

# The Rise of Early-Onset Colorectal Cancer

Congressional Families  
Cancer Prevention Program

April 22, 2019



DANA-FARBER/BRIGHAM AND WOMEN'S



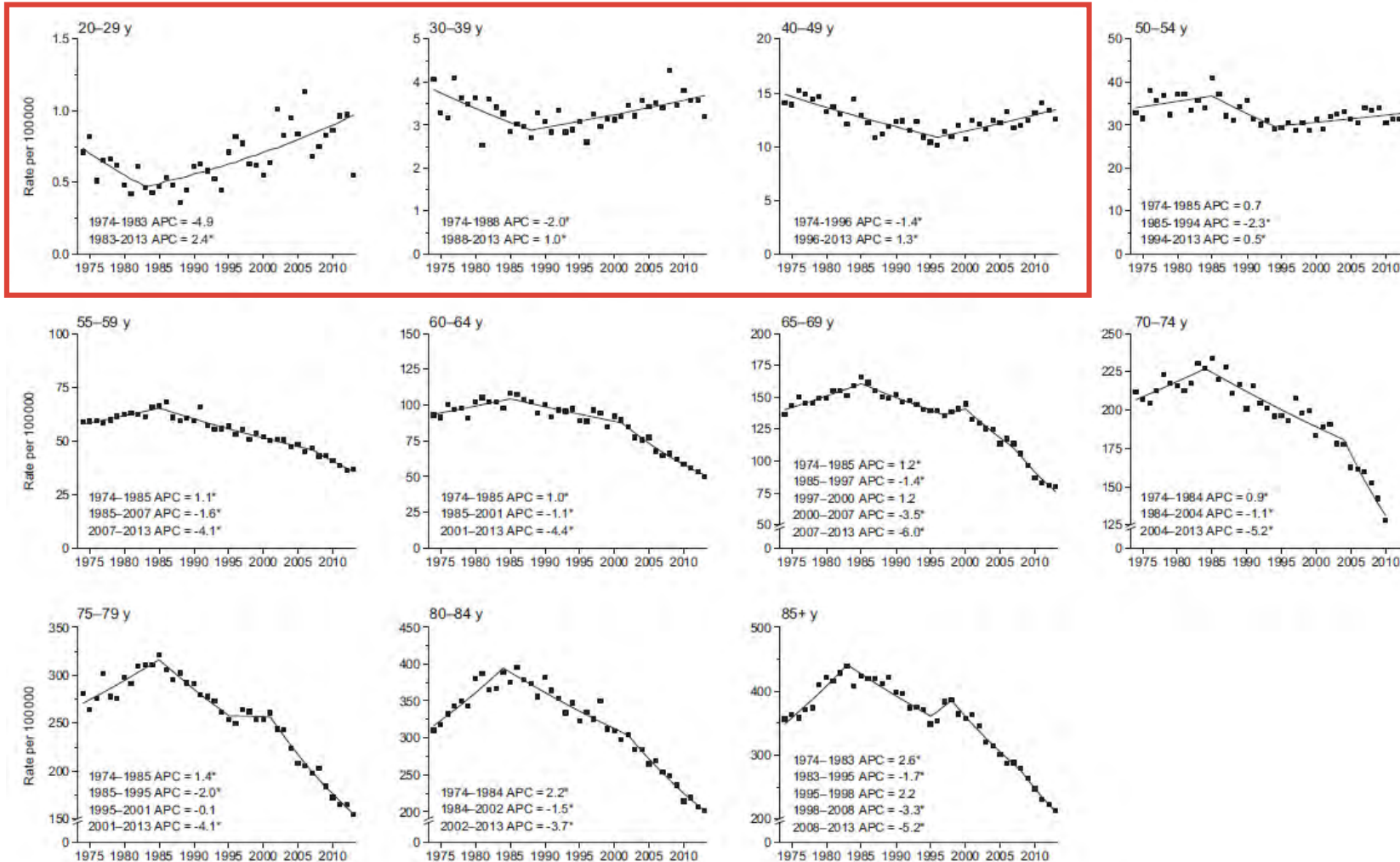
Young-Onset  
Colorectal Cancer Center

BEYOND  
CRC

Better understanding of  
YOUNG ONSET colorectal cancer

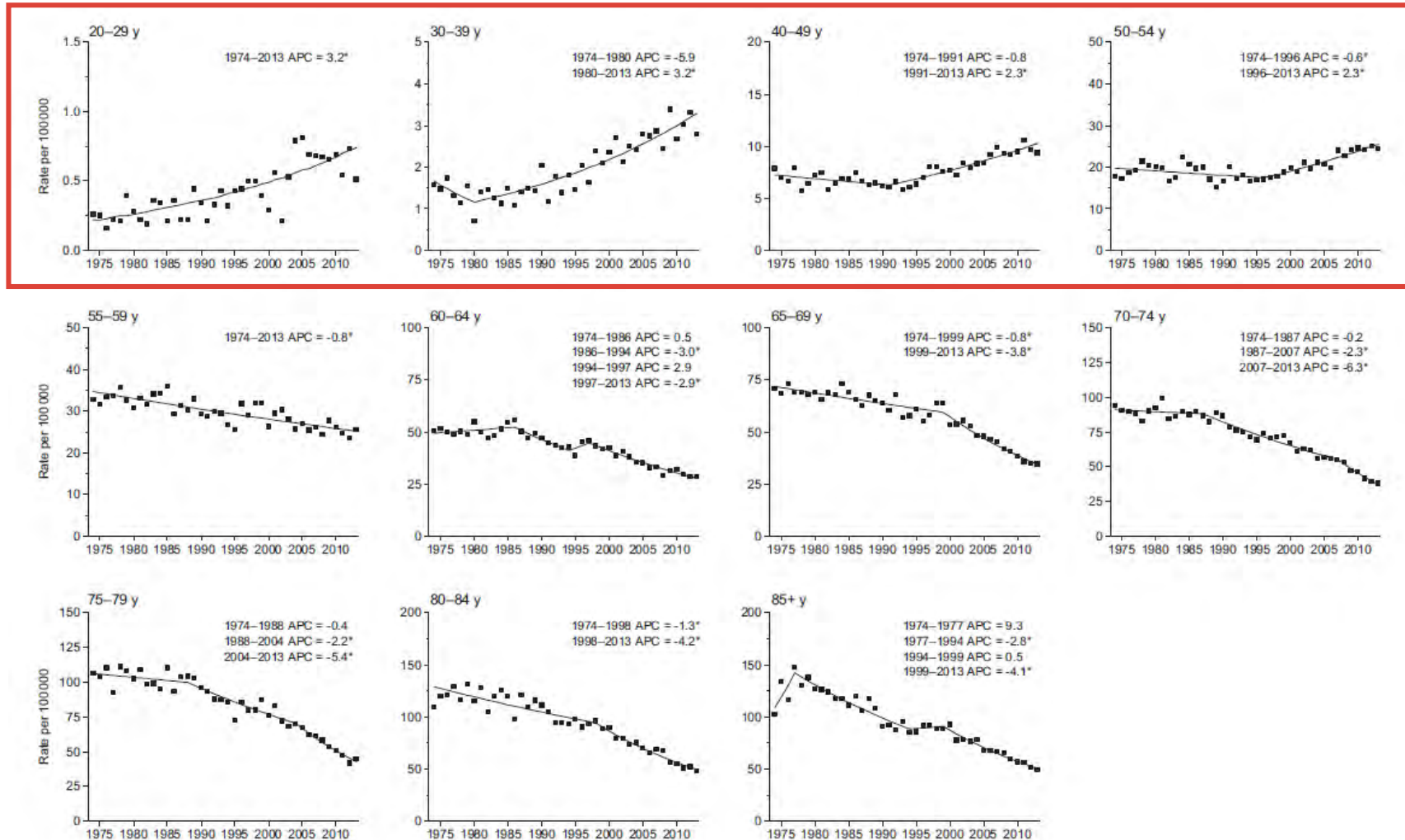
# Colon cancer rates are rising in individuals <50 years old

## Colon Cancer



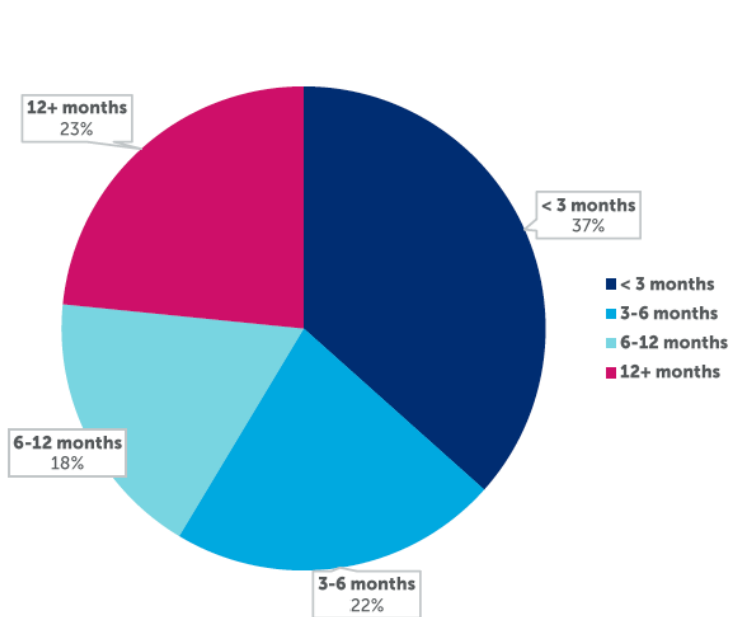
# Rectal cancer rates are rising even more steeply

## Rectal Cancer

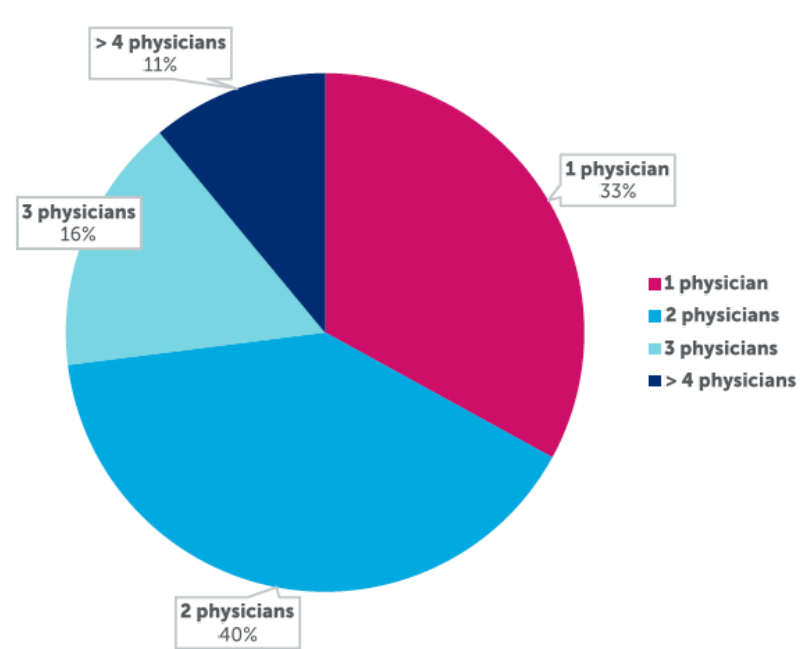


# Young patients are diagnosed with more advanced disease

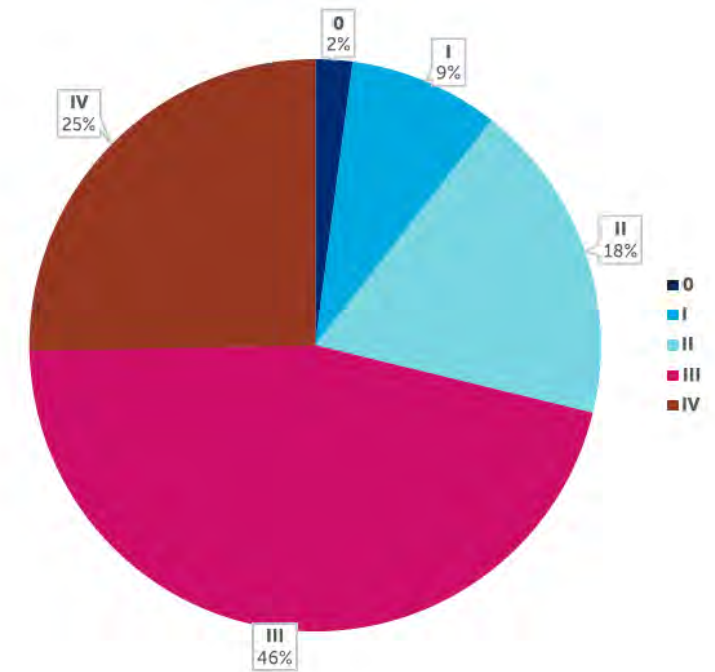
41% waited >6 mos before seeking medical attention



67% saw 2 or more physicians prior to diagnosis



71% diagnosed with stage III/IV disease



Yarden RI and Newcomer KL. AACR 2019; abstract 3347.

# Screening age lowered from 45 to 50 years old by ACS

TABLE 1. American Cancer Society Guideline for CRC Screening, 2018

## Recommendations<sup>a</sup>

The ACS recommends that adults aged 45 y and older with an average risk<sup>b</sup> of CRC undergo regular screening with either a high-sensitivity stool-based test or a structural (visual) examination, depending on patient preference and test availability. As a part of the screening process, all positive results on noncolonoscopy screening tests should be followed up with timely colonoscopy.

The recommendation to begin screening at age 45 y is a *qualified recommendation*.

The recommendation for regular screening in adults aged 50 y and older is a *strong recommendation*.

The ACS recommends that average-risk adults in good health with a life expectancy of greater than 10 y continue CRC screening through the age of 75 y (*qualified recommendation*).

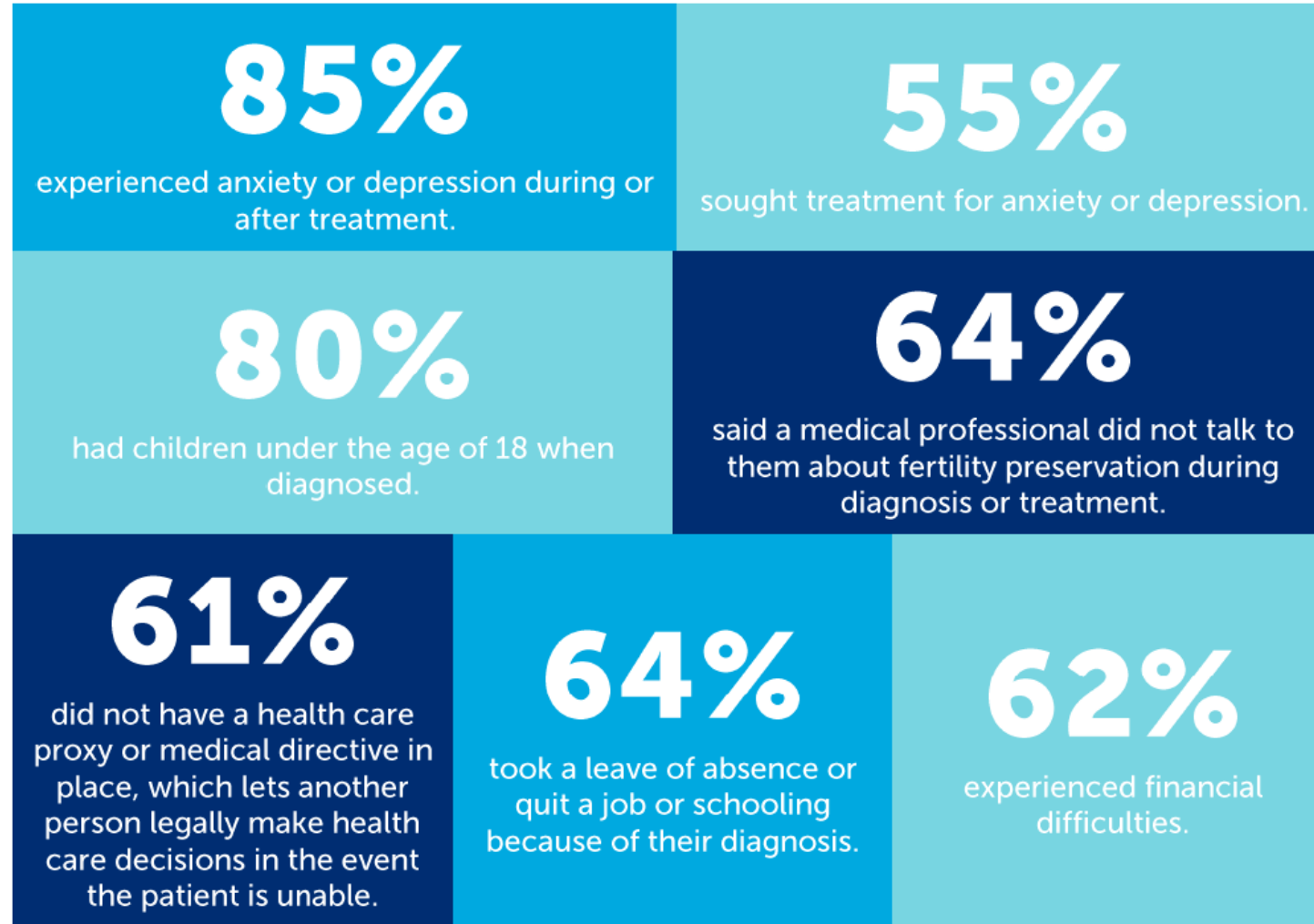
The ACS recommends that clinicians individualize CRC screening decisions for individuals aged 76 through 85 y based on patient preferences, life expectancy, health status, and prior screening history (*qualified recommendation*).

The ACS recommends that clinicians discourage individuals over age 85 y from continuing CRC screening (*qualified recommendation*).

Wolf AMD, et al. *CA Cancer J Clin* 2018; 68: 250-81.



# Young patients face unique challenges



- **Clinical Care**

- Provide expert, compassionate, and cutting-edge care to patients with young-onset colorectal cancer

- **Research**

- Promote scientific discovery and innovation to elucidate underlying biological mechanisms, identify risk factors, and facilitate development of novel therapies

- **Education and Awareness**

- Increase public awareness and education around the rising burden of colorectal cancer in young adults to improve prevention and early detection

# Clinical Care

- **Multidisciplinary evaluation**
  - Upfront genetics appointment
- **Personalized treatment**
  - OncoPanel platform for next generation sequencing
  - GITARGET (Treatment Assistance Regarding Genomic Evaluations of Tumors) program
- **Dedicated program coordinator**
  - Expedited referrals to support services (i.e., fertility, sexual health, nutrition, integrative therapies)
  - Liaison to clinical and research team
- **Dedicated social worker**
  - One-on-one support
  - Group programming (support groups, webinars, community forums)



# There are many ways to live *beyond* colorectal cancer

Completing treatment

Living with cancer and treatment

Supportive care for the whole patient and family

Helping those who come after through research

- **New prospective longitudinal cohort study of young-onset colorectal cancer patients**
  - Clinical, treatment, and survival data
  - Tumor, blood, and stool samples
  - Comprehensive diet and lifestyle questionnaires
- **Cross-disciplinary translational research**
  - Genetic variants, gene expression, proteomics
  - Characterization of immune microenvironment
  - Patient-derived model development
  - Epidemiologic studies of dietary and lifestyle risk factors
  - Non-invasive technologies for early detection and identification of minimal residual disease

# Public Awareness and Education

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- **Patients**
  - Seminars, webinars, annual forum
  - Newsletters with general information and research updates
  - Partnerships with foundations and patient advocates
- **Community at large**
  - Dana-Farber's Colon and Rectal Cancer Center podcasts
  - Medical and research conferences and summits
  - Outreach to community practices
  - Multimedia presence

# The Patient's Perspective



## Questions?

[YoungCRC@dfci.harvard.edu](mailto:YoungCRC@dfci.harvard.edu)

[www.dana-farber.org/youngCRC](http://www.dana-farber.org/youngCRC)

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