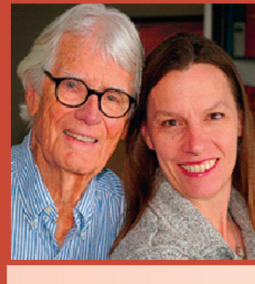


HEALTH CORNER



Large Bowel Cancer in Younger People on the Rise

By W. Gifford-Jones MD and Diana Gifford

New statistics published by the American Cancer Society should be alarming. The numbers point to an increase in colon malignancy in people in their 20s, 30s and 40s. Yet, there's been a decrease in large bowel cancer among those over the age of 65. In people under 50, the rate has been increasing by about two percent a year since

the 1990s.

This data goes against a basic law. Most malignancies occur in older people, and this has been true of colon cancer. This new data sends up a red flag that should not go unnoticed. Moreover, this is not just a North American trend. Large bowel cancer is on the also rise around the world. The question is, why has this occurred.

Colon cancer is now the leading cause of cancer-related deaths for men under the age of 50. And it's the second leading cause for women under 50 years of age.

Large bowel cancer and rectal cancer are often linked together. And there is evidence that this increase may be related to an increase in rectal cancer. But it does not totally explain the increase.

Do genes play a role in the earlier onset of malignancy? A family history of the problem is a factor for some people. For others, doctors have suspected that cell mutations may be the driving force. The presence of large precancerous polyps in the colon means a greater risk. But questions remain about why there is a rise in large bowel cancer among younger people.

Could it be that changing lifestyles all over the world play a role? Despite talk of healthier diets, people are eating more red meat than ever – up over 10% in the last decade and more of it consumed after processing into convenient foods. People are eating other highly processed foods, downing too much sugar, and binge drinking alcohol. Researchers have shown that some individuals have good bacteria in their intestines, others bad bacteria. There are also questions about nonsteroidal anti-inflammatory drugs. These pain killers may have an adverse effect on the gut.

Clusters of malignancies are seen in some areas. In southern Mississippi, people living near chemical plants are exposed to trace elements such as nickel, arsenic, and chromium. Could these potentially toxic materials be associated with the increase in cancer?

Researchers are also aware of another pandemic, and not a viral disease lasting just three years. It's the much worse global crisis of obesity, a long-enduring pandemic. The increase in obesity mirrors the increase in malignancies. But not all patients with colon cancer are overweight.

Experts contend there is no single smoking gun responsible for cancer. Multiple risk factors need to be addressed.

What can people do to decrease the risk of dying from colon cancer? People need to assist their doctors with early diagnosis. First, never assume rectal bleeding is due to hemorrhoids.

Second, colonoscopy is the only way to rule out malignancy. This requires laxatives that clean the bowel of fecal material. Then doctors insert a lighted instrument to examine the large bowel. This can be done under full anesthesia or with medication to relieve the minimal discomfort.

Please, do not listen to scaremongers saying colonoscopy is a painful procedure. It's better labelled a discomfort. Sedation-free procedures are safe, and people can return to normal activities right away.

How many people with rectal bleeding have said, "No one is going to a colonoscopy on me," and now are dead? Dying from a metastatic colon malignancy is many times more painful than the temporary discomfort of a colonoscopy. Don't make this terrible mistake.

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WHY???

from Wayne & Tamara

I met Sean a year and a half ago in a crowd of 50,000 people. We struck up a conversation and really hit it off. He gave me his number, which I forgot. I thought about tracking him down, but figured if it was meant to be we would meet again. Three weeks later I got a phone call from him, and we have been together ever since, until about a month ago.

I left my friends and my life that I was used to. Everything was fantastic, we were in love, we thought we were going to get married. We just mentioned it a few times, but it wasn't really a topic of conversation. Anyway, something changed in Sean two months ago. He didn't cheat that I know of, but in a week's time he broke up with me, demoted himself from a high ranked position at his job, and became depressed. He went to the doctor and is doing better now, but I am confused. How can everything be so great and all of a sudden he changes his mind about everything in his life? He still likes to have sex and hang out with me sometimes, but doesn't have any interest in getting back together. I need to stop showing interest in him, I think, and get on with my life, but I am having a hard time doing this. Why is he acting this way, and is there any way we will be together again?

Jessica

Jessica, most people never find out the true why behind another's actions. Everyone wants the imaginary 'closure,' but the closure they want is to have what they want. That is why almost no one gets closure. As a psychological concept, closure doesn't work. When a relationship ends, people don't want to learn why, they want to learn why not. They want to fix it. But if a man used a woman for sex, how will learning the truth give her closure? If a woman never loved the man, how can that truth give him closure? You are not in a relationship with Sean, but he is having sex with you. He sounds like somebody with a plan for himself. Friendship sex is not in your best interest. You need to stop having sex with him and move on. Asking why only traps you.

Wayne & Tamara

Winnowing

I am a female, 19. I am more mature than my age, and sometimes I feel I am trapped with an old soul in a young body. I fell in love with a man, 38. We were in a long-distance relationship for six months, but two months ago we decided I would move to New York to be with him and build my life there. We had a bad time. I couldn't find myself, and he was occupied with his business. I was very unhappy and we argued constantly. Now I am back in Israel, and he is there. He decided it would be easier for me to build my life here, and it would be good for us to take a break. He is afraid I might regret marrying him because I haven't experienced life yet. Is this kind of relationship possible, or am I holding on to something which is doomed from the start? Leah

Leah, why do you need to mention age difference or other factors? When you were with him in New York, you were unhappy and argued constantly. Why can't that be the truth of the matter? You gave it a try, it didn't work, he pulled away.

Every man is not your future husband. Most men you will date until you see the relationship isn't going anywhere. That's what dating is all about—not snaring a man, but separating the wheat from the chaff. He's chaff. You're looking for wheat. Keep sifting.

Wayne & Tamara

SEND LETTERS TO: Directanswers@WayneAndTamara.com

Wayne & Tamara are the authors of *Cheating in a Nutshell* and *The Young Woman's Guide to Older Men*—available from Amazon, Apple, and booksellers everywhere.

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STICK & STONES

By Rosaldo Russo

Allow me to begin this column by thanking the Oshawa/Central newspaper for allowing me the opportunity and access to the press. Not to many if any allow an average person like me to tell the world what I see and think. In my opinion. The Editor/Publisher is a real upstanding type of guy. He shoots from the hip and hold traditional core values.

My name is Rosaldo Russo. I came to this great country to make a better life for myself and my family. I thank Canada for everything it has allowed me to do and earn. I worked construction all my life. I know the value of hard work and honesty. I remember as a boy my father always telling me to work hard and buy land. So I did.

I remember days when I did not have enough to eat. I go to work... but I did not wait for hand outs. I rounded up my pride and my determination to succeed and went to work. In those days the only benefits we received was the fact we were employed.

Before retiring I was the owner and operator of local material supply company that allowed me to retired without worry. Now that I have time to enjoy life. I look around me and have some concern for future generations. I see that the world is finished.

I was watching CNN and almost fell off my chair. CNN reported that in the U.S. university entrances were being blocked by Pro-Palestine supporters. I could not believe my eyes. Watching the video... Palestine students/supporters blocking Jewish students from entering libraries and study halls.

I still can't stop shaking my head. 1st and foremost. The Palestinian people/Hamas was the one that costed the first stone. Now, they are getting their ass handed to them and they dare cry victim. 2nd. The attack on the Israeli was not against military assets. It was against the average people. Killing and raping at will. Now, here in North America we have to listen to these savages cry victim. Release the dam hostages.

No. I am sorry for the suffering of common people. But, enough is enough. We are not animals. We are not haters. These people have proven to have such hate for another human being that they have no problems killing at large.

These demonstrators have no right to occupy shit in Canada or the U.S. They have no right to continue the same practices of open prejudice against another people.

Come on people. Enough is enough. The Hamas movement is about hate. Using the Palestine people as shields... or worst... if we are to think on the dark side that all Palestinians support the practices of Hamas.

We can't tolerate such hate in Canada or the U.S. We have to stop these people at all cost before they pick up momentum. We go hard against white supremacist. Why are we not going as hard against these savages that kill non-military, innocent civilians.

This is wrong. This has to be stopped. In the U.S. case. Where is the campus security. Where is the police. INS Internal National Security. Round up the demonstrators and don't arrest them... Send them back. Enough is enough.