

## **Am Looking Older Than My Peers; A Late Diagnosis of Ascending Colonic Tumour; Case Report**

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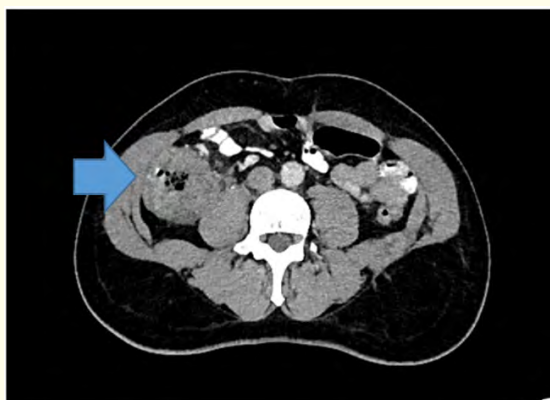
### **Abstract**

A 61 year old male patient has been complaining of looking older than his peers for about 3 years. He self referred to different hospitals in search of the cause and the response among the clinicians was negative for the cause. His quest was never met, until when diagnosed to have low HB of 8 g/dl after a period of 3 years, in search for the cause of anemia colonoscopy and CT scan revealed to have circumferential narrowing of the ascending colon with local mesenteric and lymph nodes invasion. After right hemicolectomy, histological examination demonstrated moderate differentiated adenocarcinoma and currently the patient is undergoing intensive chemotherapy. Therefore, this case is important in creating awareness on this important but seemingly silent sign of accelerated aging than normal.

**Keywords:** *Anemia Colonoscopy; CT Scan; Lymph Nodes Invasion*

### **Introduction and Case Report**

A 61 year old male patient has been complaining of looking older than his peers for about 3 years. He self referred to different hospitals in search of the cause and the response among the clinicians was negative for the cause. His quest was never met, until when diagnosed to have low HB of 8 g/dl after a period of 3 years, in search for the cause of anemia colonoscopy and CT scan revealed to have circumferential narrowing of the ascending colon with local mesenteric and lymph nodes invasion. After right hemicolectomy, histological examination demonstrated moderate differentiated adenocarcinoma and currently the patient is undergoing intensive chemotherapy. Therefore, this case is important in creating awareness on this important but seemingly silent sign of accelerated aging than normal.



**Figure:** *The arrow shows colonic bowel wall thickening with subtle adjacent mesenteric lymphadenopathy.*

## Discussion

The risk of developing colorectal cancer usually increases with age and peaks after 50 years old [1]. And studies have showed that colorectal cancer exists in women at older age than men difference in colorectal cancer [2,3].

Generally, a four-to ten-year age difference by gender has been reported, with female incidence higher in the age range of 70-74 and male incidence higher in the age range of 60 - 64 [4,5].

In most developing countries, diagnosis occurs at a relatively younger age than in developed countries [6].

Physical inactivity has been linked to obesity and obesity is a risk factor associated with colorectal cancer [7].

The prevalence of obesity in Tanzania is high especially among women and people with high socioeconomic status [8,9].

Several biologic mechanisms have been suggested to explain the association between obesity and CRC. Circulating estrogens and decreased insulin sensitivity as a result of abdominal adipose tissue were related to increased colorectal cancer levels [10].

Cigarette smoking is linked to colorectal cancer especially depending on the number of cigarette -smoked, length of exposure and age of initiation in which all these pose a high risk trajectory of the disease [11].

Cigarette smoke contains more than 60 carcinogens and free radicals which may affect the colorectal mucosal and thereby heightening the alteration of cancer related genes [12].

Alcohol especially regular intake is associated with risk of developing colorectal cancer [13]. Reactive metabolites of alcohol such as acetaldehyde are thought to be carcinogenic.

Additionally, alcohol has been linked to the production of prostaglandins, lipid peroxidation, and the generation of free radical oxygen species [14].

Tanzania reports the prevalence of current alcohol consumers to be between 23% and 37% in males and between 13% and 23% in females [15].

More than 40% of adults in Tanzania consume alcohol [16] with local brews accounting for about 86% of all alcohol consumed [9].

According to WHO and other Scientific international organizations and researchers have put forward that people who eat inadequate fruits and vegetables are at higher risk of colorectal cancer [10-12,17,18].

## Conclusion

The reported case brings up one important findings of looking older than the peers in males aged between 60-64 years meaning sagging of skin and reduced muscle power. Such complaints should be an eye opener for clinicians to look for the risk factors, discussed above such that the diagnosis does not wait for 3 years.

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