

UGM FKKMK Conducts Community Service for Early Detection of Colorectal Cancer

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The Faculty of Medicine, Public Health, and Nursing UGM conducts community service in Bangunjiwo Village, Kasihan District, Bantul Regency. The UGM FKKMK team consisting of dr. Adeodatus Yuda Handaya, Sp.B-BKD, dr. Mardiah Suci Hadiananti, Ph.D., Sp.PAK and dr. Hanggoro Tri Rinonce., Ph.D., Sp.PAK managed community service by holding a workshop on Colorectal Cancer Detection Village: Introduction, Prevention, and Early Detection.

The workshop participants were parents of health cadres at Puskesmas Kasihan 1, Bantul. Hopefully, this workshop can increase the comprehension of colorectal cancer, which has not become the public's concern until now.

"This cancer continues to coincide with breast cancer and cervical cancer. It's just that many people do not pay much attention to this colorectal or colon cancer," said Hanggoro Tri Rinonce in Bangunjiwo Village, Kasihan, Bantul on Tuesday (25/8).

Meanwhile, dr. Adeodatus Yuda Handaya, Sp.B-BKD in front of the health cadres, maintained that the key to colon tumor or colorectal cancer does not lie in surgery. Still, the most important thing is how to detect the symptoms of this cancer early.



"The most important thing is how people can recognize the symptoms so that medical allies can soon take the right action," he said.

He explained that the growth of colorectal cancer or colon cancer is due to unhealthy living habits such as being accustomed to drinking alcohol, active smoking, obesity or overweight, lack of physical activity, and high fiber.

According to him, many factors influence the risk of colorectal cancer, including gender, family history, smoking habits, with a low-risk score of 0-1, 2-3 moderate risk, and 4-7 high risk. Meanwhile, people need to be vigilant about symptoms such as frequent flatulence, discomfort, bowel movements accompanied by mucus and blood, and weight loss of 10 kg in 3 months.

"Therefore, it is necessary for the doctor to explore history and disease as well as risk factors and soon conduct the examination of the stomach and nose odors. There should also be blood tests. Not less important, there should be screening through an early detection program for colorectal cancer," he said

Yuda added that people could minimize the risk of colorectal cancer by doing regular exercise every day. Also, it is highly recommended to increase the consumption of vegetables and fruit, reduce consumption of red meat, reduce smoking, reduce alcohol and carbonated drinks.

"We have to prevent this cancer, we have to be aware of it, and if we find someone has this cancer, we must take action quickly. The importance of understanding colorectal cancer is to avoid risks at an early stage, and be able to treat it appropriately," Yuda added.

dr. Mardiah Suci Hadiani, Ph.D., Sp.PAK also conveyed the same opinion. According to her, efforts to prevent colorectal cancer means trying to lessen the possibility of risk factors for colon cancer.

"You can lessen the possibility of colon cancer risk factors by avoiding a lifestyle that is at risk of this cancer, including smoking, alcohol consumption, high-fat foods, lack of exercise or physical activity," she added.

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