

## Title:

Colon Cancer Affects Men and Women Equally

## Word Count:

723

## Summary:

If signs and symptoms of colon cancer do appear, they may include changes in bowel habits, blood in your stool, persistent cramping, gas or abdominal pain. Since colon cancer can grow for years without causing any symptoms, it's best to get regular colon cancer screenings.

## Keywords:

colon cancer, cancer of the colon, colorectal cancer, colon cancer risk, signs of colon cancer, colon cancer symptoms, colorectal cancer screening,

## Article Body:

Most cases of colon cancer begin as small, noncancerous (benign) clumps of cells called adenomatous polyps. Cancerous tumors found in the colon or rectum also may spread to other parts of the body. Cancer of the colon and rectum (colorectal cancer) is a malignant tumor arising from the inner wall of the large intestine. If signs and symptoms of colon cancer do appear, they may include changes in bowel habits, blood in your stool, persistent cramping, gas or abdominal pain. Since colon cancer can grow for years without causing any symptoms, it's best to get regular colon cancer screenings.

Almost all men and women age 50 and older should have a colon cancer screening. Screening tests can help prevent colorectal cancer by finding pre-cancerous polyps so they can be removed before they turn into cancer. For normal risk individuals, screening tests begin at age 50 and the preferred approach is a screening colonoscopy every 10 years; an alternate strategy consists of annual stool test for blood and a flexible sigmoidoscopic exam every 3 to 5 years.

Special screening programs are used for those with a family history of colorectal cancer. Colonoscopic surveillance (also called screening colonoscopy) needs to be available at more frequent intervals for individuals at high risk for colon cancer (for instance, those with a personal history of colorectal cancer or adenomatous polyps; family history of colorectal cancer; non-hereditary polyposis; colorectal cancer; or a pre-disposing condition such as inflammatory bowel disease. Since your genes cannot be changed, if there is a family history of colon polyps or cancer, a colonoscopy should be performed to

remove the polyps before they become malignant.

In the area of prevention, researchers are looking at the effects of curcumin (found in curry), resveratrol (found in red wine), ginger and the Mediterranean diet on the growth and development of colon cancer. Recent research suggests that a high fiber, low-fat diet plays a role in prevention; how great a role it plays is unclear. Although the exact cause of colorectal cancer is not known, it is possible to prevent many colon cancers through: diet and exercise. It is important to manage the risk factors you can control, such as diet and exercise.

A detox program, in most cases shall include a mental shift in attitude towards diet, improving nutrition, removing toxins, returning the desired flora in your internal system, maintaining a balanced pH level in the body and improving the overall mind and body relationship. Diet plays an important role in preventing the development of colon cancer. Diets high in fat and low in fruits and vegetables, such as those that include red meat, fried foods and high-fat dairy products, may increase the risk of colorectal cancer.

A body cleanse diet, is a diet that aims to clean and remove harmful toxins from your body. A well known detox diet for your body is the increasingly popular lemon detox diet, which incorporates a number of ingredients and requires you to consume a drink of these ingredients once every morning, then drinking water with a hint of lemon juice throughout the day. Generally, a healthy and safe detox diet will not require you to starve yourself, and it contains highly nutritious food that can help to boost your metabolism.

While you are doing your colon cleanse, make sure you are getting plenty of sleep and exercise. Exercise is believed to reduce the risk of colon cancer. Light exercise is also a good way of getting the blood circulating in your body. Gentle, no-impact exercise safe and beneficial for people of all ages. There are tons of exercise programs and plans out there, or just walking for at least 12-15 minutes a day is beneficial to the colon function.

Detoxification is an efficient process of removing toxins from the body. The body's natural detoxification system had simply not evolved to deal with the future man-made pollutants that were to come. With the increase of toxins within the environment and foods we eat, it is not surprising that the majority of people are at a level of toxicity that is past the point that the body's own natural detoxification system can cope with. Regular detoxification will help avoid serious problems and keep you feeling better, both mentally and physically. Detoxification kits may be bought from health food stores, or a qualified practitioner or natural physician can recommend detox products.