Colorectal Cancer in Egypt: Clinical, Life-Style, and Socio-Demographic Risk Factors

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Colorectal Cancer in Egypt: Clinical, Life-Style, and Socio-Demographic Risk Factors

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ABSTRACT

Background: Colorectal cancer (CRC) is cancer of the colon and rectum. It arises from the mucosa that lining the colon, rectum or both. Aim of the study: Determination of the clinical, lifestyle, and sociodemographic risk factors of colorectal cancer in Egypt

Patients and Methods: A hospital-based, case-control study design was performed. 160 cases with CRC and 300 healthy subjects were recruited in this study. An endoscopic, radiological and pathological methods and clinical examination had been done for the collection of data.

Results: The most significant risk factors for medical and family were obesity, DM, bowel habit change, inflammatory bowel disease (IBD), precancerous colonic lesions, no NSAIDs use, no HRT use, cholecystectomy, and family history of CRC (ORs = 2.12, 2.13, 1.97, 4.91, 5.46, 3.69, 6.3, 3.84, and 8.88; respectively).

Conclusion: The most important risk factors of CRC were obesity, DM, IBD, precancerous colonic lesions, and family history of CRC. Risk factors of CRC are commonly controllable.

Keywords: Colorectal Cancer; Life-Style; Clinical; Socio-Demographic; Risk factor.

INTRODUCTION

CRC is a type of cancer that affects the colon and rectum. The mucosa of the colon, rectum, or both are the commonest site of origin.1

CRC affects people of all races and ethnicities. It is the third most often recognized cancer in the world, behind lung and breast cancer. In developed regions and countries, such as Western Europe, North America, and Australia, the greatest rates (6%) are seen. In developing areas, such as Africa and South Central Asia, the rate was lower. In 2008, over 1.200.000 new CRC patients were diagnosed worldwide, with 608,700 deaths, so that it is the 4th most reported reason for cancer death, reporting about 8.0 % of all cancer deaths (1). In the United States, CRC is the 4th more reported cancer.

In Egypt, the estimated rate of CRC is 6.5 % of all malignant tumors, CRC became the sixth most commonly recorded tumor in the years 2002-2003, regarding the National Cancer Institute registry at Cairo University.3 It was 4.2 % in men and 3.8 % in females.4 CRC is also widespread in Egypt, with 14.0 % of all colonoscopies revealing the presence of the disease.5