complications from surgery?

What is the length of time for complete recovery post surgery?

Lifestyle changes - do's and don'ts

Do's

Eat a high-fiber diet

Maintain an ideal body weight. If overweight, try and lose weight

Be diligent with medical check-ups

Increase the intake of fruits and vegetables

Do participate in some regular exercises

Don'ts

Don't smoke or drink

Don't have food that have high fat content

Avoid foods like red meat and processed meat.

The kind of support that you need from your family:-

They should give you emotional strength throughout

Should ensure that you maintain strict timings for your medications