

# Colon Cancer



**UCSF** Helen Diller Family  
Comprehensive  
Cancer Center

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/patient-support-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 (MZ. Zion location is currently not open for walk-ins)

The complete list of Patient Education Resource Pages is available to view at <http://cancer.ucsf.edu/support/crc/patient-education-resources>

## Overview

The colon makes up the last six feet of the large intestines and absorbs water, electrolytes and nutrients from food and transports them into the bloodstream. Colon cancer is fairly common, affecting about 7 percent of the American population. Although it is a life-threatening disease, it is a highly curable form of cancer if found early. Regular check-ups and screenings are very important. Although the exact cause of colon cancer is unknown, certain risk factors have been identified that may increase your chance of developing the disease. Learn more about signs, symptoms, diagnosis, treatment, and other information at the link provided. Website: <https://www.ucsfhealth.org/conditions/colon-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

American Society of Colon and Rectal Surgeons “Colon Cancer”

Website: <https://fascrs.org/patients/diseases-and-conditions/a-z/colon-cancer>

ACS “Colorectal Cancer”

Website: <http://www.cancer.net/cancer-types/colorectal-cancer>



Cancer Support Community: “Frankly Speaking About Cancer: Metastatic Colorectal Cancer”

Website: <https://orders.cancersupportcommunity.org/>

National Cancer Institute “Colorectal Cancer Research Results and Study Updates”

Website: <https://www.cancer.gov/types/colorectal/research/articles>

National Comprehensive Cancer Network: “NCCN Guidelines for Patients” Colon Cancer”

Website: <https://www.nccn.org/guidelines/guidelines-detail?category=1&id=1428>

## Organizations

American Cancer Society (ACS) – Colorectal 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/colon-rectal-cancer.html> | Phone Number: 800.227.2345

Colorectal Cancer Alliance

CCA provides a wide variety of information for patients, family and friends. They offer programs focused on peer support, education and awareness.

Website: <http://www.ccalliance.org/> | Phone Number: (877) 422-2030

COLONTOWN

COLONTOWN is an online community of more than 120 private groups on Facebook for colorectal patients, survivors, and care partners. This is a “secret” Facebook page requires an application to join. Website: <https://colontown.org/> | Phone Number: (410) 881 3160

Fight Colorectal Cancer

Fight Colorectal Cancer provides those with colorectal cancer and their families with a resource library with a ton of helpful resources ranging from mental health resources to podcasts and videos. Other than educating patients and caregivers through webinars, blogs, publications, and podcasts, this organization also helps patients find clinical trials.

Website: <https://fightcolorectalcancer.org>

Medline Plus: Trusted Health Information for You

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

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/patient/colon-treatment-pdq>

## 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

## Books

The C List: Chemotherapy, Clinics and Cupcakes: How I Survived Colon Cancer **by Rachel Bown 2014**

The Colon Cancer Diet **by Dr. Christopher Maloney 2016**

When The Trip Changes: A Traveler's Advisory to Colorectal Cancer **by Carol Larson 2009**

*This information is intended to offer credible and reliable education resources for patients who want to learn more about their diagnosis. It is not intended to be a comprehensive list of all resources available.*



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