

**F!GHT**<sup>TM</sup>  
**COLORECTAL CANCER**

***OUR WEBINAR WILL BEGIN SHORTLY***



**Save the Booties:  
Early onset colorectal cancer**



## TODAY'S WEBINAR



### **01** QUESTIONS

Ask a question in the panel on the right side of your screen

### **02** WEBINAR ARCHIVE

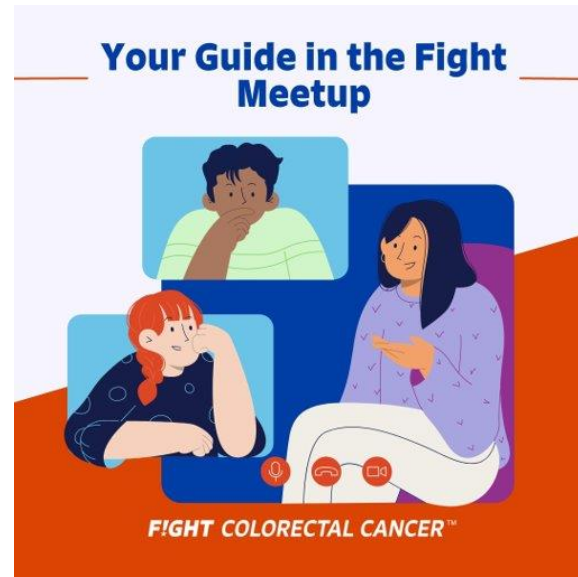
Watch a recording of this webinar on the Fight CRC website. Visit [FightCRC.org](http://FightCRC.org)

### **03** TWEET ALONG!

Follow along on Twitter. Use the hashtag [#CRCWebinar](https://twitter.com/hashtag/CRCWebinar)

# Resources

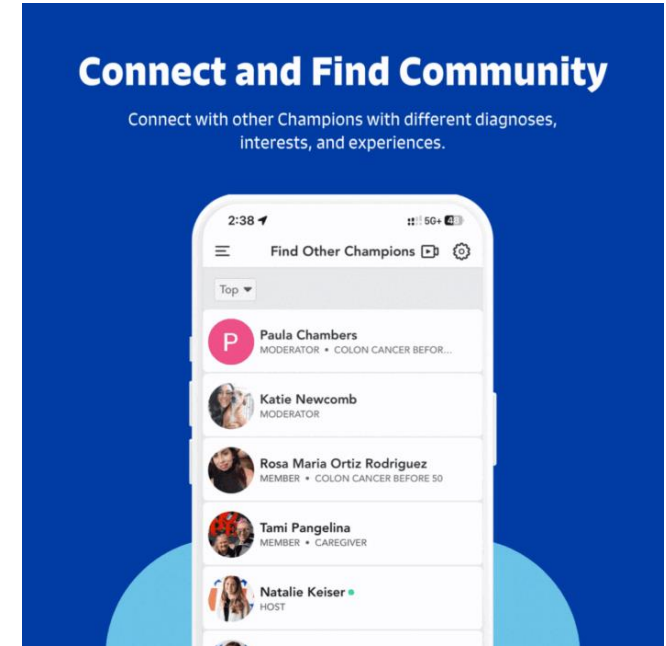
Fight CRC offers a wide variety of resources for those touched by colorectal cancer. Visit [FightCRC.org](http://FightCRC.org) to view, download, and order the latest resources.



Dedicated virtual  
meetup spaces



Free Resources



Community of Champions App

# **FIGHT**<sup>TM</sup>

**★**

## **COLORECTAL CANCER**

The information and services provided by Fight Colorectal Cancer are for general informational purposes only. The information and services are not intended to be substitutes for professional medical advice, diagnoses or treatment.

If you are ill, or suspect that you are ill, see a doctor immediately. In an emergency, call 911 or go to the nearest emergency room.

Fight Colorectal Cancer never recommends or endorses any specific physicians, products or treatments for any condition.

## TODAY'S PRESENTERS



**Erika Bilger**  
Fight CRC Director of  
Research Advocacy  
Stage IV Survivor



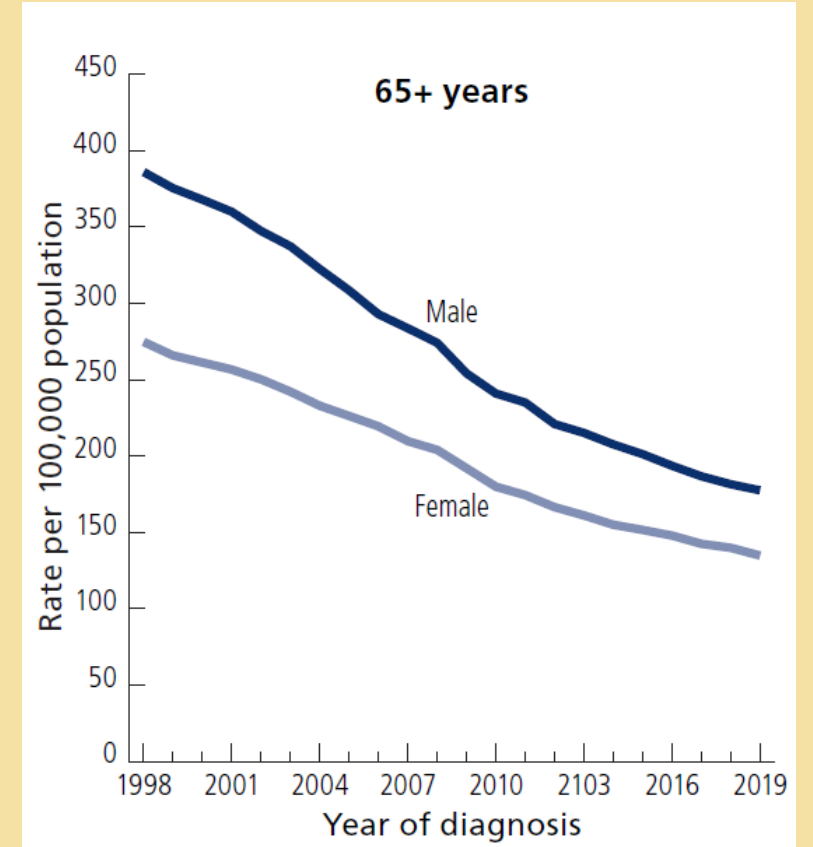
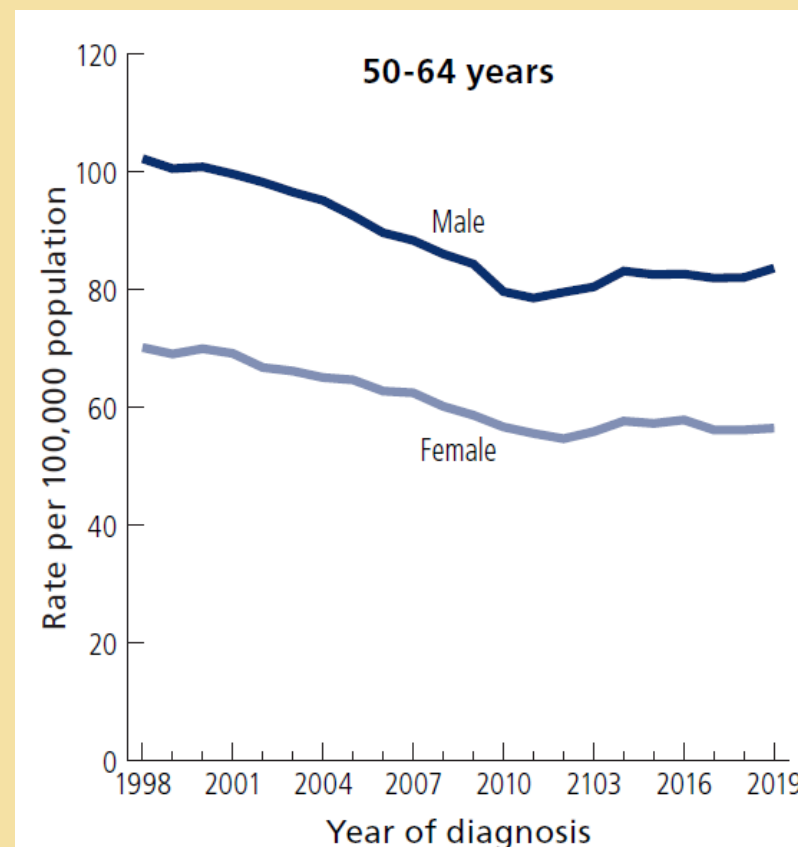
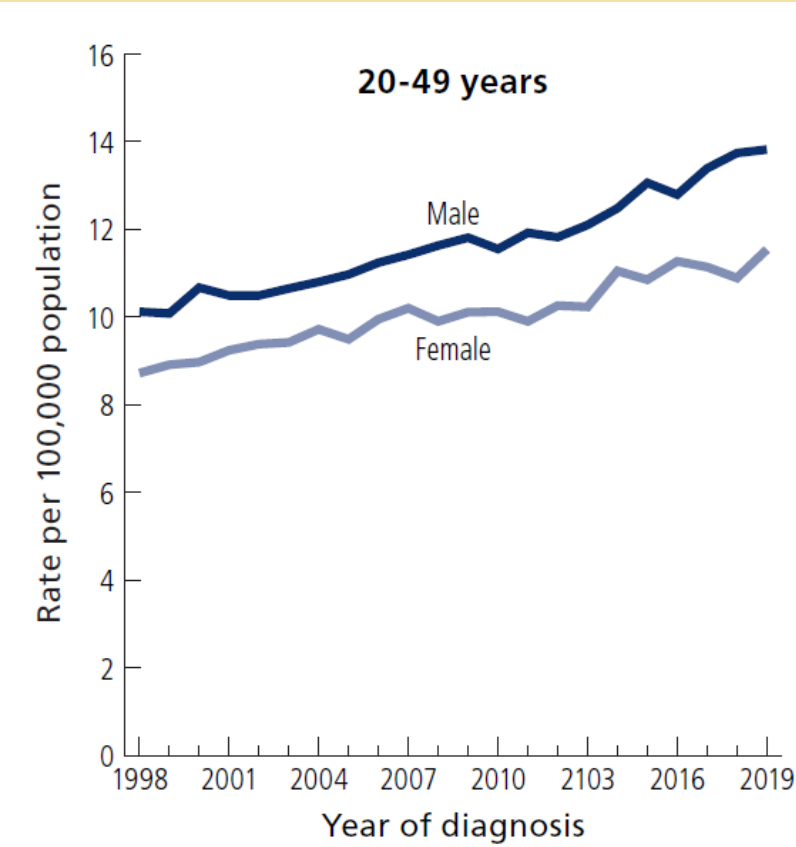
**Danielle Ripley-Burgess**  
Fight CRC VP of Disease  
Awareness, Chief Storyteller  
Stage III Survivor



**Andi Dwyer**  
Advisor to Fight CRC  
CU Anschutz School of  
Medicine

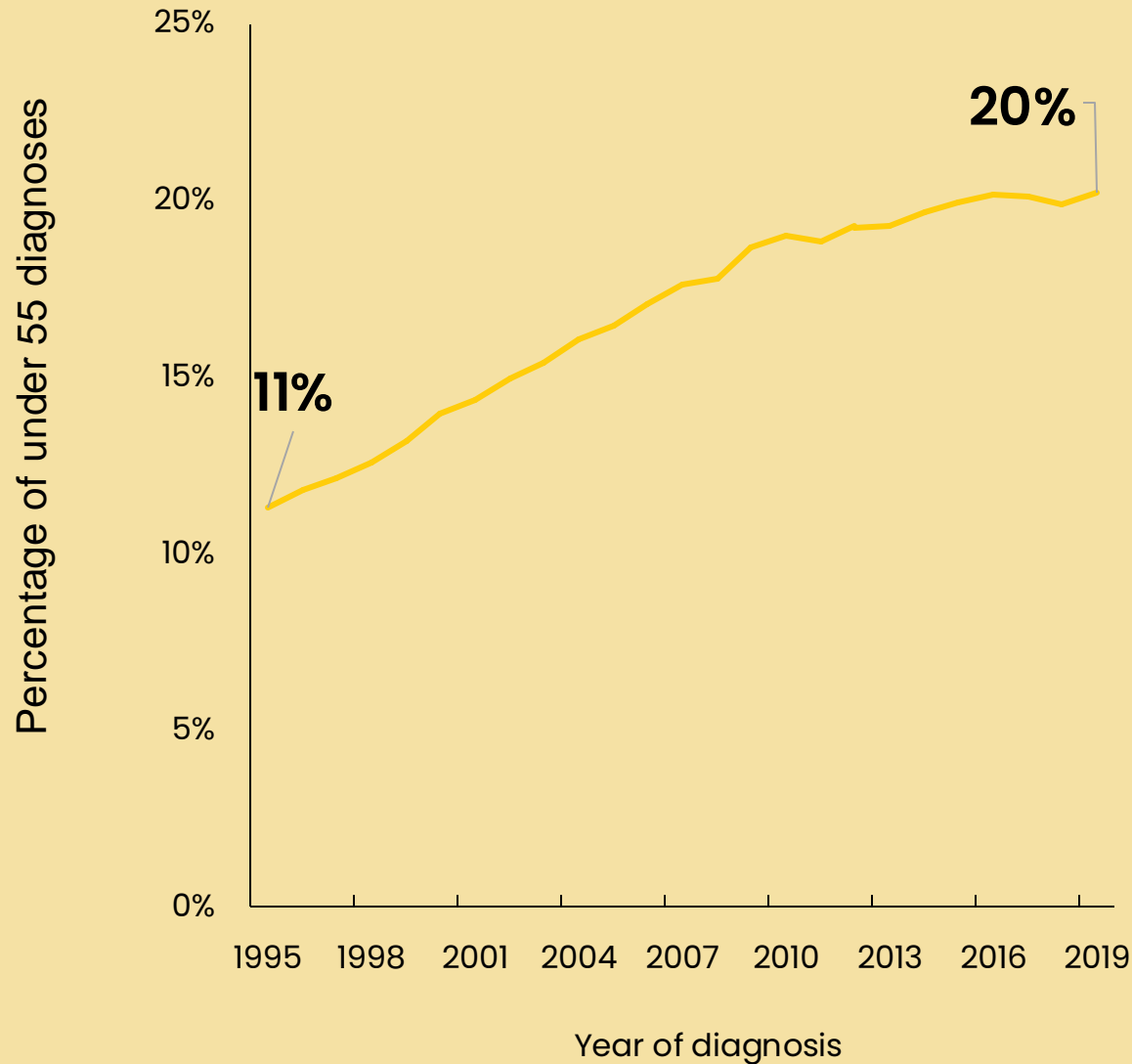
# CRC incidence by age

*Save the Booties: Early onset colorectal cancer*



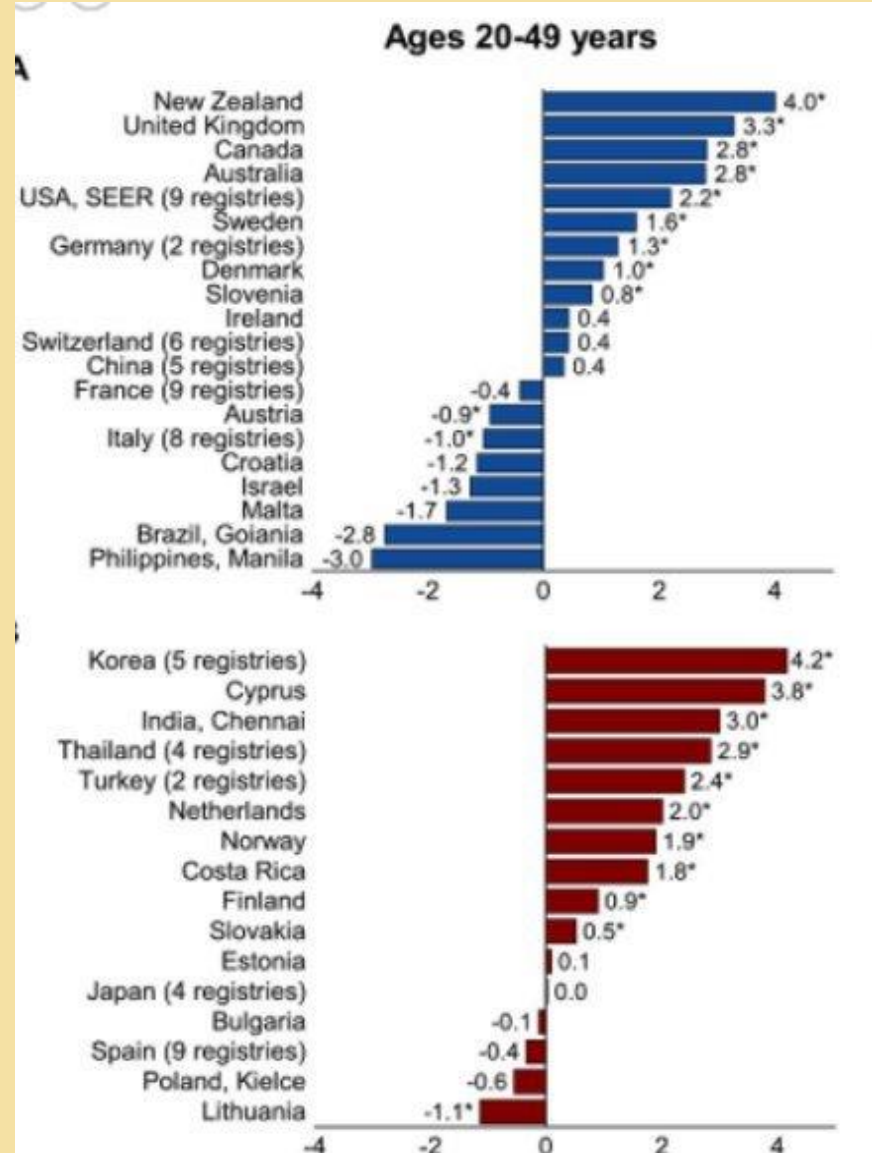
# Two-fold increase in CRC in under 55 since 1990s

*Save the Booties: Early onset colorectal cancer*





EO CRC incidence is increasing across the globe.



# Early Onset Colorectal Cancer

## Etiology/Causation

**Etiology is the study of causation or origination**

## Known Risk Factors

Diet

Obesity

Asprin/NSAID

Processed Meat

Family History

Sedentary Lifestyle

Type 2 Diabete

IBD

Smoking

## Novel Risk Factors

Antibiotic Use

Sleep Patterns

Gut Microbiome

Vaccines

Pesticides

Food Additives

H Pylori

Infections like HPV

# What Are We Doing About It ?

- NCI and DOD Funding Research
- Cancer Grand Challenge and International Funding and Studies
- Fight CRC Convening the Research Internationally  
(More to Come for Research and Advocacy this Spring)
- Advocating for Targeted Care-EOCRC Clinics
- Policy Initiatives for Research Funding
- Sharing Stories and Impact and Need for Research

# Changing Colorectal Cancer Screening Guidelines-It's Not Arbitrary

To update their guidelines, the American Cancer Society (ACS) reviewed existing research on CRC screening and used advanced models to analyze different screening strategies. They also looked at the best age to start screening based on race, sex, and recent trends in CRC cases. (I helped with this 😊). They used modeling studies to help inform this work.

Screening for CRC using any of several available methods can significantly lower the chances of getting CRC by finding and removing precancerous growths, and it can reduce the risk of dying from CRC by catching it early. The models used by ACS suggest that starting screening at age 45 is effective.

# ACS CRC Guideline

The ACS Guideline Development Group carefully considered the evidence and rated their recommendations based on the increase on the number of people who are diagnosed with colorectal cancer.

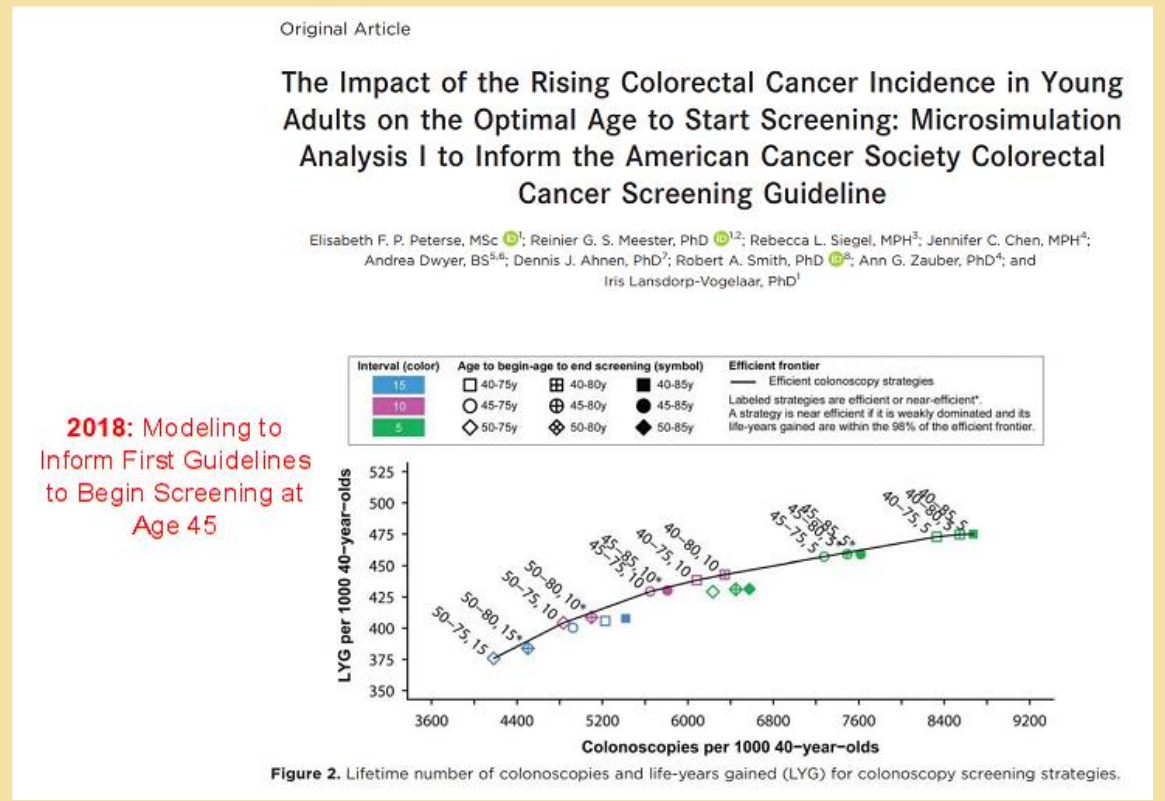
They suggest that adults aged 45 and older, who are at average risk, should start regular CRC screening using either a stool-based test or a visual examination, depending on what they prefer and what is available. If a non-colonoscopy test shows positive results, a follow-up colonoscopy should be done promptly.

# What Is Fight CRC Doing?

- Watching the Data –Incidence Prevalance and Mortality
- Data that Drove the Guideline Change for ACS 2018

Peterse EFP, Meester RGS, Siegel RL, Chen JC, Dwyer A, Ahnen DJ, Smith RA, Zauber AG, Lansdorp-Vogelaar I. The impact of the rising colorectal cancer incidence in young adults on the optimal age to start screening: Microsimulation analysis I to inform the American Cancer Society colorectal cancer screening guideline. *Cancer*. 2018 Jul 15;124(14):2964-2973. doi: 10.1002/cncr.31543. Epub 2018 May 30. PMID: 29846933; PMCID: PMC6033623.

Meester RGS, Peterse EFP, Knudsen AB, de Weerd AC, Chen JC, Lietz AP, Dwyer A, Ahnen DJ, Siegel RL, Smith RA, Zauber AG, Lansdorp-Vogelaar I. Optimizing colorectal cancer screening by race and sex: Microsimulation analysis II to inform the American Cancer Society colorectal cancer screening guideline. *Cancer*. 2018 Jul 15;124(14):2974-2985. doi: 10.1002/cncr.31542. Epub 2018 May 30. PMID: 29846942; PMCID: PMC6055229.



# When You Should Screening Start For CRC?

## ACG

- Recommended in all adults 50 to 75 years of age
- Suggest in all average risk adults 45 to 49 years of age
- Recommend decision to screen after 75 be individualized

## USPSTF

- Recommended in all adults 50 to 75 years of age
- Recommended in adults 45 to 49 years of age
- Recommended that clinicians selectively offer screening in adults 76-85 years of age

## MSTF

- Suggested to all average-risk adults ages 45 to 49
- For adults ages 76 to 85, the decision to start or continue screening should be individualized and based on prior screening history, life expectancy, CRC risk, and personal preference
- Screening is not recommended after age 85



# Why Was 45 So Controversial?

## Pros:

- Heavy burden of CRC in adults <50
- CRC detection and reduced CRC mortality in younger patients
- Incidence of late-stage CRC is increasing at a more rapid pace than early-stage tumor in those <50
- Screening uptake may increase for those >50

## Cons:

- Lack of RCT data in younger populations make it difficult to ascertain the efficacy in screening for this population
- Diverting resources away from high-risk population and increasing disparities
- Heavy societal burden and resources costs

# How can you get involved?

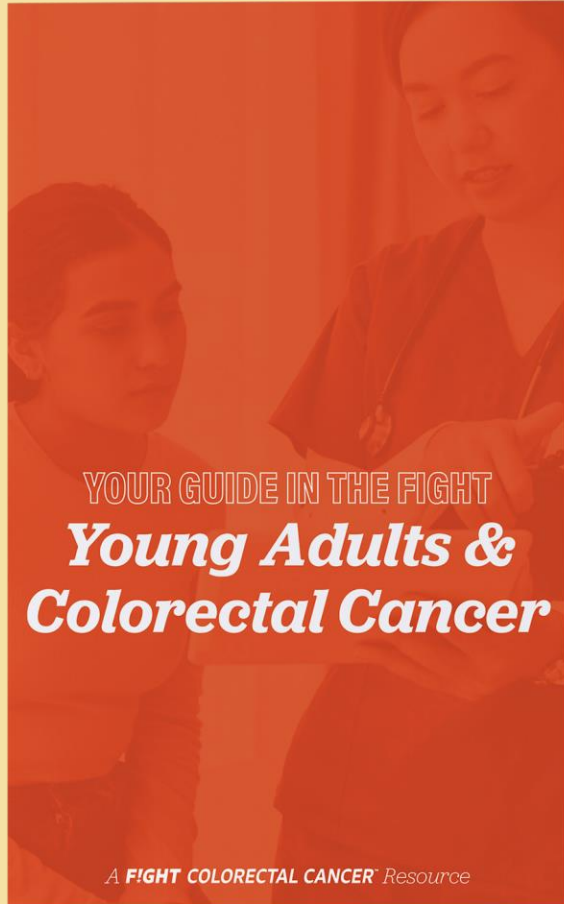




## QUESTION AND ANSWER

Type in your questions on the panel on the right side of your screen





Fight CRC's ***Young Adults & Colorectal Cancer*** brochure addresses some of the unique challenges that young adults experience when faced with a colorectal cancer diagnosis. It covers a wide variety of topics and is a great first stop when looking for answers.

All of Fight CRC's patient resources are medically reviewed and free to request or download.

Find it, and all of our resources, at [fightcolorectalcancer.org/resources](https://fightcolorectalcancer.org/resources)

# Fight Colorectal Cancer Mission

We FIGHT to cure colorectal cancer and serve as relentless champions of hope for all affected by this disease through informed patient support, impactful policy change, and breakthrough research endeavors.

A photograph of two female scientists in a laboratory setting. They are both wearing white lab coats with a 'Promega' logo on the chest and blue nitrile gloves. The scientist on the right is using a pipette to transfer liquid into a small vial. The scientist on the left is smiling and looking towards the other. The background is a blurred laboratory environment. The entire image has a semi-transparent blue and purple gradient overlay.

**THANK YOU**