

Colorectal Cancer Is Becoming a Disease of the Young

Clinicopathological profile of over 500 early-onset patients from Khyber Pakhtunkhwa and Afghan populations: a tertiary cancer centre experience

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EARLY-ONSET CRC

n = 552

THE PROBLEM

Young patients are being diagnosed late.

Early-onset CRC (diagnosed before age 40) is rising worldwide. Symptoms are often blamed on benign causes, and younger patients sit outside screening. Pakistan has no organised CRC screening programme, and local data are scarce and mostly from small single-centre series.

AIM & METHODS

- Aim:** describe clinicopathology of early-onset CRC at a tertiary cancer centre
- Retrospective, single-centre observational study
- Extracted: demographics, site, stage, histology, grade, treatment, follow-up
- Descriptive statistics; Kaplan-Meier survival estimates

552

patients

70.7%

male (390)

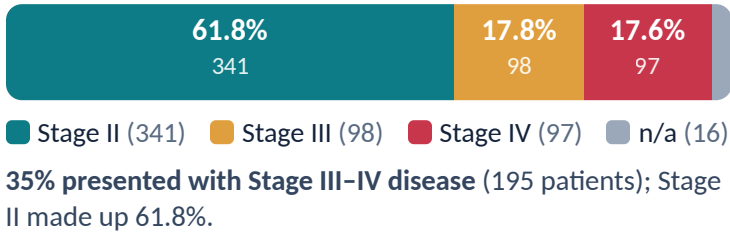
76.4%

rectal primaries

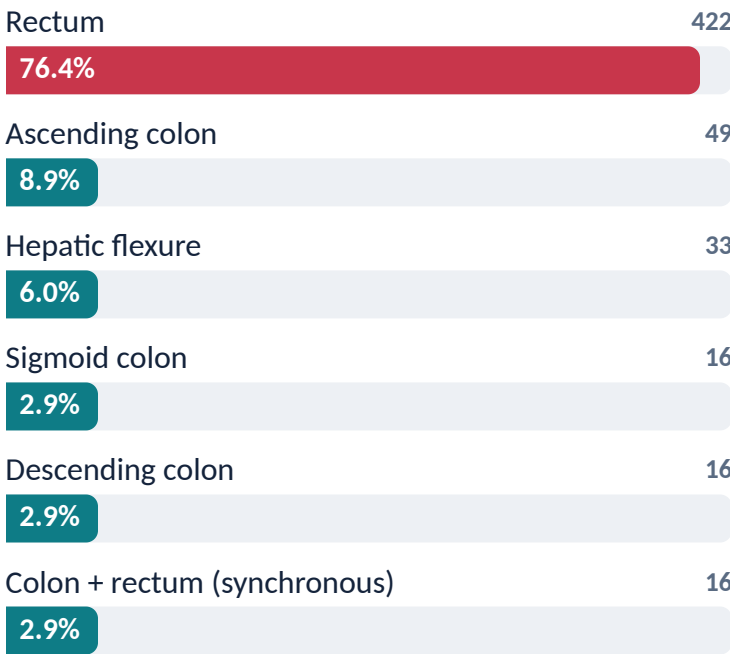
36

months median follow-up

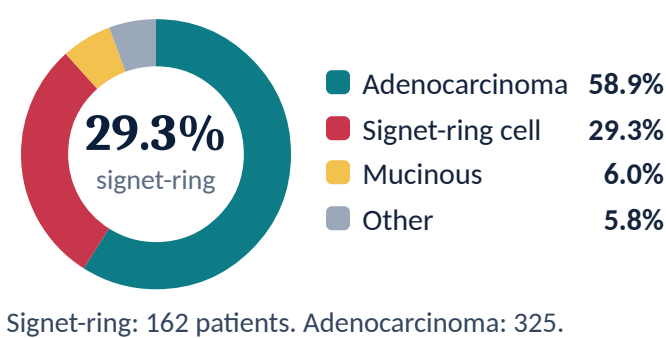
STAGE AT DIAGNOSIS



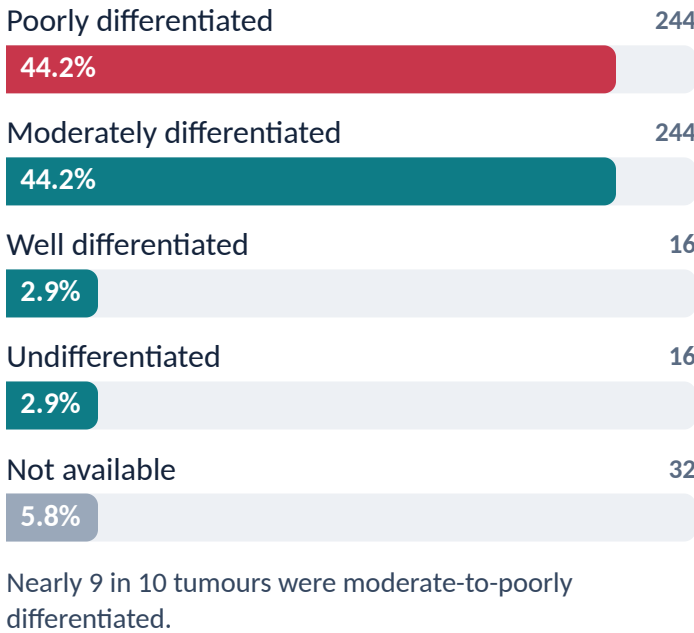
TUMOUR SITE: A RECTAL DISEASE



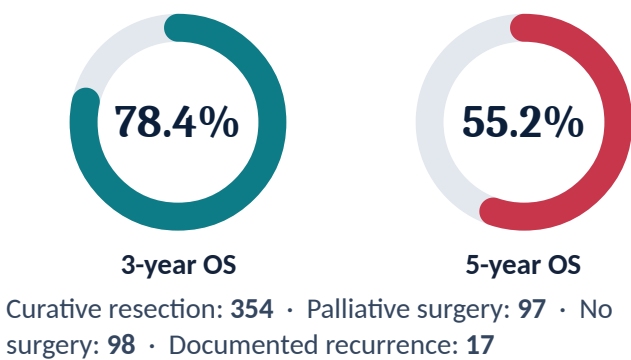
HISTOLOGY: UNUSUALLY AGGRESSIVE



TUMOUR GRADE



TREATMENT & SURVIVAL



TAKE-HOME

- Rectal, male, advanced:** the typical young CRC patient here
- Aggressive biology:** 1 in 3 signet-ring; 88% moderate-to-poor grade
- Earlier recognition:** alarm symptoms in young adults need prompt work-up and referral
- Next:** risk-based screening and multicentre prospective studies

LIMITATIONS

- Retrospective and single-centre
- Descriptive only: no older-patient comparison, so the young-onset trend itself cannot be tested
- Stage or grade missing in 3-6%
- Family history and risk factors not analysed