

## **Early detection help to prevent colorectal cancer**

In Hong Kong, the incidence of colorectal cancer, including colon cancer and rectum cancer, has increased rapidly in recent years. Colorectal cancer is now the second leading cause of death among various cancers with over 3,200 new patients diagnosed in the year 2001. Studies have shown that screening is the most effective method to prevent colorectal cancer. Regular check-up is recommended from age 50 onwards. Faecal Occult Blood Test is the easiest method to detect colorectal cancer. It is much safer than colonoscopy, however is not the most accurate one. Double contrast barium enema is another method to detect colorectal cancer. It is much faster than other methods, but it has the same problems as colonoscopy has. Besides, lifestyle adjustment including developing healthy diet habit and having regular exercise may also help to prevent colorectal cancer.