

Surgery, chemotherapy, and radiation: Treatment options for colon cancer.

Jaana Huovinen*

Department of Oncology and Radiotherapy, Turku University Hospital, Turku, Finland

Abstract

Colon cancer is a malignant growth that occurs in the colon or rectum, and it is one of the most common cancers worldwide. Colon cancer can be treated through different approaches, including surgery, chemotherapy, and radiation therapy. This article provides an overview of these treatment options and their effectiveness in treating colon cancer. We also discuss the possible side effects of these treatments and how to manage them.

Keywords: Chemotherapy, Colon cancer, Surgery, Combination therapy.

Introduction

Colon cancer is a type of cancer that develops in the large intestine (colon) or the rectum. It is the second leading cause of cancer-related deaths worldwide, with an estimated 1.8 million new cases and 881,000 deaths in 2018 alone. The risk of developing colon cancer increases with age, and early detection is critical for successful treatment. Treatment options for colon cancer include surgery, chemotherapy, and radiation therapy, either alone or in combination [1].

Surgery

Surgery is the most common treatment for colon cancer, and it involves the removal of the cancerous tumor and surrounding tissue. The type of surgery performed depends on the size, location, and stage of the cancer. In most cases, the surgeon will remove the affected part of the colon and reattach the remaining healthy portions. In some cases, a colostomy may be necessary, where an opening is made in the abdominal wall to allow waste to be collected in a bag outside the body.

Surgery is most effective for early-stage colon cancer, where the cancer has not spread beyond the colon. However, surgery may also be used for more advanced stages of colon cancer, either as the main treatment or in combination with chemotherapy and/or radiation therapy. Possible side effects of surgery include pain, bleeding, infection, and bowel obstruction. Most people recover well from surgery, but some may require additional treatment or long-term management of side effects [2].

Chemotherapy

Chemotherapy is a treatment that uses drugs to destroy cancer cells. It is often used in combination with surgery for more advanced stages of colon cancer or as the primary treatment for colon cancer that has spread to other parts of the body.

Chemotherapy drugs can be given orally or intravenously, and the treatment usually lasts for several months. Chemotherapy can cause a variety of side effects, including fatigue, nausea, vomiting, hair loss, and increased risk of infection. These side effects can be managed with medication, and most people recover fully after treatment [3].

Radiation Therapy

Radiation therapy is a treatment that uses high-energy radiation to kill cancer cells. It is often used in combination with surgery and/or chemotherapy for more advanced stages of colon cancer. Radiation therapy can be delivered externally, where the radiation source is directed at the cancer from outside the body, or internally, where a radiation source is placed inside the body near the cancer. Possible side effects of radiation therapy include fatigue, skin irritation, and digestive problems. These side effects can be managed with medication, and most people recover fully after treatment [4].

Combination Therapy

Combination therapy, also known as multimodal therapy, involves the use of two or more treatment modalities, such as surgery, chemotherapy, and radiation therapy. Combination therapy is often used for more advanced stages of colon cancer, where the cancer has spread beyond the colon. The effectiveness of combination therapy depends on the stage of the cancer, the type of treatments used, and the individual's overall health. Combination therapy can cause more severe side effects than individual treatments, and it is important to discuss the potential benefits and risks with a healthcare professional.

In addition to medical treatment, lifestyle changes can also play a role in managing colon cancer. A healthy diet rich in fruits, vegetables, and whole grains can help reduce the risk of colon cancer, while avoiding smoking and excessive alcohol

*Correspondence to: Jaana Huovinen, Department of Oncology and Radiotherapy, Turku University Hospital, Turku, Finland, E-mail: jaana.huovinen@thl.fi

Received: 27-Feb-2023, Manuscript No. AAMOR-23-90262; Editor assigned: 2-Mar-2023, PreQC No. AAMOR-23-90262(PQ); Reviewed: 16-Mar-2023, QC No. AAMOR-23-90262; Revised: 21-Mar-2023, Manuscript No. AAMOR-23-90262(R); Published: 28-Mar-2023, DOI:10.35841/aamor-7.3.174

consumption can also reduce the risk of developing the disease. Regular exercise and maintaining a healthy weight can also help improve overall health and reduce the risk of colon cancer [5].

Conclusion

Colon cancer is a serious disease that requires prompt diagnosis and treatment. Surgery, chemotherapy, and radiation therapy are the primary treatment options for colon cancer, either alone or in combination. These treatments can cause side effects that can be managed with proper care and medication. In addition to medical treatment, lifestyle changes can also play a role in managing colon cancer. It is important to discuss the potential benefits and risks of each treatment option with a healthcare professional to make an informed decision about the best course of treatment. With early detection and appropriate treatment, many people with colon cancer can successfully manage the disease and live a full, healthy life.

References

1. Brand-Miller JC. Glycemic load and chronic disease. *Nutr.* 2003;61(suppl_5):S49-55.
2. Augustin LS, Franceschi S, Jenkins DJ, et al. Glycemic index in chronic disease: a review. *Eur J Clin Nutr.* 2002;56(11):1049-71.
3. Sieri S, Krogh V. Dietary glycemic index, glycemic load and cancer: An overview of the literature. *Nutr Metab Cardiovasc.* 2017;27(1):18-31.
4. Reynolds A, Mann J, Cummings J, et al. Carbohydrate quality and human health: a series of systematic reviews and meta-analyses. *Lancet.* 2019;393(10170):434-45.
5. Kaaks R, Lukanova A. Energy balance and cancer: the role of insulin and insulin-like growth factor-I. *Proc Nutr Soc.* 2001;60(1):91-106.