

HEAR *Health Evidence Awareness Report*

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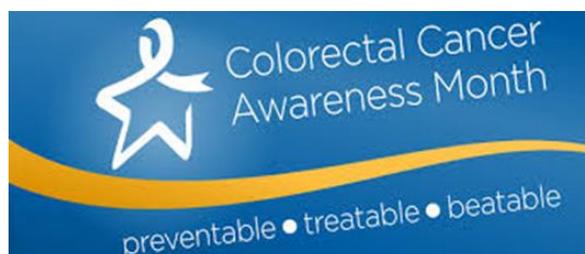
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Welcome! Focus on Bowel Cancer month. April 2016 *update*.

HEAR is the result of a collaboration between librarians in St. Vincent's University Hospital, the Health Service Executive, St. Luke's Hospital, University Hospital Limerick, St. Michael's Hospital, Temple Street Hospital, Milford Care Centre, St. Vincent's (Navan Road) and the Irish Blood Transfusion Service.

We have added some new content to last year's issue but the majority of the links included are still very relevant.

Unfortunately, it sounds as if talking



about bowel or colorectal cancer is still a cause of embarrassment and this can lead to problems in relation to its early diagnosis and treatment.

All your favourites are included: "Health Bytes" dietetics and nutritional information, Bibliotherapy for book recommendations, "Rapid Rounds" includes guidelines and

other important evidence-based papers aimed at healthcare professionals. We also have Health Awareness, Patient Education – including an "Easy Read option" – and much more.

To submit your comments or suggestions for future issues, please send your emails to: HEAR@hslg.ie

Did you know? Fast facts on Bowel Cancer.

BowelScreen offers free bowel screening to men and women aged 60-69 through a home test kit known as the faecal immunochemical test (FIT). However, "Low uptake of simple home test means late diagnosis of bowel cancer set to continue"

<http://www.cancer.ie/about-us/news/april-is-bowel-cancer-awareness-month-2016#sthash.rjkGtKCY.dpbs>

"Bowel Cancer is the one of the most common cancers in Ireland with 2,485 people diagnosed with the disease every year. - See more at: <http://www.cancer.ie/about-us/news/april-is-bowel-cancer-awareness-month-2016#sthash.rjkGtKCY.dpuf>"

National Cancer Helpline

Freephone

1800 200 700 to talk to a specialist cancer nurse.

It's open **Monday-Thursday** from 9am to 7pm and **Friday** from 9am to 5pm

HEALTH AWARENESS



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

The HSE has an 'A to Z' of common health conditions which is accessible at http://www.hse.ie/eng/A_to_Z/. A section on Bowel Cancer is available here: <http://www.hse.ie/eng/health/az/B/Bowel-cancer/>

Patient UK also has a patient information leaflet on Bowel Cancer. <http://www.patient.co.uk/health/bowel-colorectal-cancer>

Mayo Clinic: Colon Cancer Factual information, treatments etc. <http://www.mayoclinic.org/diseases-conditions/colon-cancer/basics/definition/con-20031877>

American Cancer Society: Colon Cancer Information and links <http://www.cancer.org/cancer/colonandrectumcancer/index>

Stories from the press...

Low uptake of bowel cancer screening and late diagnosis 'creating risk' <http://www.irishexaminer.com/ireland/low-uptake-of-bowel-cancer-screening-and-late-diagnosis-creating-risk-391128.html> *Irish Examiner*, Tuesday 5th April 2016.

"Can aspirin reduce bowel cancer risk?" The story behind the headlines is at: <http://www.nhs.uk/news/2016/03March/Pages/can-aspirin-reduce-risk-of-bowel-cancer.aspx>

Also, "Researchers investigate why obesity can trigger bowel cancer". <http://www.nhs.uk/news/2016/01January/Pages/Researchers-investigate-why-obesity-can-trigger-bowel-cancer.aspx>

Support Groups

[Irish Cancer Society](#)

[Colostomy Care Group](#)

[Irish Stoma Care and Colorectal Nurses Association \(ISCCNA\).](#)

[The Ileostomy & Internal Pouch support group.](#)

[Marie Keating Foundation](#)

[UK Colostomy Association](#)

HEALTH BYTES

Information and tips on diet after bowel cancer from Cancer Research UK

<http://www.cancerresearchuk.org/about-cancer/type/bowel-cancer/living/diet-after-bowel-cancer>

Murphy N: "[A Nested Case-Control Study of Metabolically Defined Body Size Phenotypes and Risk of Colorectal Cancer in the European Prospective Investigation into Cancer and Nutrition \(EPIC\).](#)" *PLoS Med.* 2016 Apr 5;13(4):e1001988

"A diet rich in veg and fish may reduce bowel cancer risk" NHS Choices UK

<http://www.nhs.uk/news/2015/03March/Pages/A-diet-rich-in-veg-and-fish-may-reduce-bowel-cancer-risk.aspx>

Books and Bibliotherapy

"[Understanding Colon Cancer](#)"
by A. Richard Adrouny

from Amazon.com:

"For the lay reader wishing to know more about this disease that has become more prominent in public attention, Understanding Colon Cancer gives concise information and explanation. It covers fundamental knowledge about occurrence, carcinogenesis, genetics, diagnosis, staging, prognosis, and treatment, as well as forecasting the kinds of diagnostic tests and treatments that may be developed."



Image: [HSE](#)

"[Counselling people with cancer.](#)"
Mary Burton, Margaret Watson

Counselling People with Cancer is a practical 'how to' book written by two eminent psychologists The book is intended primarily for health care professionals in regular contact with cancer patients and whose work involves a counselling element (Amazon.co.uk)

"[ABC of Colorectal Cancer.](#)"
Annie Young, Richard Hobbs
2011

"[Oxford Handbook of Oncology](#)"
Jim Cassidy 2010 (3rd Edition)
From Oxford University Press

"[I know someone with cancer](#)"
Sue Barraclough (junior collection)
Available from [Dublin City Libraries](#)

"[Understanding bowel cancer: a guide for people with cancer, their families and friends.](#)"
Cancer Council (Australia)
Download the full booklet from this link.

"Significantly lower uptake of FIT screening for colorectal cancer in men"

Nick Clarke
<http://www.ncri.ie/news/article/significantly-lower-uptake-fit-screening-colorectal-cancer-men>

RAPID ROUNDS

Tevlin, R., et al. "[Brain metastasis from colorectal carcinoma: a single cancer centre experience.](#)" Irish Journal of Medical Science (1971-) 184.3 (2015): 673-675.

Papadopoulos, Vassilis, et al. "[The prognostic significance of the Hedgehog signaling pathway in colorectal cancer.](#)" Clinical Colorectal Cancer (2016).

SUN B et al "[Curative effect of the recent photofrin photodynamic adjuvant treatment on young patients with advanced colorectal cancer.](#)" Oncology Letters. 2016;11(3):2071-2074. doi:10.3892/ol.2016.4179.

Bowel Cancer & Transfusion

Van Osdol, Andrew D., et al. "[Long-term outcomes of an integrated transfusion reduction initiative in patients undergoing resection for colorectal cancer.](#)" The American Journal of Surgery 210.6 (2015): 990-995.

Keeler, Barrie D., et al. "[A cohort Investigation of anaemia, treatment and the use of allogeneic blood transfusion in colorectal cancer surgery.](#)" Annals of Medicine and Surgery (2015).

Von Bormann, B et al. "[Blood transfusions and prognosis in colorectal cancer: long-term results of a randomized controlled trial.](#)" Annals of Surgery 261.5 (2016): e136.

Qiu, L et al. "[Impact of perioperative blood transfusion on immune function and prognosis in colorectal cancer patients.](#)" Transfus Apher Sci. 2015 Jul 20. [Epub ahead of print]

Colorectal surgery

Tashiro 2014. [Inferior oncological prognosis of surgery without oral chemotherapy for stage III colon cancer in clinical settings.](#) DOI 10.1186/1477-7819-12-145

Klos 2014. [Accordion complication grading predicts short-term outcome after right colectomy.](#) DOI 10.1016/j.jss.2013.11.1084

Tanaka 2014. [Randomized controlled trial comparing subcuticular absorbable suture with conventional interrupted suture for wound closure at elective operation of colon cancer.](#) DOI 10.1016/j.surg.2013.10.016

Steele 2014. [Time-dependent estimates of recurrence and survival in colon cancer: clinical decision support system tool development for adjuvant therapy and oncological outcome assessment.](#) PMID: 24887722

Contact your hospital/healthcare librarian if you have any difficulty locating full text for these or any other articles.

“Healthcare Librarians – making evidence evident”



Stage 1 bowel cancer is also called Dukes' A. As this is a very early stage cancer it has a high cure rate. 95 out of 100 men with stage 1 bowel cancer (95%) will survive for 5 years or more after diagnosis. And all women with stage 1 bowel cancer (100%) will survive for 5 years or more after diagnosis.
<http://www.cancerresearchuk.org/about-cancer/type/bowel-cancer/treatment/statistics-and-outlook-for-bowel-cancer>

Health Sciences Libraries Group
A section of the Library Association of Ireland.

Contact us:
HEAR@hslg.ie

Follow our blog:
<https://hslgblog.wordpress.com/>

Bowel cancer symptoms can include:

Blood in your bowel motion or bleeding from the back passage.

A lasting change in your normal bowel motion, such as diarrhoea or constipation (more than three weeks).

Feeling you have not emptied your bowel fully after a motion.

Pain or discomfort in your abdomen (tummy) or back passage.

Trapped wind or fullness in your tummy.

Weight loss for no reason.

Ongoing general tiredness or weakness.

A lump in your tummy area.

<http://www.cancer.ie/about-us/news/april-is-bowel-cancer-awareness-month-2016#sthash.MWxypouc.dpuf>

Guidelines

NICE (2014) [Colorectal Cancer: the diagnosis and management of colorectal cancer](#). NICE clinical guideline 131. Available at <https://www.nice.org.uk/guidance/cg131>

SIGN. (2011) Diagnosis and management of colorectal cancer. SIGN 126. Available at <http://www.sign.ac.uk/guidelines/fulltext/126/index.html>.

Glimelius B et al. [Rectal cancer: ESMO Clinical Practice Guidelines for diagnosis, treatment and follow-up](#). Ann Oncol. 2013 Oct;24 Suppl 6:vi81-8.

Van Cutsem E et al. [Metastatic Colorectal Cancer: EMSO Clinical Practice Guidelines for diagnosis, treatment and follow-up](#). Ann Oncol (2014) 25 (suppl 3): iii1-iii9.

Dunfield L, et al. [Protocol: Screening for colorectal cancer. 2013 \(revised 2014\)](#). Canadian Task Force.

NICE Guidelines CG118 (March 2011) [Colonoscopic surveillance for prevention of colorectal cancer in people with ulcerative colitis, Crohn's disease or adenomas](#).

NICE Colorectal Cancer Pathway (2016):
<http://pathways.nice.org.uk/pathways/colorectal-cancer>

Mental Health/Emotional Support

Holla, Jasmijn FM, et al. "[Utilization of supportive care by survivors of colorectal cancer: results from the PROFILES registry](#)." Supportive Care in Cancer (2016): 1-10.

Susie's Cause - psychological effects of colon cancer
<http://www.coloncancerfoundation.org/treatment/psychological.html>

Colon Cancer: coping and support (Mayo Clinic)
<http://www.mayoclinic.org/diseases-conditions/colon-cancer/basics/coping-support/con-20031877>

Easy Read/Accessible format

An easy guide to having a colonoscopy NHS
<http://www.easyhealth.org.uk/sites/default/files/An%20Easy%20Guide%20to%20Having%20a%20Colonoscopy.pdf>



Image: [Simon James](#)

Patient Education & Information

Bowel (Colorectal) cancer information

<http://www.patient.co.uk/health/bowel-colorectal-cancer>

BowelScreen – The National Bowel Screening Programme is a new, government-funded screening programme. Includes video on how to use the home screen test kit.

<http://www.bowelscreen.ie>

Colon Cancer - JAMA patient page . Risk factors, screening and additional links.

<http://jama.amanetwork.com/article.aspx?articleid=183082&resultClick=3#SCREENINGFORCOLONCANCER>

From Cancer.ie: how to recognise the signs and symptoms of bowel cancer.

<http://www.cancer.ie/reduce-your-risk/bowel-cancer-what-you-should-know//bowel-cancer-know-the-symptoms#sthash.hOiOzs76.dpbs>

“Living with a colostomy” from NHS Choices.

<http://www.nhs.uk/Conditions/Colostomy/Pages/living-with.aspx>

Living with a stoma (MacMillan Cancer Support). Watch Pat’s story, and access others on their online community link.

<http://www.macmillan.org.uk/Cancerinformation/Cancertypes/Colonandrectum/Treatingrectalcancer/Surgery/Livingwithastoma.aspx>

Patient leaflets

Irish Cancer Society - raising awareness of bowel cancer -

http://www.cancer.ie/sites/default/files/content-attachments/hp_bowel_campaign_leaflet.pdf

NCCN Guidelines for patients - Colon Cancer

<http://www.nccn.org/patients/guidelines/colon/index.html>

Screening for Colorectal (bowel cancer)

<http://www.patient.co.uk/health/screening-for-colorectal-bowel-cancer>

DISCLAIMER

This newsletter contains information about Bowel Cancer. The information is not advice and should not be treated as such.

This month’s issue was compiled by a collaborative group of health librarians. We are: **Joanne Callinan**, Milford Care Centre; **Marie Carrigan**, St. Luke’s Radiation Oncology Network; **Bernadette Colley**, Temple St. University Hospital; **Isabelle Delaunois**, University Hospital Limerick; **Catherine Dillon**, HSE; **Grace Hillis**, Daughters of Charity Disability Support Services; **Aoife Lawton**, Dr. Steeven’s Hospital; **Anne Madden**, St. Vincent’s University Hospital; **Margaret Morgan**, Midland Regional Hospital Mullingar; **Caroline Rowan**, St. Michael’s Hospital; **Niamh O’Sullivan**, IBTS.