

# 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.



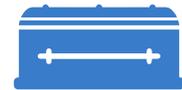
**47 out of 50**

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**

**28% rectum**

of patients have a malignancy located in these anatomical areas



**63% colon**

**57% rectum**

of patients have locally advanced and metastatic disease at diagnosis

## 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



Meet our [Young-Onset Colorectal team](#)



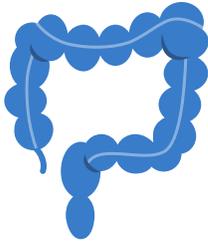
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**Cancer Center**  
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## Colorectal Cancer Symptoms



**43%**  
experienced  
**bloated stomach**

**50%**  
experienced  
**constipation**

**49%**  
experience  
**rectal bleeding**

**68%**  
experienced  
**blood in stool**

**58%**  
experienced  
**flatulence**

**56%**  
experienced  
**abdominal pain**

**30%**  
experienced  
**unexplained weight loss**

**61%**  
experienced  
**fatigue**

**28%**  
experienced  
**nausea/vomiting**

## 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.



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



Phone: 877-632-6789  
Fax: 713-563-2449



Email: [PhysicianReferrals@MDAnderson.org](mailto:PhysicianReferrals@MDAnderson.org)  
Portal: [MyLink.MDAnderson.org](https://mylink.mdanderson.org)



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