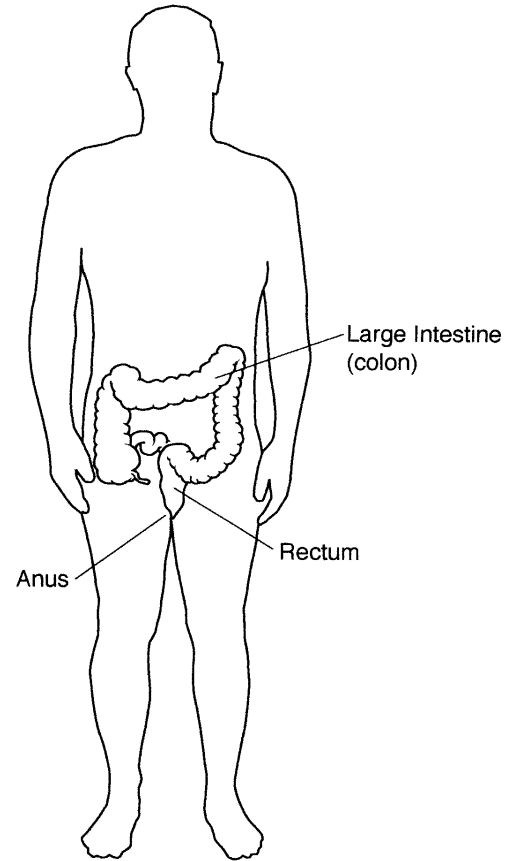


# Cancer of the Colon and Rectum

The colon is also called the large bowel or large intestine. It is the lower 5 to 6 feet of the digestive system. The last 8 to 10 inches of the colon is the rectum. Colon cancer, sometimes called colorectal cancer, is cancer that starts in the large intestine or rectum.

Cancer cells are abnormal cells. Cancer cells grow and divide more quickly than healthy cells. Some cancer cells may form growths called tumors. All tumors increase in size, but some tumors grow quickly, others slowly. Some cancer cells spread to other parts of the body through the blood and lymph systems.



## Signs

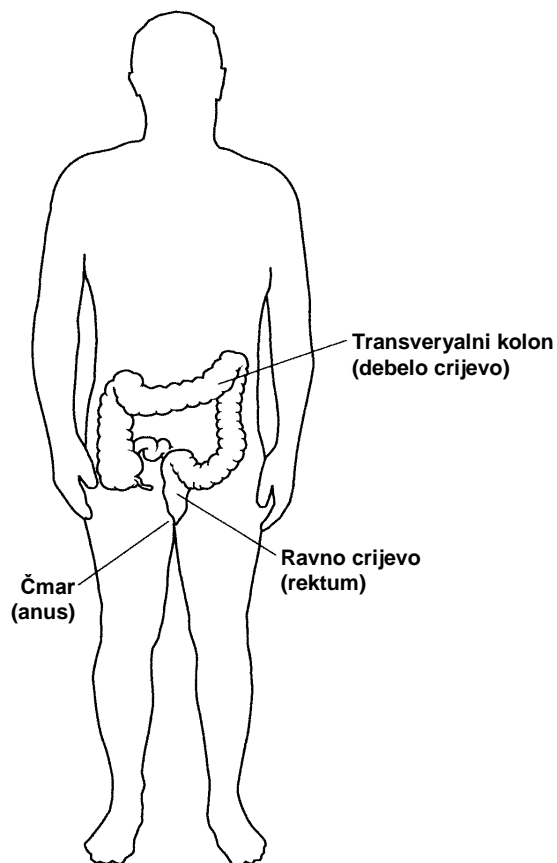
Cancer of the colon and rectum often has no signs. **See your doctor** if you have any of these signs:

- Dark or bright red blood in or on the stool
- Diarrhea or constipation that does not go away or other change in bowel habits
- Pain in the lower abdomen
- Loss of weight for no reason
- Feel tired or lack energy

# Karcinom debelog i ravnog crijeva

Debelo crijevo se takođe zove kolon ili *intestinum crassum*. Ono čini donji dio probavnog sistema. Dužine je od 1,5 do 1,8 m (5 do 6 stopa). Posljednjih 20 do 25 cm (8 do 10 inča) debelog crijeva (kolona) je ravno crijevo (rektum). Karcinom debelog crijeva, koji se ponekad zove i kolorektalni karcinom, je karcinom koji počne ili u debelom ili u ravnom crijevu.

Kancerogene ćelije su abnormalne ćelije. Kancerogene ćelije brže nastaju i brže se razmnožavaju od zdravih ćelija. Kancerogene ćelije mogu formirati male izrasline koje se zovu tumorima. Veličina tumora se povećava, premda neki tumori rastu brže, a drugi sporije. Neke kancerogene ćelije se putem krvi i limfnog sistema šire na druge dijelove tijela.



## Simptomi

Kod karcinoma debelog i ravnog crijeva se često ne primijete nikakvi znakovi. **Posjetite svog ljekara** ukoliko primijetite bilo koji od sljedećih znakova:

- Tamnocrvenu ili svijetlocrvenu krv u stolici
- Proliv ili zatvor (konstipaciju) koji ne prestaje, ili druge promjene u pražnjenju crijeva
- Bol u donjem dijelu stomaka (abdomena)
- Bezrazložan gubitak težine
- Osjećaj umora ili nedostak energije

- Stools are more narrow than usual for more than a few days. This may be from a tumor in the rectum.

## Types of Tumors

Tumors found in the colon or rectum can be benign or malignant.

- **Benign tumors** do not spread to other parts of the body. They can be removed by surgery. Cysts are benign tumors that contain fluid.
- **Malignant tumors** may grow into the nearby tissues, organs or blood.

## Your Care

### Tests

If your doctor thinks you may be at risk for cancer, you may have some of these tests:

- **Physical exam** with a rectal exam where the doctor inserts a lubricated gloved finger into the rectum to feel for lumps.
- **Sigmoidoscopy** where a thin, flexible tube is put into the rectum to let the doctor see inside the lower part of the colon.
- **Colonoscopy** where a thin, flexible tube is put into the rectum to let the doctor see the entire length of the colon.
- Samples of tissue are removed for testing, called a **biopsy**.
- **Barium enema** where liquid barium and air is put into the rectum to see the colon on x-ray.
- **Blood tests** to check blood loss and how well the liver is working.

If tumors are found, your doctor may order x-rays, CT scans and other types of blood tests to see if the cancer has spread to other parts of the body.

- Više od nekoliko dana izbacujete tanju stolicu nego obično. Do ovog može doći zbog tumora u ravnom crijevu (rektumu).

## Vrste tumora

Tumori koji se pojave u debelom ili ravnom crijevu mogu biti benigni (dobročudni) ili maligni (zloćudni).

- **Benigni tumori** se ne šire na druge dijelove tijela. Mogu se otkloniti hirurškim putem. Ciste spadaju u dobroćudne tumore i one sadrže tečnost.
- **Maligni tumori** se mogu proširiti na okolno tkivo, organe ili krv.

## Njega

### Pregledi

Ukoliko vaš ljekar smatra da ste izloženi riziku od dobijanja karcinoma, može predložiti neki od sljedećih pregleda:

- **Fizički pregled** sa pregledom rektuma kada ljekar namazanim prstom u rukavicama vrši pregled ravnog crijeva da ispita da li postoje kvržice.
- **Sigmoidoskopija** pri čemu se u rektum stavi tanki, savitljivi instrument koji ljekaru omogućava pregled donjeg dijela debelog crijeva.
- **Kolonoskopija** pri čemu se u rektum stavi tanki, savitljivi aparat koji ljekaru omogućava da pregleda debelo crijevo cijelom dužinom.
- Uzimaju se uzorci tkiva, što se naziva **biopsija**.
- **Barijum klizma** pri čemu se tečni barijum i zrak stave u rektum, a potom se debelo crijevo pregleda rentgenski.
- **Nalaz krvi** radi provjere funkcije jetre i da li postoji gubitak krvi.

Ako se pronađu tumori, vaš ljekar može tražiti rentgenske nalaze, CT snimke i druge vrste nalaza krvi koji upućuju na širenje karcinoma na druge dijelove tijela.

## **Treatment**

After all of your tests are done, your doctor will talk to you about treatments that are best for you. Treatment may include:

- **Surgery** to remove the tumor. The kind of surgery will depend on the location and size of the tumor. Often, the part of the colon with cancer is removed.
- **Radiation therapy** to stop or slow the growth of cancer. It is often used after surgery to destroy any cancer cells that may remain.
- **Chemotherapy** medicines to kill cancer cells. These medicines are given by mouth, by injection into a muscle or vein, or directly into the affected organ to treat cancer. These medicines help kill cancer cells.
- **Immunotherapy** may also be called biotherapy. This treatment uses natural substances made by the body's immune system. This kills cancer cells, slows their growth or helps the immune system fight the cancer in a better way.

You may have one or more cancer treatments. Some patients have surgery followed by radiation therapy or chemotherapy.

## **Follow-up Care**

Regular visits to your doctor are important. Your care at these visits may include blood tests, CT scans, chest x-rays or other tests. Report any problems to your doctor between visits.

**Talk to your doctor or nurse if you have any questions or concerns.**

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## Liječenje

Vaš ljekar će nakon urađenih ispitivanja sa vama porazgovarati o onoj vrsti liječenja koja je najbolja za vas. Liječenje može podrazumijevati sljedeće opcije:

- **Operaciju** da bi se uklonio tumor. Vrsta operacije će zavisiti od mjesta i veličine tumora. Često se odstranjuje dio debelog crijeva zahvaćen karcinomom.
- **Liječenje radijacijom** da bi se zaustavio ili usporio rast karcinoma. Često se koristi nakon operacije da bi se uništile sve kancerogene ćelije koje su možda i dalje prisutne u organizmu.
- **Lijekove za hemoterapiju** kojim se uništavaju kancerogene ćelije. Ovi lijekovi za liječenje karcinoma se uzimaju oralno, injekcijama u mišić ili venu, ili direktno u oboljeli organ. Ovi lijekovi pomažu u uništavanju kancerogenih ćelija.
- **Imunoterapiju** koja se može zvati i bioterapijom. Za ovo liječenje se primjenjuju prirodne supstance koje proizvodi imunološki sistem. Ono uništava kancerogene ćelije, usporava njihovo napredovanje, ili pomaže imunološkom sistemu da se bori protiv karcinoma na uspješniji način.

U vašem slučaju se može primijeniti jedan ili više načina liječenja. Kod nekih pacijenata se prvo radi operacija, a onda slijedi liječenje radijacijom ili hemoterapijom.

## Kontrola

Veoma je važno da redovno idete na ljekarske preglede. Vaša njega u toku ovih pregleda može uključivati kontrole krvi, CT snimanja, rentgensko snimanje pluća, ili druga ispitivanja. Obavijestite svog ljekara o svim problemima koji se pojave u periodu između pregleda.

**Razgovarajte sa ljekarom ili medicinskom sestrom ukoliko imate bilo kakvih pitanja ili ste zabrinuti.**

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Cancer of the Colon and Rectum. Bosnian.