



# Health Awareness

## Understanding Diagnoses And Treatments For Colorectal Cancer

(NAPSA)—For the estimated 107,000 Americans who will be diagnosed with colon cancer this year, as well as the 41,000 Americans who will be diagnosed with rectal cancer, there is encouraging news. Although the two conditions—together known as “colorectal cancer”—are serious, they can be treated by a multidisciplinary team of health care professionals.

One problem many cancer patients face is an inability to understand the medical terminology used in describing their condition and treatment to make decisions that could affect overall health. Fortunately, cancer professionals are making it easier to comprehend the jargon.

The National Comprehensive Cancer Network (NCCN) has published a booklet called “Colon and Rectal Cancer Treatment Guidelines for Patients,” which is intended to help patients (as well as friends and family members) understand the treatment options available to people with colon and rectal cancers so doctors and patients can work together to identify which meet the patients’ medical and personal needs.

The booklet identifies key questions that colorectal cancer patients should discuss with their healthcare providers, including:

- Where is my cancer located?
- How far has my cancer spread?
- What treatment options do I have?
- What are the risks or side effects associated with each of my



**A new booklet may help cancer patients better understand their treatment options.**

treatment options and how are they likely to affect my quality of life?

- What should I do to be ready for treatment, minimize side effects of treatment and hasten my recovery?
- What rehabilitation and support services are available to me and my family?

The booklet also details issues regarding anatomy, risk factors, prevention and early detection.

Other “Treatment Guidelines for Patients” topics include breast cancer, prostate cancer, ovarian cancer, lung cancer, melanoma, fever and neutropenia, cancer pain management,

nausea and vomiting, and cancer-related fatigue. The patient guidelines are the result of a collaborative effort between NCCN and the American Cancer Society, and are derived directly from the NCCN Clinical Practice Guidelines in Oncology developed for physicians.

These guidelines represent an integration of the best available scientific evidence and expert opinion in a consensus approach involving thought leaders from medical, surgical and radiation oncology and other pertinent clinical areas. Several of the guidelines are available in Spanish.

The National Comprehensive Cancer Network, an alliance of 19 of the world’s leading cancer centers, is an authoritative source of information to help patients and health professionals make informed decisions about cancer care. Through the collective expertise of its member institutions, the NCCN develops, updates and disseminates a complete library of clinical practice guidelines. The NCCN’s spectrum of programs emphasizes improving the quality, effectiveness and efficiency of oncology practice.

To receive a free copy of the NCCN “Colon and Rectal Treatment Guidelines for Patients” booklet, call 888-909-NCCN or write to NCCN, 50 Huntingdon Pike, Suite 200, Rockledge, PA 19046. The booklet can also be downloaded from the Internet at [www.nccn.org](http://www.nccn.org).