Press Release

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Colorectal cancer screening should start at 45, new research shows

(Barcelona, October 30, 2017) Screening for colorectal cancer (CRC) should begin at 45 years of age to match rising mortality rates in young adults, research presented today at the 25th UEG Week Barcelona reveals1.

Scientists in France analysed 6,027 colonoscopies and found a 400% increase in the detection of neoplasia (the new, uncontrolled growth of abnormal tissue) in patients aged between 45-49 in comparison to patients aged 40-44. The neoplasia detection rate was also 8% higher in people aged between 45-49 than it was between 50-54, leading to calls for CRC screening programmes to begin at 45 years of age.

The mean number of polyps (growths on the inner lining of the colon that can turn cancerous if left untreated) and the adenoma detection rate (proportion of individuals undergoing a colonoscopy who have one or more adenomas detected) also increased by 95.8% and 95.4% respectively between the 40-44 and 45-49 age groups. This was far more substantial than the increase between the 45-49 and 50-54 age groups, which was 19.1% and 11.5% respectively.

Lead researcher, Dr David Karsenti, who will present the findings for the first time today at UEG Week, explains; “These findings demonstrate that it is at 45 years old that a remarkable increase in the colorectal lesions frequency is shown, especially in the detection rate of early neoplasia. Even when patients with a familial and personal history of polyps or cancer are excluded from the findings, there is still a noticeable increase in detection rates in patients from the age of 45.”

CRC is the second most common cause of cancer-related death in Europe, killing 215,000 Europeans every year2, with research recently revealing that three in ten CRC diagnoses are
now among people younger than 55\textsuperscript{3}. There is strong evidence to demonstrate that screening for CRC reduces incidence and mortality rates, yet there are vast inequalities in CRC screening across Europe with both organised and opportunistic schemes, different types of tests and varying participation and detection rates. Despite the dramatic rise of CRC in young adults, the vast majority of screening programmes throughout Europe commence between the ages of 50 and 55, with some not beginning until the age of 60.

Dr Karsenti adds “Regardless of the type of screening that is in place, the results of our research strongly indicate that screening for colorectal cancer should begin at the age of 45. This will help us to increase the early detection of colorectal cancer in young adults and also enable the identification and safe removal of polyps that may become cancerous at a later date.”

<table>
<thead>
<tr>
<th>Age Range</th>
<th>&lt;30</th>
<th>30-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
<th>50-54</th>
<th>55-59</th>
<th>60-64</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean Number of Polyps</td>
<td>0.1</td>
<td>0.2</td>
<td>0.27</td>
<td>0.24</td>
<td>0.47</td>
<td>0.56</td>
<td>0.59</td>
<td>0.78</td>
<td>0.9</td>
<td>0.97</td>
<td>0.96</td>
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<tr>
<td>Adenoma Detection Rate</td>
<td>2.8</td>
<td>9.9</td>
<td>15.4</td>
<td>13.3</td>
<td>26</td>
<td>29</td>
<td>32.1</td>
<td>39.1</td>
<td>40.4</td>
<td>46.6</td>
<td>46</td>
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<tr>
<td>Neoplasia Detection Rate</td>
<td>0.3</td>
<td>1.1</td>
<td>1.5</td>
<td>0.78</td>
<td>3.9</td>
<td>3.6</td>
<td>4.1</td>
<td>5</td>
<td>5.7</td>
<td>6.5</td>
<td>6.2</td>
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</table>

References

Notes to Editors
Download our leaflet – Colorectal Screening Across Europe – for further insight into screening in your country and across the continent.

For further information, or to arrange an interview with Dr Karsenti, please contact Luke Paskins on +44 (0)1444 811099 or media@ueg.eu

About Dr David Karsenti
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About UEG Week
UEG Week is the largest and most prestigious gastroenterology meeting in Europe and has developed into a global congress. It attracts over 14,000 participants each year, from more than 120 countries, and numbers are steadily rising. UEG Week provides a forum for basic and clinical scientists from across the globe to present their latest research in digestive and liver diseases, and also features a two-day postgraduate course that brings together top lecturers in their fields for a weekend of interactive learning.

About UEG
UEG, or United European Gastroenterology, is a professional non-profit organisation combining all the leading European societies concerned with digestive diseases. Together, its member societies represent over 22,000 specialists, working across medicine, surgery, paediatrics, gastrointestinal
oncology and endoscopy. This makes UEG the most comprehensive organisation of its kind in the world, and a unique platform for collaboration and the exchange of knowledge.

To advance standards of gastroenterological care and knowledge across Europe and the world, UEG offers numerous activities and initiatives, including:

- **25th UEG Week**, celebrate with us at our jubilee meeting, the biggest congress of its kind in Europe, and one of the two largest in the world
- **UEG Education**, the universal source of knowledge in gastroenterology, providing online and classroom courses, a huge online library and delivering the latest GI news, fostering debate and discussion
- **Activity Grants**, funding Live Educational Events, Online Courses and Standards & Guidelines Initiatives organised by UEG Member Societies and other providers.
- **UEG Journal**, 10 issues per year covering translational and clinical studies from all areas of gastroenterology
- **EU Affairs**, united for digestive health in Europe – prioritising Gastroenterology on the EU health agenda

Find out more about UEG’s work by visiting [www.ueg.eu](http://www.ueg.eu) or contact:
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