

Twitterchat "Lifestyle and colorectal cancer risk"

JOIN OUR TWITTER CHAT

"LIFESTYLE AND COLORECTAL CANCER RISK"



29 MARCH, 16:00 - 16:30 (CET)

USE #AskColCan



Use the opportunity to ask your questions to our expert, prof. Annie S Anderson

Fruits and vegetables Body weight

Whole grains **Cancer**

Processed meat **Colorectal**

Alcohol **Lifestyle** Screening

Exercise **Colon** **Bowel**

Smoking **Obesity** Diet

Red meat **Colon** **Bowel**

Fiber **Obesity** **Cancer risk**

Food **Obesity** **Cancer risk**

Physical activity




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/WZaeFSeJV0

 EURO CANCER LEAGUES @CANCERLEAGUES · 10 DAYS AGO

 **Euro Cancer Leagues**
@CancerLeagues

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. **!?**

 19 HOURS AGO

 **Kristina K**
@KanderK3

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

 19 HOURS AGO

 **Euro Cancer Leagues**
@CancerLeagues

@KanderK3 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

 19 HOURS AGO



Janet Raycheva

@JRaycheva

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

19 HOURS AGO



Euro Cancer Leagues

@CancerLeagues

[@JRaycheva](#) 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](#)

19 HOURS AGO



Janet Raycheva

@JRaycheva

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

[#AskColCan](#)

19 HOURS AGO



Euro Cancer Leagues

@CancerLeagues

[@JRaycheva](#) A: Persistent blood in stools, persistent change in bowel habits should be investigated (though can also be due to other things). [#AskColCan](#)

19 HOURS AGO



Janet Raycheva

@JRaycheva

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

19 HOURS AGO



Euro Cancer Leagues

@CancerLeagues

[@JRaycheva](#) A: Probably but becomes more relevant if person also is overweight or obese. [#AskColCan](#)

18 HOURS AGO



Janet Raycheva
@JRaycheva

What exactly is the procedure "screening" for colorectal cancer? Are there different types of screening procedures? #AskColCan

19 HOURS AGO



Euro Cancer Leagues
@CancerLeagues

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

18 HOURS AGO



Janet Raycheva
@JRaycheva

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

19 HOURS AGO



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@CancerLeagues

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

18 HOURS AGO



Janet Raycheva
@JRaycheva

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

19 HOURS AGO



Euro Cancer Leagues
@CancerLeagues

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

18 HOURS AGO



Prevent Obesity EU

@ObesityCancer

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

 19 HOURS AGO



Euro Cancer Leagues

@CancerLeagues

@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

 18 HOURS AGO



Janet Raycheva

@JRaycheva

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

 19 HOURS AGO



Euro Cancer Leagues

@CancerLeagues

@JRaycheva 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

 18 HOURS AGO



AlcoholAndCancer

@AlcoholCancerEU

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

 18 HOURS AGO



Euro Cancer Leagues

@CancerLeagues

@AlcoholCancerEU 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

 18 HOURS AGO