

Observational study on Colorectal Cancer in UAE, 9 years study 2012-2021

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Introduction:

The incidence of colorectal cancer is increasing in the gulf area and it is the second killer cancer in UAE in 2017. In UAE the data showed average age for colorectal cancer to be 51 years, 59% were men and 41 % were women.

Objectives:

In the Emirate of Abu Dhabi the Health Authority of Abu Dhabi (HAAD) instituted colon cancer prevention program in 2013 including primary preventive strategies by education, weight control & exercise and secondary prevention strategies by either colonoscopy or fecal immune testing starting at age 40-75. Our center ACDS advanced center for day care surgery in Abu Dhabi UAE, colonoscopies in 9 years period done for multiple indications are reviewed.

Results:

Outcome study: 2012-2021 (single center experience ACDS)
Of 9645 colonoscopies performed for multiple indications, 2557 polyps seen, 26% 841 Colon adenomatous Polyps were detected 8.7%. 139 cancers were detected during this period 1.4 % of total colonoscopies, age range 29-81 years, 29.5% below 50 years, 22% below age 40.

Conclusion:

Colorectal cancer affects younger populations.

The implications for the screening program is to review the screening age and possibly starting at younger ages.

key words colorectal cancer, colon polyps, colorectal cancer screening in UAE.