

# Colorectal Cancer

## Information leaflet for patients

**This leaflet provides information to help you understand more about the tests, treatments and the care you can expect.**

**If you would like additional information or have any questions, please contact the Colorectal/Stoma Care Nurses on 01484 355062.**

### Colorectal Team

The doctor has explained that you have cancer of the bowel and that you will be offered treatment for this.

Your care and treatment will be managed by the Colorectal Team. The team is a group of health care specialists, led by a specialist in colorectal surgery, dedicated to providing a high quality service to patients who have bowel cancer.

The team meets regularly to discuss and make decisions about the treatment of individual patients. We also work closely with General Practitioners, District Nurses, Social Workers and other professionals who may be involved in your care.

### The aim of the Colorectal Team is:

- To ensure that all patients benefit from the range of expert advice and treatment available
- To keep you fully informed about all aspects of your care
- To provide as much (or as little) information as you feel you need. However, please bear in mind that we may not have all the answers, particularly during the early stages

### The nurses work closely with other members of the colorectal team and are able to provide:

- Information to enable patients to make choices about their care and treatment
- Support in clinic, on the ward or at home
- Provide a link to other members of the Colorectal Team
- Practical support and advice for patients who require a stoma

If you have any questions the Colorectal Nurse Specialist or a member of the team will be happy to discuss these with you.

## Key worker

Your key workers may change throughout your cancer journey.

Your keyworker is : .....

**You may contact your key worker at any time to discuss any aspect of your care or any problems you may have.**

The nurses work Monday to Friday 9am – 5pm and if they are unable to answer the phone please leave a message on the answer machine and they will call you back, however this may not be the same day.

## Colorectal Multidisciplinary Team

**Consultant Surgeon** who you met today is: .....

**Colorectal Nurse** who you met today is: .....

<b>Oncologist</b>	A cancer specialist who provides non surgical cancer treatments.
<b>Specialist Nurse</b>	A nurse who supports patients with cancer in both hospital and community settings.
<b>Radiologist</b>	A doctor skilled in interpretation of x-rays and scans.
<b>Gastroenterologist</b>	A doctor who specialises in diseases of the digestive system.
<b>Histopathologist</b>	A specialist who examines tissues under a microscope giving us important information about cancer.
<b>Palliative Care Team</b>	A team of specialist doctors and nurses who specialise in symptom control and psychological support.
<b>Research Nurse</b>	A nurse who explains clinical trials.

The team meets regularly to discuss and plan the most appropriate care for all their patients

## What is Bowel Cancer?

The tissues in the bowel are made up of cells. Each type of cell has special functions. However, they all grow, reproduce, age and die at a given rate.

For reasons we don't fully understand, during this process some cells can change and will act differently (become abnormal). These in turn produce more abnormal cells which form a growth on the inside of the bowel wall.

As a result of a long and complex series of changes the abnormal cells can sometimes become cancerous (**malignant**).

**Bowel cancer** is very common and affects men and women almost equally. There are about 42,000 cases diagnosed each year.

The cause of bowel cancer is still unknown, but we do know that the risk increases with age (95% of cases are people over the age of 50).

People with a strong family history have a slightly increased risk of developing the disease.

## **Bowel Cancer – How is it treated?**

The treatments for bowel cancer are:

- Surgery
- Radiotherapy
- Chemotherapy / Immunotherapy

You may require one, two or all of these treatments

The type of treatment you are offered is tailored to your individual needs, based on:

- Your symptoms
- Test results
- The stage of the disease
- What the MDT feels will be most beneficial to you
- Your own thoughts and wishes

The doctor will discuss this with you before any decision is made.

You will also be given the opportunity to discuss things further with the Colorectal Nurse Specialist, who can answer any questions you may have or clarify any points you are unsure about.

Your case will also be discussed at the Colorectal MDT meeting so that we can plan the most appropriate treatment.

**Where surgery to remove the cancer is not the best option, chemotherapy and/or radiotherapy may be used to slow down the growth of the tumour and reduce any symptoms. This is called Palliative treatment**

**To access our webpage please scan the QR code**



## Bowel Cancer

### What stage is the bowel cancer?

The growth of cancer is often described according to **T.N.M. Staging**.

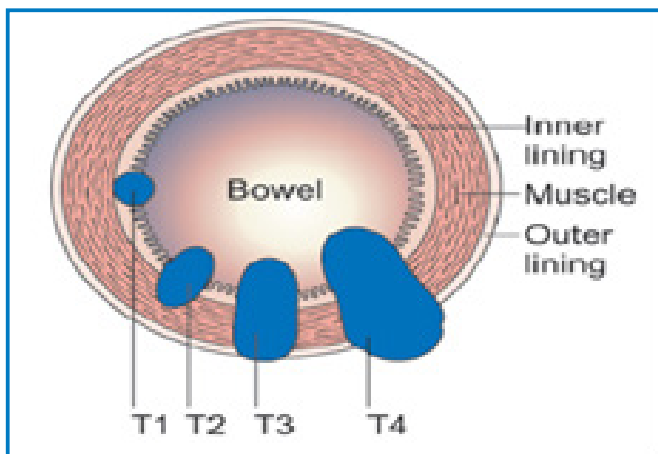
The Histopathologist determines this after examining the removed bowel under the microscope.

**T = Tumour size**

**N = Nodes**

**M = Metastasis (secondary of bowel cancer)**

	Extent of Cancer
T1 or T2 NO. MO	Cancer is confirmed within the bowel wall
Any T NO. MO.	Cancer has spread through the bowel wall but not to surrounding tissues
Any T.N1-2. MO	Cancer has spread to the lymph nodes around the area
Any T. Any N. M1	Cancer has spread to at least on other organ in the body



The predicted radiological stage of your bowel cancer is .....

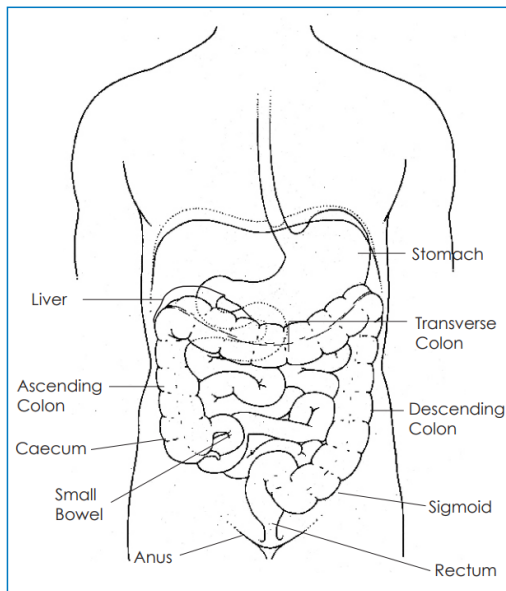
## The Digestive System

To help you understand the treatment it may help to have some knowledge of how your body works.

After food is swallowed, it passes down the gullet (oesophagus), to the stomach, where it is prepared for digestion. It then passes through the small bowel (ileum), where it is digested and nutrients are absorbed by the body. The waste then passes into the large bowel (**colon**).

The **colon** is about 1.5 meters (4-5 feet) in length. It's main functions are absorbing water and salts from the waste and the removal of the waste from the body. The waste is referred to as stools, motions or faeces.

## The Abdomen and Digestive System



## Notes and Plan

A large, empty rectangular box intended for handwritten notes and a plan related to the digestive system.

## Notes and Plan

## Team Members

They can be contacted by email on [colorectal.stoma@nhs.net](mailto:colorectal.stoma@nhs.net)

### **Colorectal Nurse Specialist**

#### **Team Lead**

Helen IIsley

### **Colorectal Nurse Specialists**

Michelle Speight

Sarah Knight

Ann Binns

Tracy Woods

Lisa Diamond-Haigh

### **Colorectal Health Care Assistant Specialists**

Debbie Armitage

Tina Maximen

### **Colorectal Care Co-ordinator**

Vanessa Whitwam

### **Administration Clerk**

Tracy Maddox

## Macmillan Information Centre

When you are affected by cancer, having the right kind of information at the right time is essential. If you have concerns about:

- Finances
- Need emotional support
- Feel that family members need support
- Or have any practical issues at home

The Jayne Garforth Cancer Information Centre in the Macmillan unit at Calderdale Royal Hospital and The Cancer Information Resource Room within the Greenlea Unit at Huddersfield Royal infirmary provide a confidential, drop-in service for anyone affected by cancer.

We also offer referral to other support services, signposting to self help and support groups and links within your local Community.

### For more information please contact:

Macmillan Unit Calderdale Royal Hospital – 01422 222709

Greenlea Unit Huddersfield Royal Infirmary – 01484 343614

### Other useful contacts:

Colorectal Stoma Care Nurses Halifax and Huddersfield	01484 355062
Hospital switchboard – Calderdale Royal Hospital	01422 357171
Hospital switchboard – Huddersfield Royal Infirmary	01484 342000
Macmillan Cancer Information Service at Calderdale Royal Hospital	01422 222709
Cancer Information Service at Huddersfield Royal Infirmary	01484 343614
District Nurses Kirklees	0300 304 5555
District Nurses Calderdale	01422 652 291
Single point of access for patient in Calderdale and Huddersfield	01924 316830
Gateway to Care Kirklees	0300 304 5555
Gateway to Care Calderdale	01422 393000

<p><b>Urostomy Association</b> 01223 910854 <a href="http://www.urostomyassociation.org.uk">www.urostomyassociation.org.uk</a></p>	<p><b>Ileostomy Association</b> 0800 018 4724 <a href="http://www.iasupport.org">www.iasupport.org</a></p>
<p><b>Crohn's and Colitis UK</b> 0300 2225700 <a href="http://www.crohnsandcolitis.org.uk">www.crohnsandcolitis.org.uk</a> <a href="mailto:helpline@cronsandcolitis.org.uk">helpline@cronsandcolitis.org.uk</a></p>	<p><b>Colostomy Association</b> <a href="http://www.colostomyuk.org">www.colostomyuk.org</a></p> <p>General enquiries 0118 9391537 9am – 5pm</p> <p>0800 328 4257 24 Hours stoma helpline</p>
<p><b>The IBS Network</b> 0114 2723253 <a href="http://www.theibsnetwork.co.uk">www.theibsnetwork.co.uk</a></p>	
<p><b>Bowel Cancer UK</b> 0800 707 6060 <a href="mailto:admin@bowelcanceruk.org.uk">admin@bowelcanceruk.org.uk</a> <a href="http://www.bowelcanceruk.org.uk">www.bowelcanceruk.org.uk</a></p>	

**If you have any comments about this leaflet or the service you have received you can contact :**

The Macmillan Unit  
Calderdale Royal Hospital

Telephone No: (01422) 222700

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ طرزبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"