Young-Onset Colorectal Cancer

Colorectal cancer is on the rise in people ages 18 to 50, a population that has been outside of average risk of colorectal cancer screening guidelines. MD Anderson Cancer Center has established a dedicated Young-Onset Colorectal Cancer Program to address this unmet need by standardizing clinical care and research for young-onset colorectal cancer patients. Our goal is to provide proactive, whole-person oncology care to our patients while they navigate through their cancer journey and everyday life.

Rising Incidence Rates

An individual born in the 1990s has 2x the risk of colon cancer and 4x the risk of rectal cancer than one born in the 1950s.

47 out of 50 states in the U.S. have documented increased incident rates

90% increase of incidence rates is expected by 2030

1.3% increase of death rates in patients younger than 50 has occurred since 2004

Unique Characteristics

Young-onset colorectal cancer has distinct clinical, pathologic and molecular components.

22% of patients have a hereditary predisposition of polyposis or non-polyposis

41% distal colon of patients have a malignancy located in these anatomical areas

28% rectum

63% colon of patients have locally advanced and metastatic disease at diagnosis

57% rectum

Challenges in Diagnosis

Conventional screening doesn’t capture this group due to the starting age recommendation of 50.

49% of patients are not aware of symptoms before diagnosis

≥3 months before patients seek care

54% of patients are being misdiagnosed initially

75% of patients saw more than one physician before arriving at their diagnosis
High-Risk Screening
Evaluation of individuals presenting with or without symptoms by:
• Expedited endoscopic and radiographic workup (symptomatic)
• Genetic risk assessment, including genetic testing, counseling and tele-genetics
• Longitudinal high-risk surveillance, through our Familial High-Risk Gastrointestinal Cancer Clinic
• Prevention programs

Treatment and Outcomes
Innovative state-of-the-art cancer care through:
• Universal germline risk assessment
• Molecular profiling on solid tumors and liquid biopsy
• Minimally invasive surgery and enhanced postoperative recovery programs; personalized considerations for sphincter and/or rectal organ preservation
• Clinical trials related to adjuvant therapy, neoadjuvant therapy and metastatic disease treatments
• Registry enrollment for patient-reported outcomes & biospecimens

Quality of Life and Survivorship
Multi-dimensional, whole-person care through a wide panel of clinical services for:
• cancer-related quality of life issues, including symptom management, sexual health, oncofertility and wound ostomy pre- and post-op education;
• physical medicine and rehabilitation issues, including loss of function, return to work and driving concerns, lymphedema, musculoskeletal pain and spasticity;
• integrative medicine, including acupuncture, physical activity, health psychology, music therapy, nutrition counseling, oncology massage and yoga therapy and
• adolescent and young adult program that serves the special needs of patients age 18–39+ through our AYA Clinic.

Cancer cannot wait. We're here to consult with you.
When you refer a patient to MD Anderson, they are able to use these convenient options to accommodate their busy lives:
• Concierge navigation with a technology platform for patient care communication
• Bundled multidisciplinary care appointments
• Telemedicine and tele-recovery
• Business lounge-like space for working professionals

Refer a patient
Our Referring Provider Team assists health care providers with referral intake and status, patient access procedures and our online portal.

Phone: 877-632-6789
Fax: 713-563-2449
Email: PhysicianReferrals@MDAnderson.org
Portal: MyLink.MDAnderson.org

Monday-Friday: 8 a.m.-11 p.m.
Saturday-Sunday: 8 a.m.-7 p.m.

Colorectal Cancer Symptoms

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Percentage Experienced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bloating</td>
<td>43%</td>
</tr>
<tr>
<td>Constipation</td>
<td>50%</td>
</tr>
<tr>
<td>Rectal bleeding</td>
<td>49%</td>
</tr>
<tr>
<td>Blood in stool</td>
<td>68%</td>
</tr>
<tr>
<td>Flatulence</td>
<td>58%</td>
</tr>
<tr>
<td>Abdominal pain</td>
<td>56%</td>
</tr>
<tr>
<td>Unexplained weight loss</td>
<td>30%</td>
</tr>
<tr>
<td>Fatigue</td>
<td>61%</td>
</tr>
<tr>
<td>Nausea/vomiting</td>
<td>28%</td>
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</tbody>
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