

## Wellness & Support

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**Discuss your cancer situation with your loved ones.**

- Family and friends can help support your well-being.
- Share with your loved ones how they might be able to help.

**Your cultural background may influence your cancer care.**

- Tell your doctor about your needs, such as certain treatments or need for an interpreter.

## Your Rights as a Patient

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- To ask questions about your health, diagnosis, or treatment
- To ask for an interpreter
- To decide the right care for you
- For a list of patient rights visit: [ama-assn.org/delivering-care/ethics](http://ama-assn.org/delivering-care/ethics)

## ABOUT US

*The Patient COUNTS Program helps Asian American cancer patients through the use of patient navigators.*

**[patientcounts.ucsf.edu](http://patientcounts.ucsf.edu)**

## FOR MORE INFORMATION

**American Cancer Society**  
[cancer.org/cancer/colon-rectal-cancer](http://cancer.org/cancer/colon-rectal-cancer)

**National Cancer Institute**  
[cancer.gov/types/colorectal](http://cancer.gov/types/colorectal)

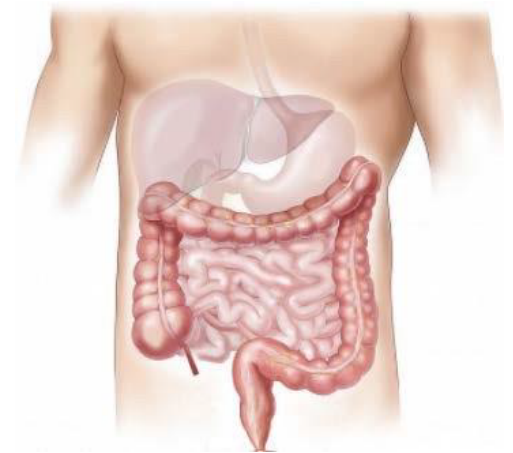
**UCSF Helen Diller Family Comprehensive Cancer Center**  
[cancer.ucsf.edu](http://cancer.ucsf.edu)

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# COLORECTAL CANCER

Information & Resources



**PATIENT  
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## What is Colorectal Cancer?

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Colorectal cancer is cancer of the colon or rectum. The colon and rectum are part of the digestive system.

## Stages of Colorectal Cancer

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**Stage 0.** The cancer has not spread.

**Stage 1.** Cancer has grown through a thick muscle layer and the tissue underneath.

**Stage 2.** Cancer has spread into the outermost layers of the colon and rectum and into nearby tissues and organs.

**Stage 3.** Cancer has spread to nearby lymph nodes.

**Stage 4.** Cancer has spread to other organs such as the liver and the lining of the abdominal cavity.

## TREATMENT OPTIONS

- **Surgery** removes cancerous tissues.
- **Radiation** uses x-ray beams to kill cancer cells.
- **Chemotherapy** uses medicine to kill cancer cells.
- **Immunotherapy** helps the immune system better destroy cancer cells.
- **Symptom management** (palliative care) focuses on providing relief from symptoms of cancer or side effects of treatment.
- **Clinical trials** may allow patients to try newly developed treatments ([clinicaltrials.gov](http://clinicaltrials.gov)).

## What Can I Do?

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### Tell Your Family

Family members of colorectal cancer patients may also be at risk of having colorectal cancer.

### Diet & Exercise

Eating a healthy diet and exercising regularly can help your body fight cancer and feel better.

### Alcohol

Not drinking alcohol may help reduce your risk of colorectal cancer.

### Smoking

Quitting smoking will help your treatment work better, your body recover, and lower your risk of getting additional cancers.

Call the Asian Smokers' Quitline

**English:** 1-800-NO-BUTTS

**Chinese:** 1-800-838-8917

**Vietnamese:** 1-800-778-8440

**[www.asiansmokersquitline.org](http://www.asiansmokersquitline.org)**