

Crc: Advances in screening, precision, and therapie.

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Introduction

Recent advancements in colorectal cancer screening are moving beyond traditional methods, exploring novel stool-based and emerging blood-based biomarkers. These innovations aim to improve early detection rates and enhance patient compliance, ultimately leading to better outcomes. The focus is on developing less invasive and more accessible screening options for broader populations[1].

Targeted therapies have significantly advanced in treating metastatic colorectal cancer, providing more precise treatment options. The current evidence highlights new drug targets and combination strategies that improve patient survival and quality of life. Understanding molecular pathways is crucial for selecting appropriate therapies and overcoming drug resistance[2].

Precision medicine in colorectal cancer is driven by significant advancements in biomarker identification and their application in therapy selection. Tailoring treatments based on individual tumor characteristics, such as genetic mutations, leads to more effective and less toxic interventions. This approach is transforming the management of colorectal cancer, offering personalized treatment strategies[3].

Immune Checkpoint Inhibitors (ICIs) have become a critical component in treating specific subsets of colorectal cancer patients, particularly those with Microsatellite Instability-High (MSI-H) tumors. The current understanding focuses on expanding their utility, exploring combination therapies, and identifying predictive biomarkers to optimize patient selection. This field is rapidly evolving, promising new therapeutic avenues[4].

The relationship between diet and colorectal cancer risk is a significant area of research, with growing evidence supporting the role of dietary patterns in both prevention and progression. Understanding specific food groups and nutritional components that influence cancer risk allows for informed dietary recommendations. Future perspectives include personalized nutritional strategies based on individual genetic and lifestyle factors[5].

Recent advances in understanding the genetics of colorectal cancer have profound clinical implications, particularly in identifying in-

dividuals at high risk and guiding personalized screening strategies. Novel genetic mutations and pathways are being discovered, offering new targets for therapy and prevention. This knowledge aids in improving genetic counseling and developing more precise risk assessment models[6].

Minimally invasive surgery, including robotic and laparoscopic approaches, continues to evolve as a preferred method for colorectal cancer resection. These techniques offer significant benefits such as reduced pain, shorter hospital stays, and quicker recovery times compared to open surgery. Ongoing research refines surgical techniques and expands the indications for minimally invasive procedures[7].

Liquid biopsy represents a transformative approach in colorectal cancer management, offering a non-invasive method for detecting circulating tumor DNA (ctDNA) and other biomarkers. This technology holds immense potential for early diagnosis, monitoring treatment response, and detecting minimal residual disease and recurrence. Its integration into clinical practice is rapidly advancing, improving patient care pathways[8].

The gut microbiota plays a crucial role in the pathogenesis of colorectal cancer, influencing inflammation, immune response, and metabolism. Understanding these complex interactions opens new avenues for therapeutic strategies, including probiotic interventions and fecal microbiota transplantation. Modulating the gut microbiome could offer novel approaches for prevention and treatment of colorectal cancer[9].

Health disparities in colorectal cancer persist across various populations, driven by socioeconomic, racial, and geographical factors impacting access to screening, diagnosis, and treatment. Identifying the determinants of these disparities is essential for developing effective interventions to achieve health equity. Targeted strategies are crucial to overcome barriers and improve outcomes for underserved communities[10].

Conclusion

Recent advances in colorectal cancer (CRC) span various critical ar-

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Received: 13-Apr-2025, Manuscript No. AAADD-25-203; Editor assigned: 15-Apr-2025, Pre QC No. AAADD-25-203 (PQ); Reviewed: 05-May-2025, QC No. AAADD-25-203; Revised: 14-May-2025, Manuscript No. AAADD-25-203 (R); Published: 23-May-2025, DOI: 10.35841/aaadd-7.3.203

eas, from innovative screening methods to personalized therapeutic strategies. Screening is moving beyond traditional approaches, incorporating novel stool-based and emerging blood-based biomarkers to enhance early detection and patient compliance. This development focuses on providing less invasive and more accessible options for broader populations. Complementing this, liquid biopsy offers a non-invasive method for detecting circulating tumor DNA (ctDNA), holding immense potential for early diagnosis, treatment monitoring, and detecting minimal residual disease or recurrence. Therapeutically, there has been significant progress in targeted treatments for metastatic CRC, identifying new drug targets and combination strategies that improve survival and quality of life. Precision medicine leverages biomarker identification and genetic mutations to tailor effective and less toxic interventions. Immune Checkpoint Inhibitors (ICIs) are also critical for specific subsets of patients, particularly those with MSI-H tumors, with ongoing research aiming to expand their utility and identify predictive biomarkers. Understanding the genetics of CRC and the role of the gut microbiota in pathogenesis are providing new avenues for prevention and therapy. Evidence also continues to grow regarding the influence of diet on CRC risk, informing personalized nutritional strategies. In surgical management, minimally invasive techniques, including robotic and laparoscopic approaches, offer reduced pain and faster recovery. Despite these advancements, health disparities in CRC remain a challenge, necessitating targeted strategies to ensure equitable access to screening, diagnosis, and treatment across diverse populations.

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Citation: Khatib S. Crc: Advances in screening, precision, and therapie. *Arch Dig Disord*. 2025;07(03):203.