

Colorectal cancer: 2nd deadliest cancer

Help me help you!

The truth is you're never too young
and it's on the rise in those under age 50



1 in 9 are diagnosed before age 50

In a recent survey, young cancer survivors said

71% **67%** **64%** **63%** **50%**

were diagnosed
at an advanced
stage of the
disease

saw at least 2
doctors and
some more
than 4 prior
to a correct
diagnosis

of medical
professionals
did not talk
about fertility
preservation
during diagnosis
or treatment

of patients
waited at least
3 months after
noticing their
symptoms to
talk to a doctor

of doctors did
not talk to the
patient's family
about their
elevated risk of
the disease and
their need for
screening

What are the warning signs?

- Rectal bleeding, dark or black stool
- Change in bowel habits
- Diarrhea and/or constipation
- Narrowing of stool
- Persistent abdominal discomfort (cramps, gas, pain, or feeling bloated)
- Anemia
- Unexplained weight loss
- Weakness or fatigue
- Nausea or vomiting
- If you have Crohn's, Colitis or IBS, you are at a high risk

The United States Preventive Services Task Force recommends screening for colorectal cancer using fecal occult blood testing, sigmoidoscopy, or colonoscopy in adults, beginning at age 50 years and continuing until age 75 years. The risks and benefits of these screening methods vary.

In the United States, colorectal cancer is the third leading cause of cancer-related deaths in men and in women, and the second most common cause of cancer deaths when men and women are combined. It's expected to cause about **51,020 deaths during 2019**.

The American Cancer Society estimates for the number of colorectal cancer cases in the United States for 2019 are:

- 101,420 new cases of colon cancer
- 44,180 new cases of rectal cancer

Recommended tests for Colon Cancer Screening

Fecal immunochemical test (FIT) and guaiac-based fecal occult blood test (gFOBT) are non-invasive tests used to find tiny amounts of blood in the stool that could be a sign of cancer or large polyps. Stool tests like these need to be done every year.

Cologuard looks for certain DNA or gene changes that often get into the stool and are sometimes found in pre-cancerous growths and cancer cells. It also checks for blood in the stool, which can be a sign of cancer. It can be done every 3 years if normal.

Colonoscopy uses a flexible lighted tube with a small camera on the end to look at the entire length of the colon and rectum. If polyps are found, they may be removed during the test. If nothing is found during the test, you won't need another one for 10 years.

"Remember to ask me about your colon cancer screening on your next visit."

Jorge Duchicela MD





AMERICA'S HEALTH RANKINGS®

UNITED HEALTH FOUNDATION

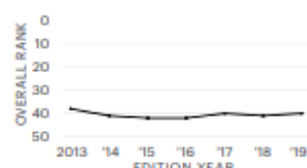
OVERALL
RANK:

40

Change: ▲ 1

Determinants Rank: 39

Outcomes Rank: 38



Strengths:

- Low prevalence of smoking
- High home health care worker rate
- High percentage of hospice care use

Challenges:

- Low percentage of four- and five-star nursing home beds
- Low community support expenditures
- High percentage of seniors living in poverty

Highlights:

- In the past six years, obesity increased 16% from 26.3% to 30.6% of adults aged 65+
- In the past three years, physical inactivity increased 11% from 31.7% to 35.3% of adults aged 65+ in fair or better health
- In the past five years, low-care nursing home residents decreased 23% from 14.6% to 11.3% of residents
- In the past three years, food insecurity decreased 19% from 20.3% to 16.5% of adults aged 60+
- In the past six years, ICU use in the last six months of life decreased 16% from 18.7% to 15.8% of decedents aged 65+
- In the past year, depression increased 71% from 11.0% to 18.8% of adults aged 65+

Ranking:

Texas is 40th this year; it was 41st in 2018. The state ranks 37th for general population health and 44th for the health of women and children.

Changes in the Health of Younger Seniors

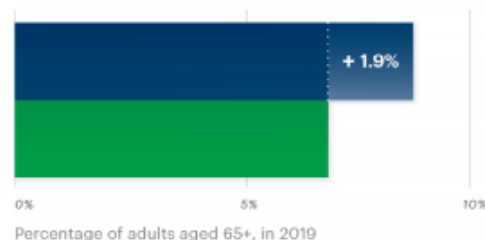
A then-and-now comparison leveraging data from 2002 and 2017 was performed to provide insights into how the health of younger seniors (aged 65-74) has changed over the last 15 years. Younger seniors now represent 9.1 percent of the U.S. population, compared with 6.4 percent of the U.S. population in 2002. Diversity has also increased over the past 15 years among this population as the proportion of Hispanic and Black young seniors has increased 34 percent and 7 percent, respectively.

Mental health disparities between women and men.

■ Women ■ Men

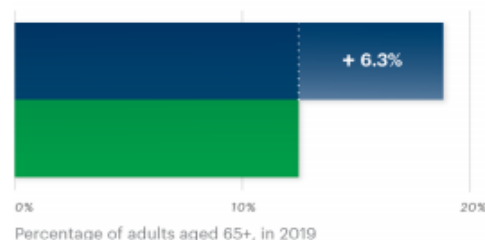
Frequent Mental Distress

Report their mental health was not good during 14 or more of the last 30 days.



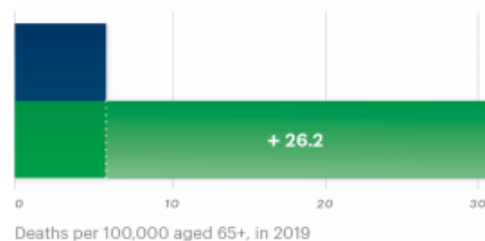
Depression

Depressive disorders diagnosed by a health professional.



Suicide

Deaths due to intentional self-harm.



Behaviors, cultural norms, social and economic conditions all influence the overall health and well-being of seniors and can impact seniors differently based on gender. This year's Senior Report sheds light on national- and state-level gender disparities related to mental health and unhealthy behaviors. Better understanding these disparities may help policy-makers and community leaders tailor programs that help address health challenges among seniors.

Regarding senior mental health, frequent mental distress and depression are both higher among females than males. Suicide is more than six times more prevalent among males. According to the Centers for Disease Control and Prevention, non-Hispanic white males aged 85 and older have the highest suicide rate of any group in the nation.

"Thank you for letting me be part of your health care."

Jorge Duchicela MD

