Get to know more about how your lifestyle choices affect the risk of colorectal cancer. Join the twitter chat next Thursday, 29 March at 16:00 (CET) and ask questions to our expert @anniescotta!
Use #AskColCan for your tweets.
#cancer #ECCAM18 pic.twitter.com/WZaeFSeJVo

We are starting “Lifestyle and colorectal cancer risk” twitterchat! Tweet asking your question about the topic. Don’t forget to add #AskColCan and you will get your answer. ⬇️

Are there any other lifestyle factors except most known (diet, physical activity, alcohol, smoking) that impacts your cancer risk? #AskColCan

A: These are the ones we know most about - especially obesity which is now emerging as important in at least 13 cancers including colorectal cancer. #AskColCan
@JRaycheva

When family history is present (mother/father with colorectal cancer), when (at what age) should a person start with the screening?

@CancerLeagues

A: It will depend on the local protocol but in adulthood (usually for a colonoscopy). Recommended colonoscopy for family history also depends on age of parent at diagnosis and if other close relatives affected. #AskColCan

@JRaycheva

Which are the first symptoms, that make the appointment with a physician mandatory? #AskColCan

@CancerLeagues

A: Persistant blood in stools, persistant change in bowel habits should be investigated (though can also be due to other things). #AskColCan

@JRaycheva

If a person neither smokes nor drinks alcohol, but has a very low physical activity, is this person also at risk? #AskColCan

@CancerLeagues

A: Probably but becomes more relevant if person also is overweight or obese. #AskColCan
What exactly is the procedure “screening” for colorectal cancer? Are there different types of screening procedures? #AskColCan

@JRaycheva

Population based screening of proven effectiveness are tests for blood in stool or flexible sigmoidoscopy. #AskColCan

@CancerLeagues

When family history is present (mother/father with colorectal cancer), how high is the incidence of getting this type of cancer? #AskColCan

@JRaycheva

Depends on age of diagnosis of parent and if there is other affected relatives people will be categorised low, medium or high risk. #AskColCan

@CancerLeagues

If a person is diagnosed with benign polyposis of the colon, is there a chance to be transformed into a malignancy? #AskColCan

@JRaycheva

Yes, adenomas should be removed. Benign polyposis should be discussed with a specialist and treatment vary according to cause and extent of polyposis. #AskColCan

@CancerLeagues
Is it true that the number of colorectal cancers is increasing in younger people? If so, what is behind this trend? Diet, inactivity, genetics, all of these? #AskColCan

@ObesityCancer A: Yes it is true, though thankfully numbers are low. Unlikely to be genetics but obesity and lifestyle thought to be very relevant- more research needed. #AskColCan

@JRaycheva Are there any particular foods that must be avoided in order to prevent colorectal cancer? #AskColCan

@CancerLeagues A: Ideally, processed meat should be limited as far as possible- and of course think how to increase intake of fibre and #wholegrains to reduce risk of CRC. #AskColCan

@AlcoholCancerEU How much does alcohol consumption contribute to bowel cancer risk? #AskColCan

@CancerLeagues A: the @wcrfint estimate that around 7% of bowel cancer is related to alcohol- check out the WCRF International website for more info- recommended reading! #AskColCan