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YOUNG-ONSET COLORECTAL CANCER: THE NURSE'S PERSPECTIVE

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Nurse Practitioner

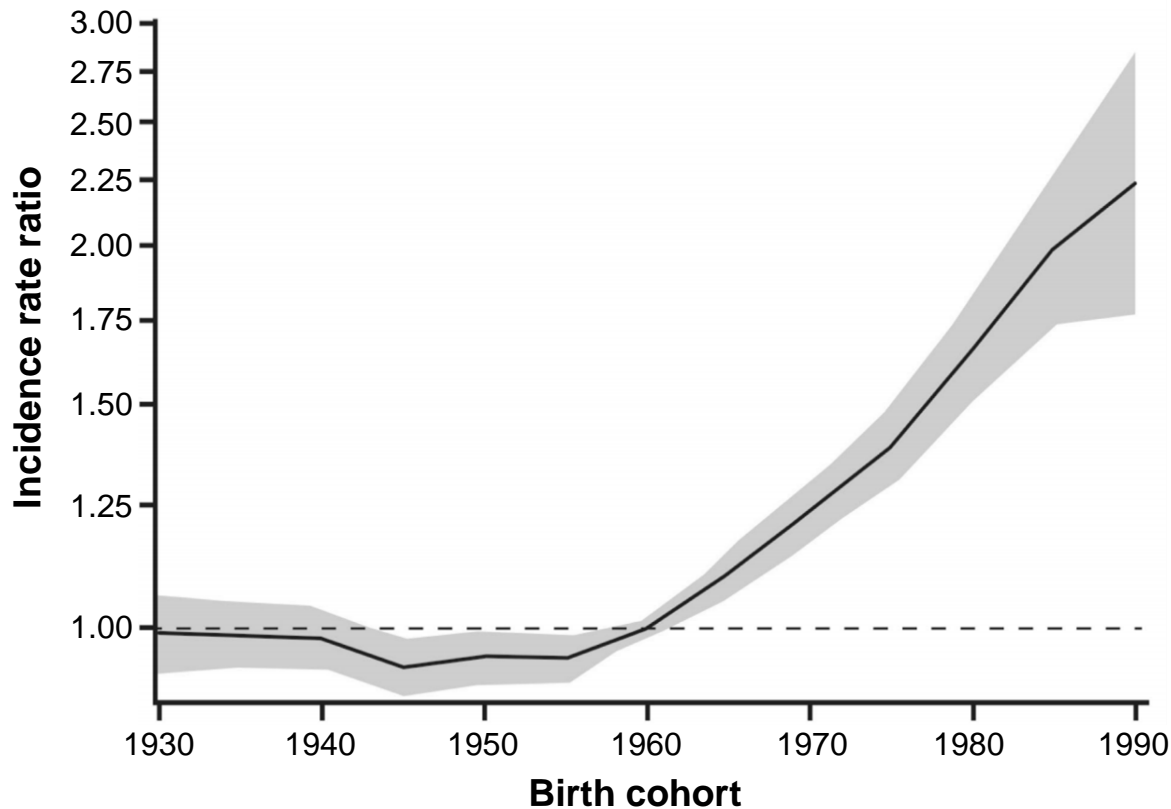
Memorial Sloan Kettering Cancer Center

NY, USA

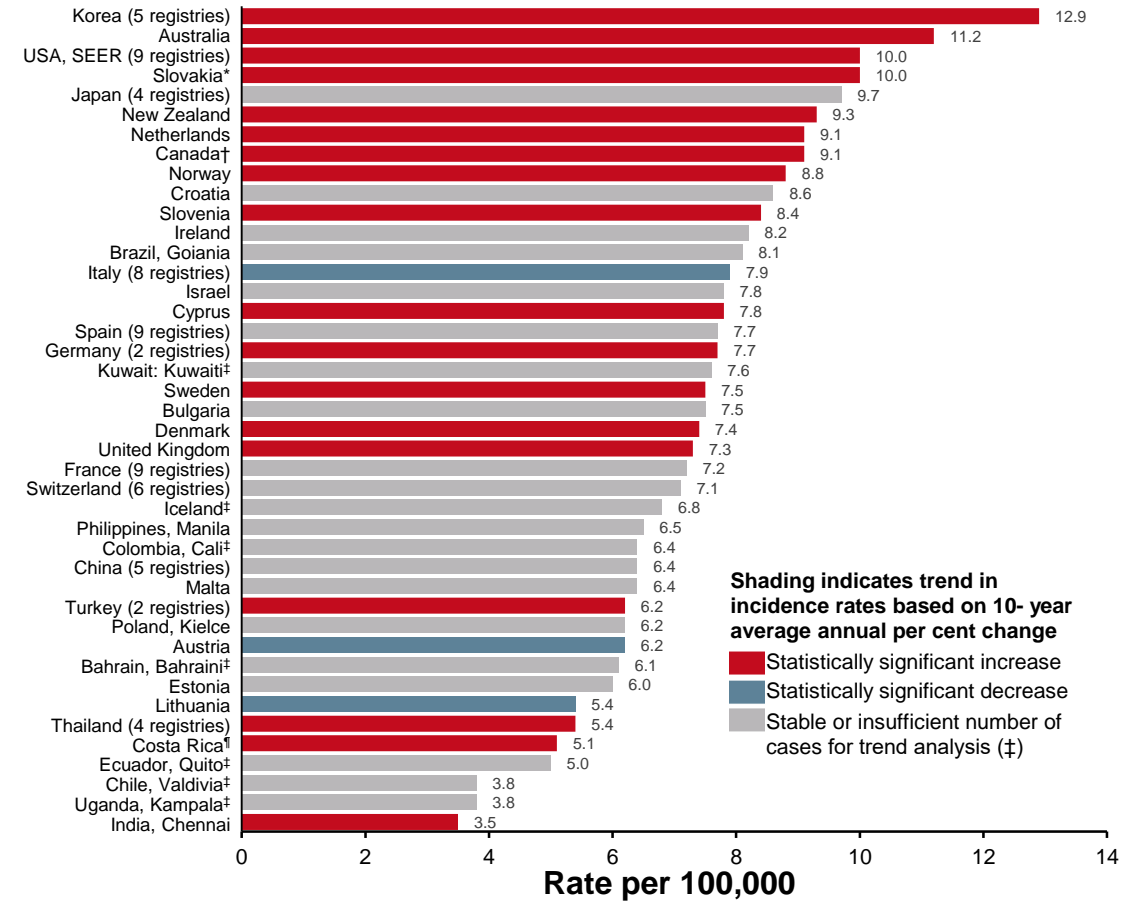
INTRODUCTION

INCIDENCES OF YOUNG-ONSET CRC ARE INCREASING WORLDWIDE

Incidence rate ratio by birth cohort in the United States¹



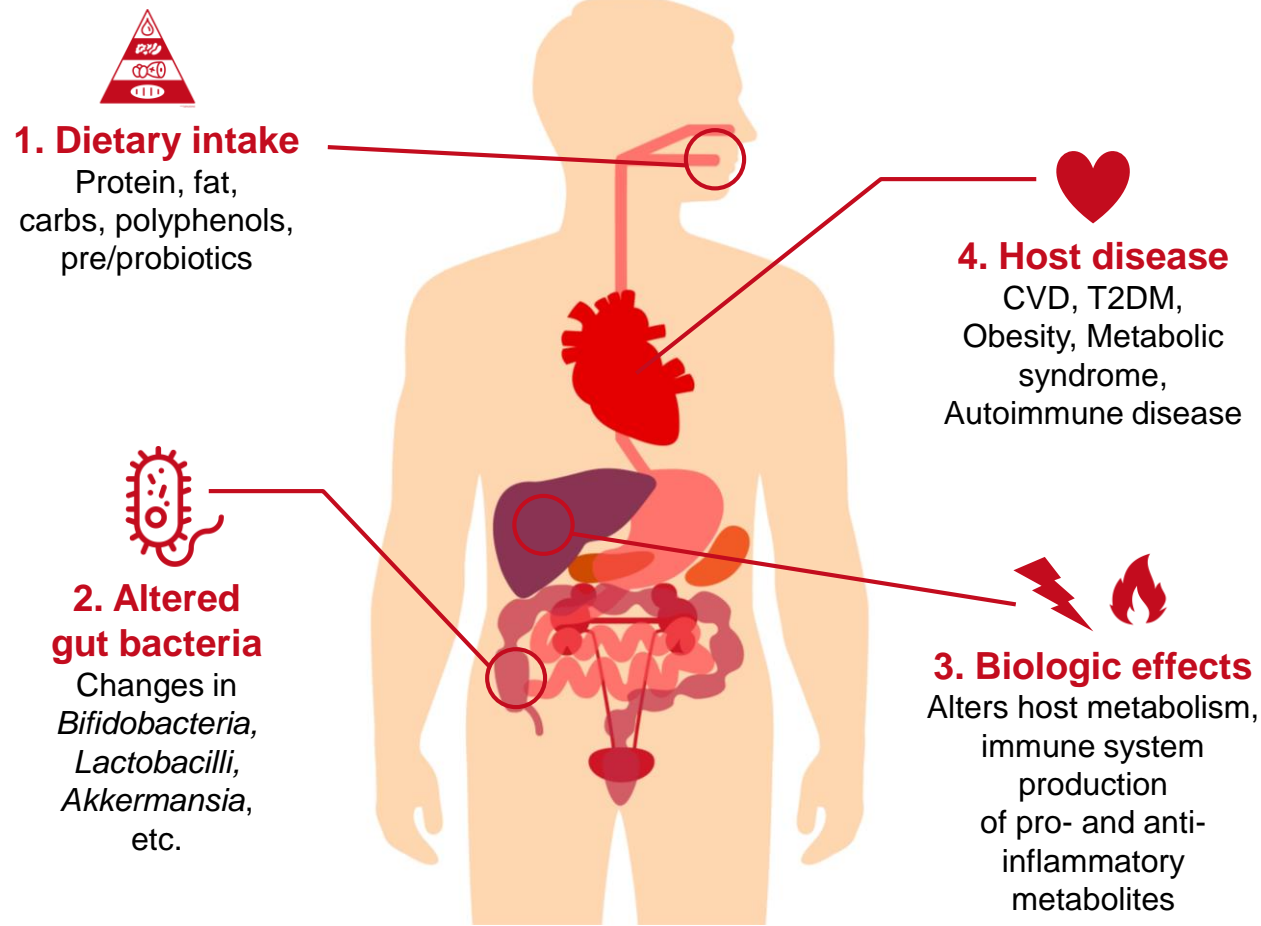
Age-standardised incidence rate during 2008-2012 for colorectal cancer among adults ages 20-49 years²



Rate for Finland unavailable. *Rate based on data during 2008-2010. †Excludes Nunavut, Quebec, and Yukon. ‡Excluded from trend analysis due to insufficient number of annual cases. ¶Rate based on data during 2008-2011.

YOUNG-ONSET CRC: WHAT IS THE AETIOLOGY?

Dietary intake has numerous effects on human health, including increasing risk of young-onset CRC¹⁻³



- Studies in women have linked lifestyle and dietary factors to increased risk of young-onset CRC:
 - Childhood intake of sugar sweetened beverages²
 - Lower vitamin D intake³
 - Sedentary lifestyle⁴
 - Obesity⁵

CRC, colorectal cancer; CVD, cardiovascular disease; T2DM, type 2 diabetes mellitus

1. Singh RK, et al. *J Transl Med.* 2017;15:73; 2. Hur J, et al. *Gut.* 2021;70:2330–2336; 3. Kim H, et al. *Gastroenterology.* 2021;161:1208–1217.e9; 4. Nguyen LH, et al. *JNCI Cancer Spectrum.* 2018;2pky073; 5. Liu P, et al. *JAMA Oncol.* 2019;5:37–44

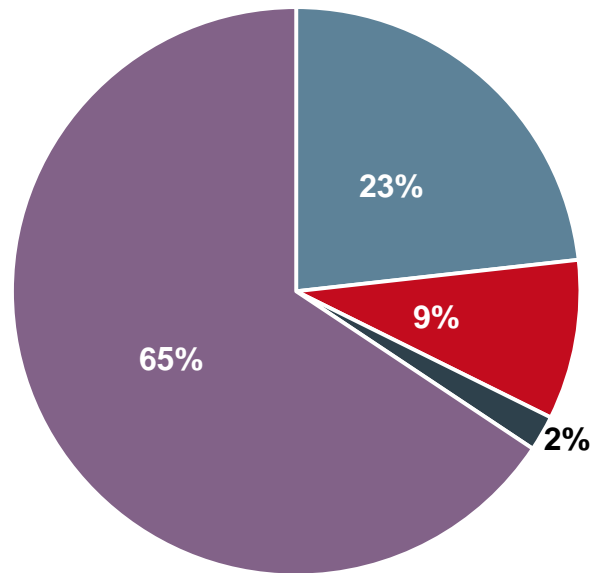
YOUNG AND AVERAGE ONSET CRC

Are they different diseases?

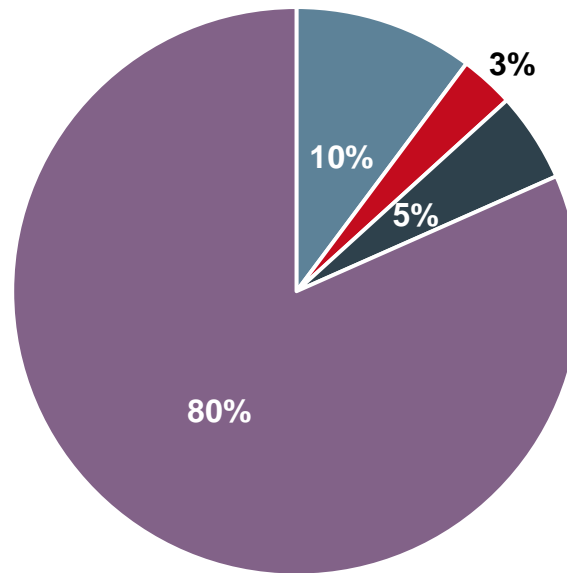
MOST CRC CASES ARE SPORADIC, REGARDLESS OF AGE

Prevalence of pathogenic variants by age at CRC diagnosis

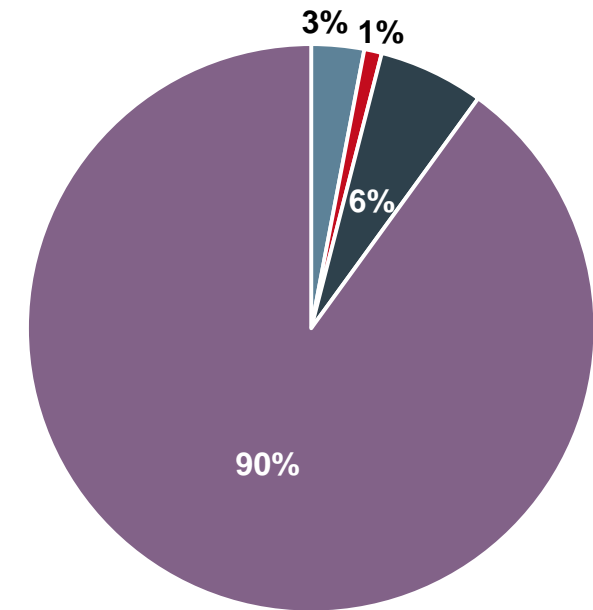
Age <35 years



Age <50 years

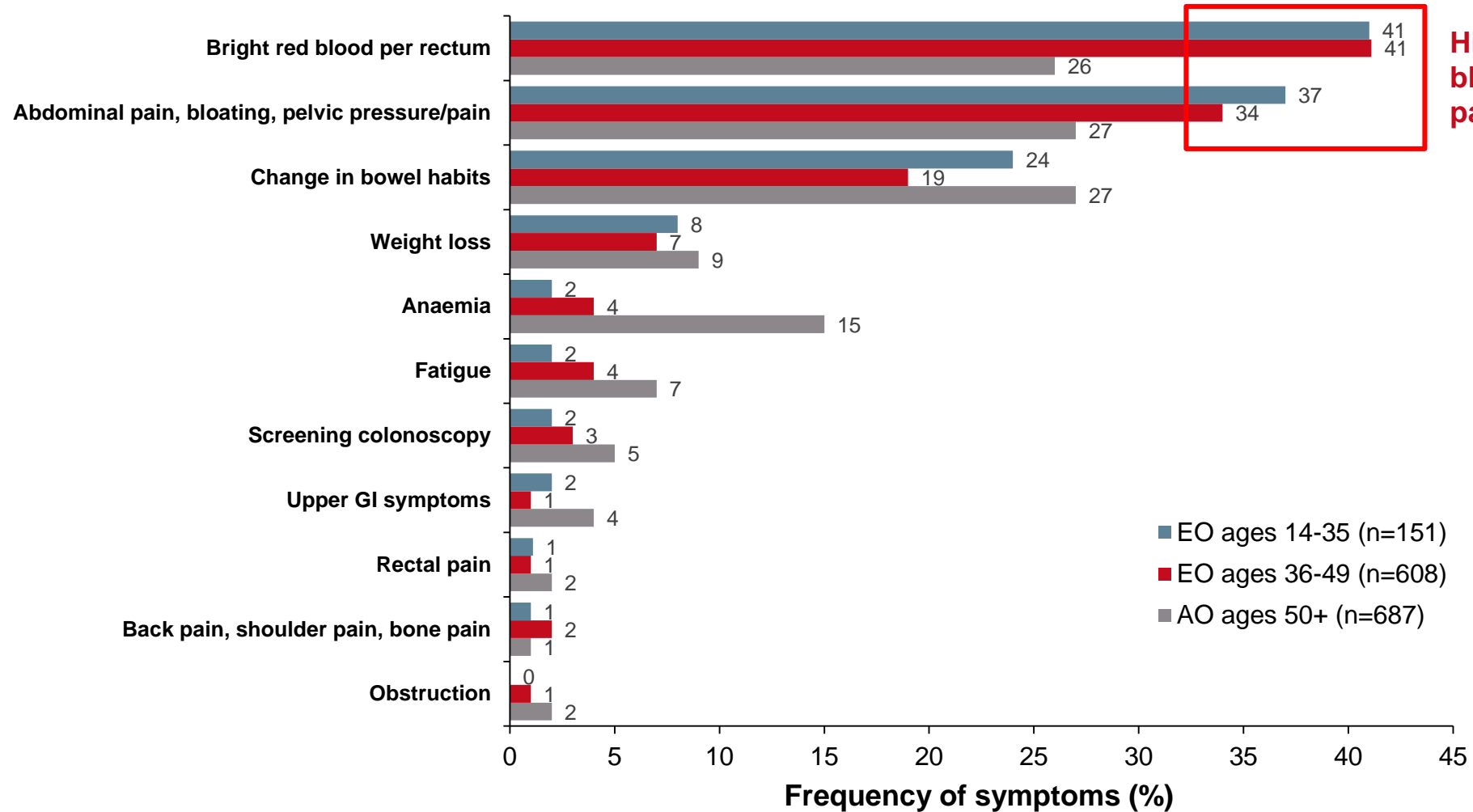


Age >50 years



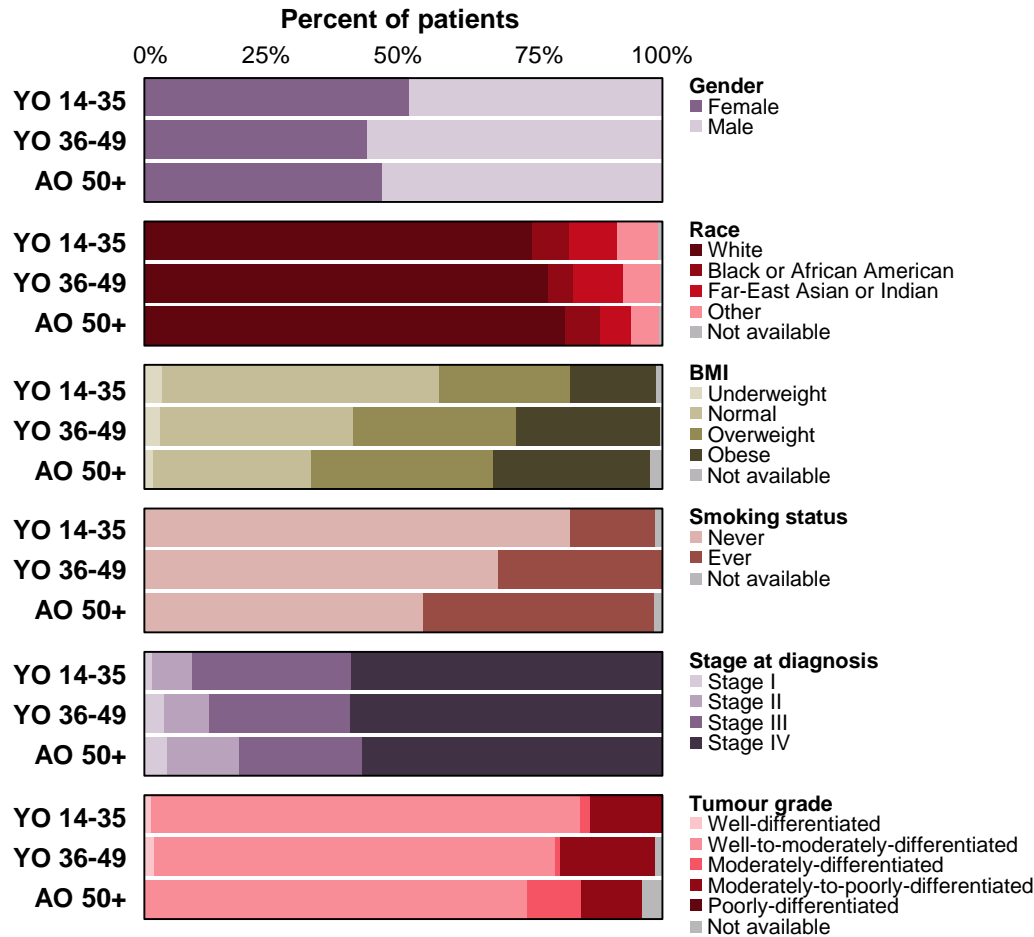
- Lynch syndrome
- Polyposis syndromes
- Other variant
- None

PRESENTING SYMPTOMS ARE SIMILAR REGARDLESS OF AGE OF ONSET

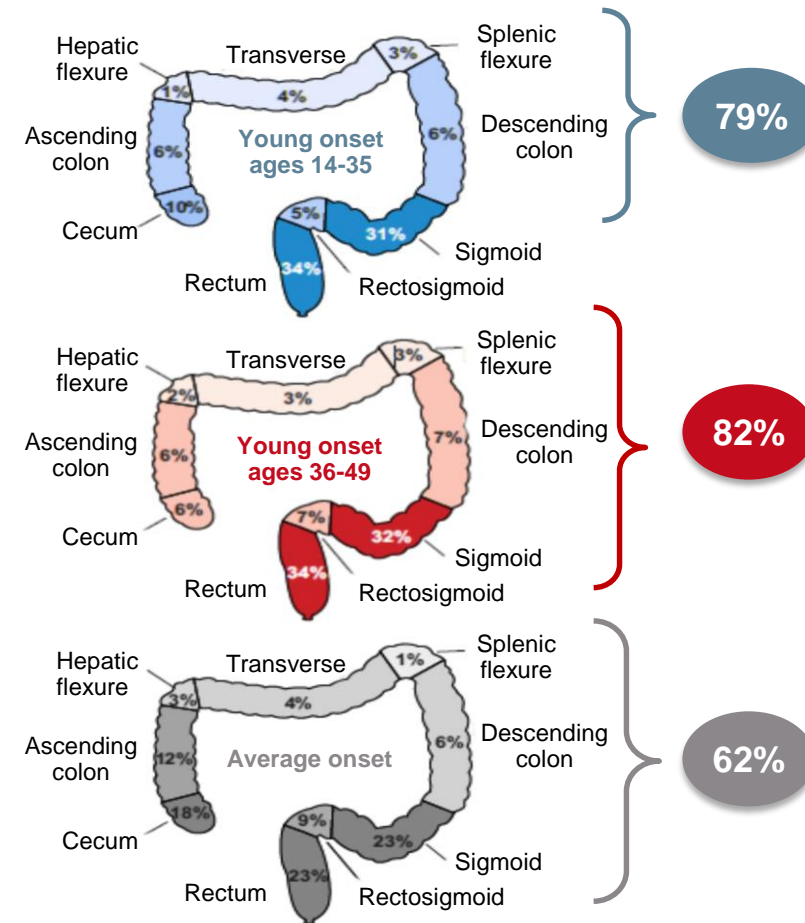


Higher prevalence of rectal bleeding and abdominal pain in YO CRC

CLINICAL CHARACTERISTICS ARE SIMILAR REGARDLESS OF AGE OF ONSET



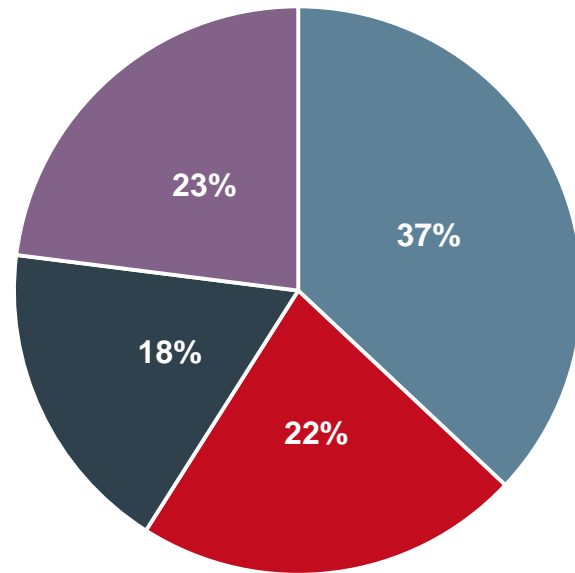
No significant clinical or histological differences
Young onset less likely to be diagnosed early



Higher incidence of left sided tumours
in YO CRC

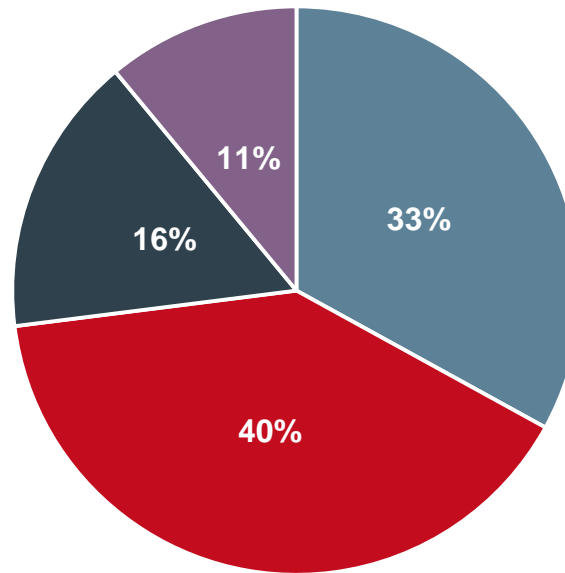
DELAYED DIAGNOSIS OF YOUNG-ONSET CRC LIKELY CONTRIBUTES TO LATE-STAGE DISEASE

41% waited > 6 months before seeking medical attention



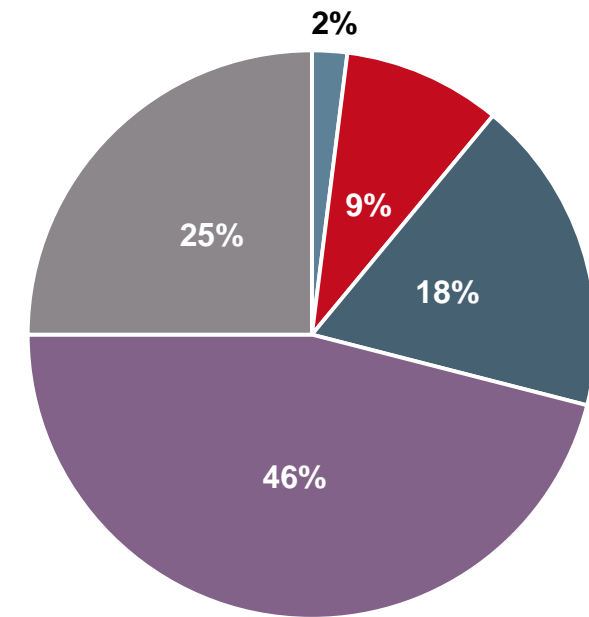
■ <3 months ■ 3-6 months
■ 6-12 months ■ 12+ months

67% saw two or more physicians prior to diagnosis



■ 1 physician ■ 2 physicians
■ 3 physicians ■ >4 physicians

71% diagnosed with stage III/IV disease



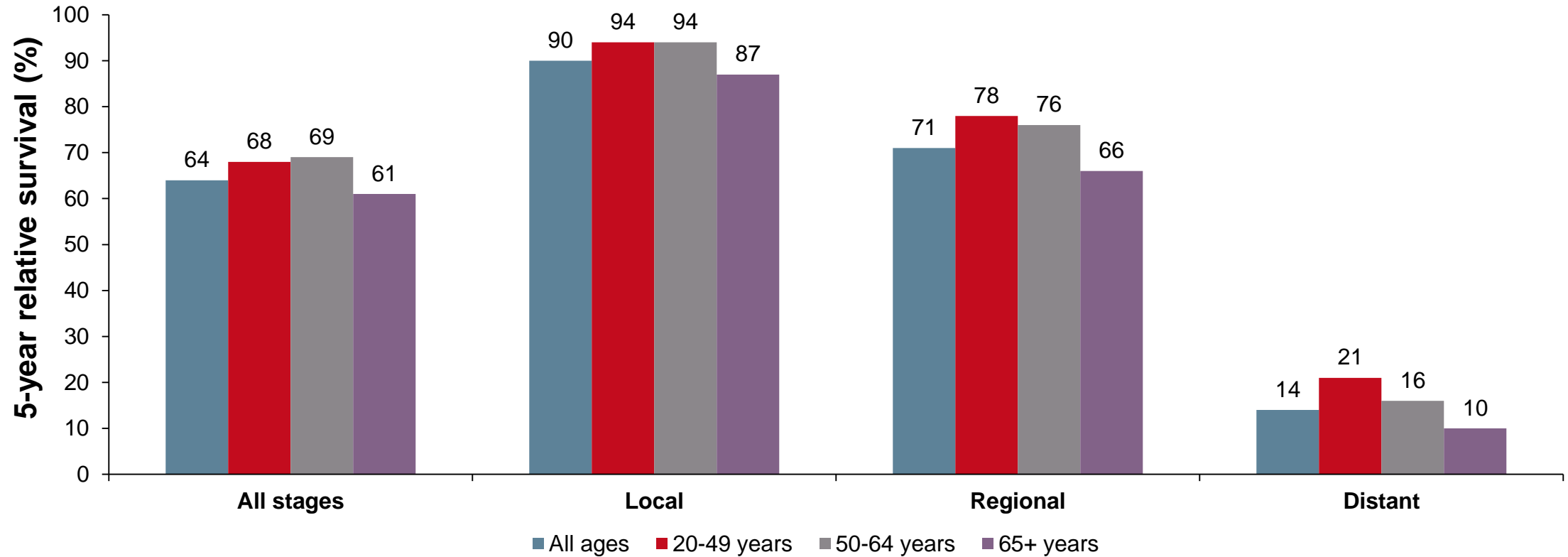
■ 0 ■ I ■ II ■ III ■ IV

CRC, colorectal cancer

Colorectal Cancer Alliance 2018 Young-Onset Colorectal Cancer Survey Report. Available from: <https://www.ccalliance.org/about/never-too-young/survey/2018-young-onset-colorectal-cancer-survey-report> (accessed 11 Feb 2022)

TREAT BY STAGE NOT BY AGE

Relative survival by age at diagnosis¹

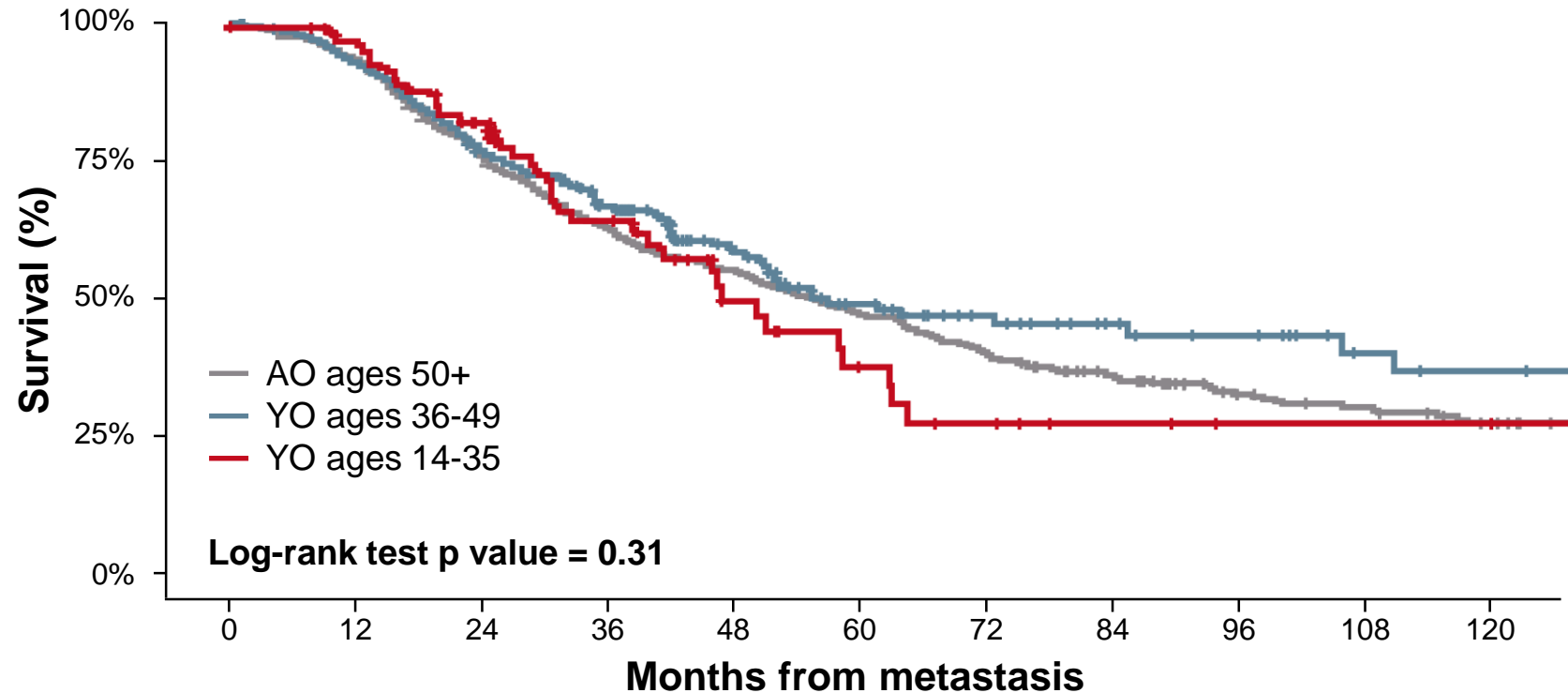
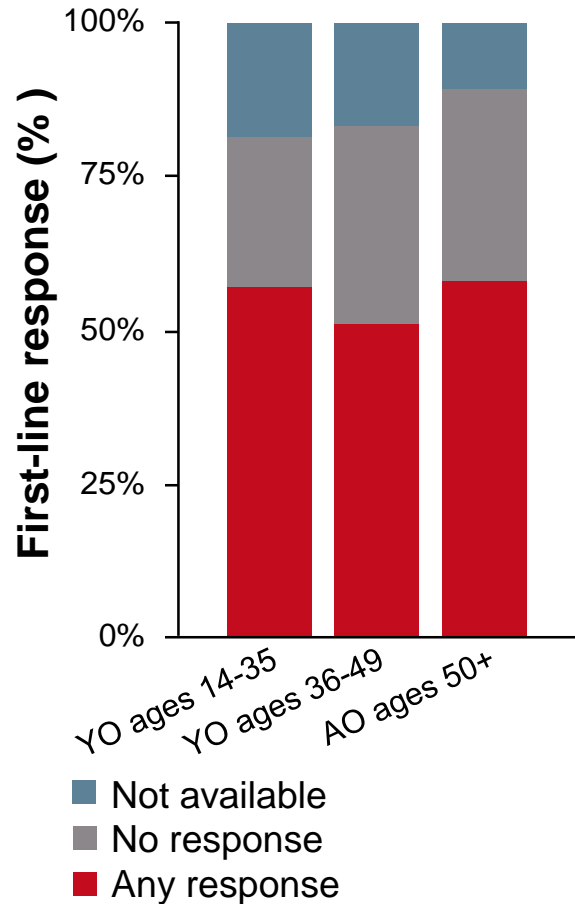


Aggressive treatment regimens based solely on the age at diagnosis are not warranted²

1. Siegel RL, et al. CA Cancer J Clin. 2020;70:145-64; 2. Cercek A, et al. J Natl Cancer Inst. 2021;113:1683-92

OUTCOMES ARE SIMILAR REGARDLESS OF AGE OF ONSET

Best response to first-line treatment at time of metastasis



% of cases at risk

574	529	417	320	230	149	103	85	63	53	42
454	348	209	120	73	46	34	24	19	12	10
111	86	57	33	18	11	7	4	2	2	1

YOUNG-ONSET CRC

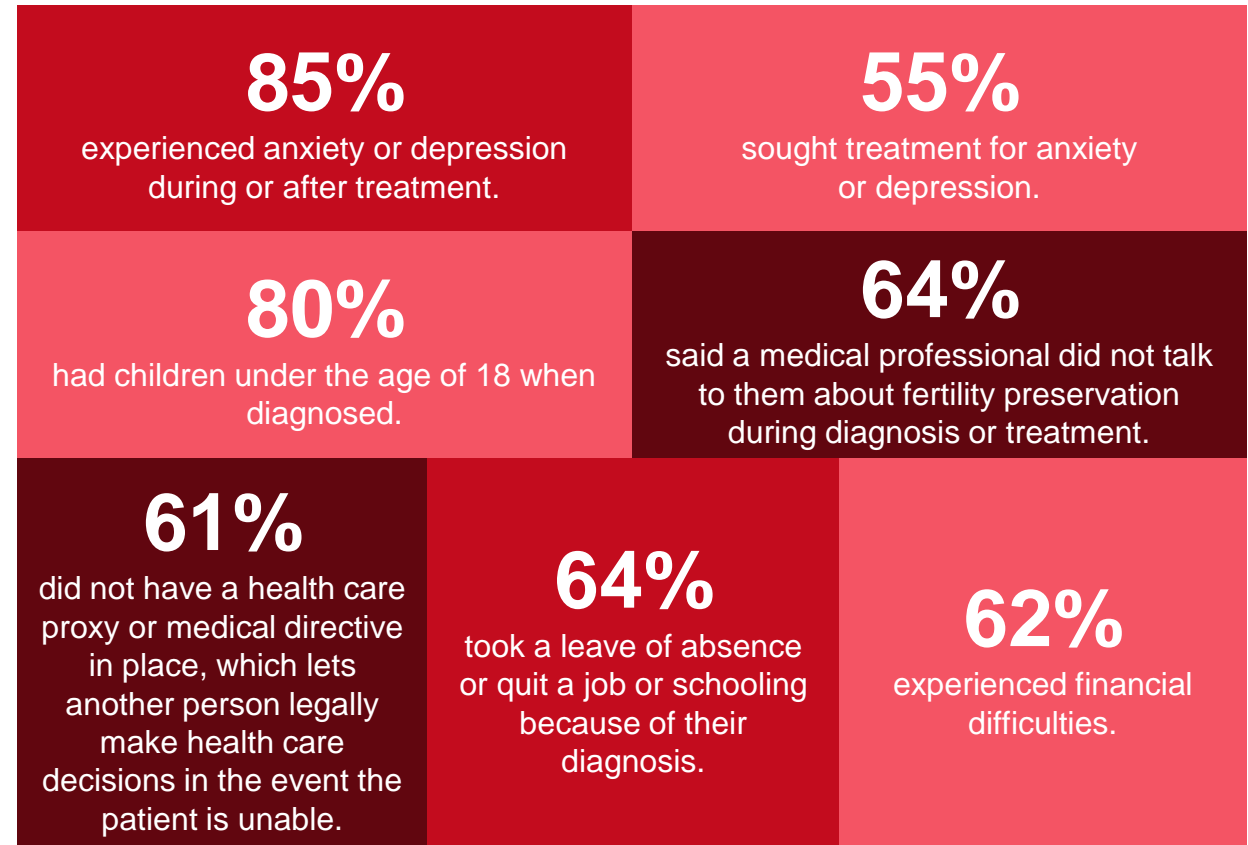
The individuals are the difference

PEOPLE WITH YOUNG-ONSET CRC ARE A DIFFERENT POPULATION

People with YO CRC: Needs and challenges^{1,2}



Quality of life³



CRC, colorectal cancer; YO, young onset

1. Adapted from Memorial Sloan Kettering Cancer Center internal data, courtesy of Hadley Maya, LMSW; 2. Mendelsohn R, et al. *Oncologist*. 2021;26:625-29; 3. Colorectal Cancer Alliance 2018 Young-Onset Colorectal Cancer Survey Report. Available from: <https://www.ccalliance.org/about/never-too-young/survey/2018-young-onset-colorectal-cancer-survey-report> (accessed 11 Feb 2022)

UNIQUE POPULATION, UNIQUE SUPPORT: SOCIAL WORK, PSYCHOLOGY, AND PSYCHIATRY

Unique dilemmas for people with young-onset CRC

Isolation

- From healthy peers
- From the general population of people with CRC
 - Most ≥ 50 years of age
- From research
 - Most young-onset CRC research is in adolescent and young adult populations
 - 40-50 year-olds excluded

Stigma

- CRC has a unique and damaging stigma
 - Bowel movements
 - Digestive/GI symptoms
 - Ostomy bags
 - Impact on body image, sexual functioning and intimacy

Family system

- Many patients are in relationships and caring for children
- Many patients are caring for their ageing parents

Life stage

- Most are juggling various roles
 - Marriage/partnerships
 - Caring responsibilities
 - Career development
 - Education
- Premature confrontation with mortality

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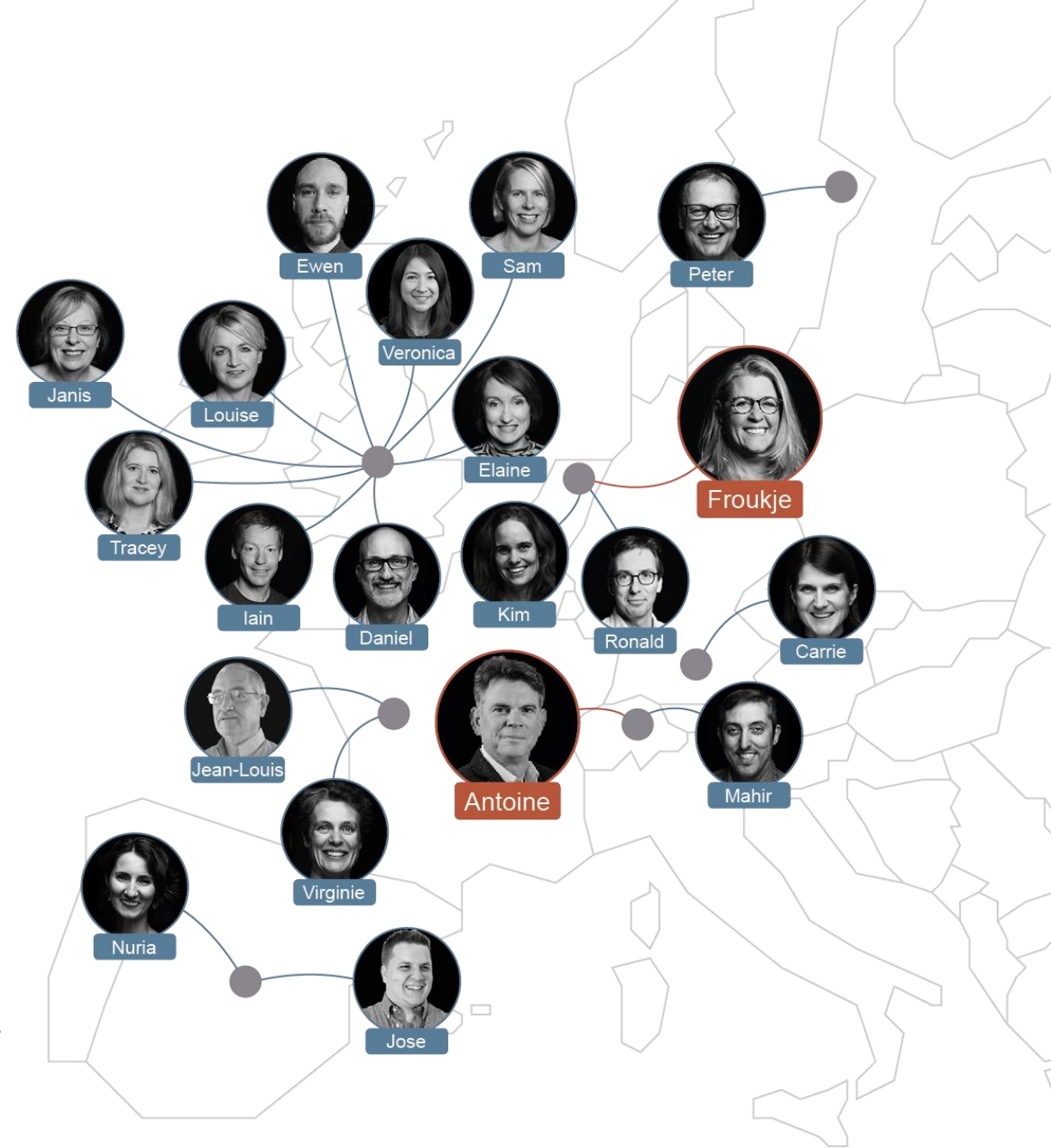
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