UCSF Helen Diller Family Comprehensive Cancer Center

Rectal Cancer

The UCSF Patient and Family Cancer Support Center is the hub of support, information and resources for people with cancer at the Helen Diller Family Comprehensive Cancer Center. Learn more about UCSF's supportive care programs at https://cancer.ucsf.edu/support/crc/patientsupport-center

The Cancer Support Center at Mission Bay is located at 1825 4th St., 1st Floor, Room M-1210. The Cancer Support Center at Mt. Zion is located at 1600 Divisadero St., 1st Floor, Room B-101. The complete list of Patient Education Resource Pages is available to view at http://cancer.ucsf.edu/support/crc/patient-education-resources

Overview

Rectal cancer occurs when cancerous cells develop in the tissue of the rectum. The rectum is the last part of the large intestine and leads to the anus, which is the opening to the outside of the body. Body waste is stored in the rectum until it is eliminated from the body through the anus. Although rectal cancer is a life-threatening disease, it is a highly curable form of cancer if found early. Therefore, regular check-ups and screenings are very important. Although the exact cause of rectal cancer is unknown, certain risk factors have been identified that may increase a person's chance of developing the disease. These include:

- Age. The majority of rectal cancers are diagnosed in people aged 50 or older, although the disease affects all ages.
- Bowel disease. A history of colorectal cancer, intestinal polyps, and diseases such as chronic ulcerative colitis, Crohn's disease and inflammatory bowel disease increase a person's chance of developing rectal cancer.
- Diet and exercise. A diet high in fat, particularly from animal sources, and an inactive, sedentary lifestyle can increase a person's chance of developing rectal cancer.
- Ethnic background and race. Jews of Eastern European descent, called Ashkenazi Jews, have a higher rate of rectal cancer. African-Americans and Hispanics have a higher death rate caused by rectal cancer, which may be caused by insufficient screenings, poor diet and lack of exercise.
- Family history/genetic factors. Specific genes have been identified that significantly increase a person's chance of having rectal cancer. People with a strong family history of colorectal cancer, as defined by cancer or polyps in a first-degree relative younger than 60

or two first-degree relatives of any age, are also at increased risk for developing rectal cancer.

- Smoking and alcohol. Research suggests that smokers and heavy drinkers have an increased chance of developing rectal cancer.

Website: https://www.ucsfhealth.org/conditions/liver-cancer

UCSF Resources

UCSF Gastrointestinal Medical Oncology/Surgery Clinic

The clinic offers the most advanced and effective treatments available for cancerous as well as benign gastrointestinal conditions. These include conditions involving the anus, bile duct, colon, esophagus, gallbladder, liver, pancreas, peritoneal cavity, rectum, small intestine, spleen and stomach. Website: https://www.ucsfhealth.org/clinics/gastrointestinal-medical-oncology-clinic | Phone Number: (415) 353-9888

Publications

NIH: National Library of Medicine – Rectal Cancer
Website: https://www.ncbi.nlm.nih.gov/books/NBK493202/

NIH: National Library of Medicine – Rectal cancer: An evidence-based update for primary care providers
Website: https://www.ncbi.nlm.nih.gov/books/NBK493202/

NIH: National Cancer Institute - Colorectal Cancer Research Results and Study Updates
Website: https://www.cancer.gov/types/colorectal/research/articles

Organizations

American Cancer Society (ACS) – Rectal Cancer
At the American Cancer Society, we're on a mission to free the world from cancer. Until we do, we'll be funding and conducting research, sharing expert information, supporting patients, and spreading the word about prevention. All so you can live longer — and better.
Website: https://www.cancer.org/cancer/types/colon-rectal-cancer.html

CancerCare – Colorectal Cancer

CancerCare provides free, professional support services for people affected by colorectal cancer, as well as colorectal cancer treatment information and additional resources.
Website: https://www.cancercare.org/diagnosis/colorectal_cancer

Cancer.Net – Colorectal Cancer
This is Cancer.Net's Guide to Colorectal Cancer. Use the menu below to choose the Introduction section to get started. Or, you can choose another section to learn more about a specific question you have. Each guide is reviewed by experts on the Cancer.Net Editorial Board, which is composed of medical, surgical, radiation, gynecologic, and pediatric oncologists, oncology nurses, physician assistants, social workers, and patient advocates.
Website: https://www.cancer.net/cancer-types/colorectal-cancer

Colorectal Cancer Alliance
Finding the right information about colon or rectal cancer can be difficult. We're here to help you. We are your allies, here to share the latest information about colorectal cancer treatment options and support. We understand because we've been there and we're here to help you every step of the way. Below are helpful resources to guide your journey.
Website: https://www.ccalliance.org/

FIGHT Colorectal Cancer
Fight CRC's Your Guide in the Fight Resource Meetups are free online gatherings for people affected by colorectal cancer seeking access to resources and peer-to-peer support. Whether you have just been diagnosed, are receiving treatment, or are supporting someone who is facing CRC, these meetups are a safe and reliable place to talk to people who have similar experiences to yours while learning about resources available to you from Fight CRC and partners alike.
Website: https://fightcolorectalcancer.org/

Medline Plus: Trusted Health Information for You – Rectal Cancer
MedlinePlus is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH).
Website: https://medlineplus.gov/colorectalcancer.html

National Cancer Institute- Rectal
The National Cancer Institute (NCI) is the federal government's principal agency for cancer research and training. NCI is deeply committed to the core values of equity, diversity, and

inclusion that allow all staff to reach their potential and fully contribute to the Institute's cancer mission. Website: https://www.cancer.gov/types/colorectal

National LGBTQIA+ Cancer Network

The National LGBTQIA+ Cancer Network works to improve the lives of LGBTQIA+ cancer survivors and those at risk by: EDUCATING the LGBTQIA+ community about our increased cancer risks and the importance of screening and early detection; TRAINING health care providers to offer more culturally-competent, safe and welcoming care; and ADVOCATING for LGBTQIA+ survivors in mainstream cancer organizations, the media and research.
Website: https://cancer-network.org/about/ | Phone Number: 212-675-2633