Expanding Our Impact Across the Colorectal Cancer Continuum: Conversations on Improving Timely Action for Early-Age Onset CRC Signs and Symptoms

American Cancer Society | **NATIONAL COLORECTAL CANCER ROUNDTABLE**

Concurrent Session
November 21, 2024
3:45 PM – 5:00 PM

Facilitators

Facilitator: **Gloria Coronado**, PhD, University of Arizona Cancer Center, ACS NCCRT Vice Chair Elect

Co- Facilitator: **Paul C. Schroy III**, MD, MPH, Boston University School of Medicine, ACS NCCRT Family History & EAO CRC Strategic Priority Team Co-Chair

Co-Facilitator: **Keith L. Winfrey**, MD, MPH, FACP, NOELA Community Health Center, ACS NCCRT Steering Committee

Learn more about our 2024 ACS NCCRT Annual Meeting **speakers** by reading their **bios**.

Early-onset colorectal cancer

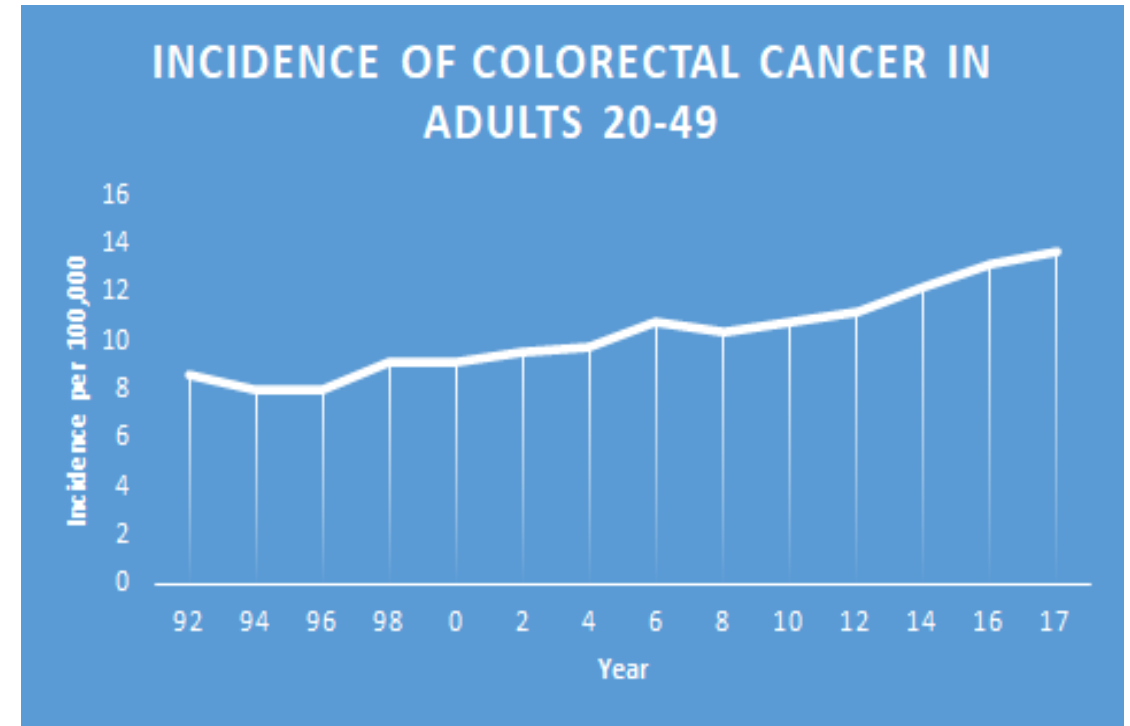NCCRT is moving its work into the continuum of CRC.

Early-onset CRC was identified as an area to sharpen our focus.

Notably, we've held one or more programs on the topic each year since 2017.

Rising incidence of colorectal cancer in adults <50

- Rising incidence of early-onset colorectal cancer
  - 17,930 new diagnoses, 3,640 deaths in US in 2020
  - By 2030, an estimated 11% of colon cancers and 23% of rectal cancers will occur in persons < 50*
- Median age at diagnoses has shifted from
  - 72 years in 2001-2002 to 66 years in 2015-2016
- Younger adults experience prolonged diagnostic delays
  - Adults under 50 wait an average of 217 days between symptom onset and diagnosis compared to 29.5 days for adults 50+

SEER Registry data 1992 - 2017

*Incidence trends are based on all available data during 1995 through 2016, covering 95% of the US population.

Red Flag Symptoms in adults younger than 50

- Systematic review of red flag symptoms (81 studies; 24+ million patients <50 years)
- Common presenting signs and symptoms (% pooled prevalence):
  - **Rectal bleeding: 45%**
  - Abdominal pain: 40%
  - Altered bowel habits: 27%
- Signs/ symptoms associated with higher early-onset CRC likelihood (estimate of association range)
  - **Rectal bleeding: 5.2 – 54.0**
  - Abdominal pain: 1.3 – 6.0
  - Anemia: 2.1 – 10.8
- Time sign/ symptom to disease diagnosis:
  - Mean: 6.4 (1.8 – 13.7) months (23 studies)
  - Median 4 (2.0 – 8.7) months (16 studies)

Demb et al. 2024

Today's goal

o Offer space to allow members to discuss, reflect, and help strategize how NCCRT is best poised to make a meaningful impact in this area.

o Ground rules
- Step forward/step back
- ELMO (enough let's move on)
- Parking lot out of scope ideas

Group Questions

- What are your initial thoughts / perspectives on this focus are for the NCCRT?

- What work in this area is already underway?

- What activities should the NCCRT take on to make a meaningful impact in this area? (specifically, to support primary care clinicians and health centers/health systems)

- Are there organizations that we are not already engaged with that could contribute to our learning and future work in this area?