

Colorectal Cancer Awareness and Attitude among Adult, Al-Dammam, Saudi Arabia

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FYWY]jYX'XUhY.' June 06, 2016; 5WYdYX'XUhY. October 20, 2016; 'DiV'g\YX'XUhY. October 25, 2016

adult healthy individuals in Eastern Province of Saudi Arabia. The main point of the current study was to increase the level of awareness of CRC to establish a link between the public, health centers and institutions to spread the awareness of CRC.

GYhh]b['UbX'XYg][b. Survey/questionnaire.

DUh]Ybhg'UbX' aYh\cXg. Random, adult individuals 18 years old or more in Al-Dammam, approach to participate in a questionnaire about CRC. The questionnaire (either paper or electronic) and the questionnaire were developed in the Arabic language. Data were analyzed based on including age, gender, marital status, and level of education, to determine if there are any differences.

GhUh]gh]WU'`UbU'mg]g. Data were analyzed using Statistical Package for Social Sciences version 20.0.

FYgi`hg. In total, 402 respondents completed the survey. Most respondents believe that colorectal cancer should begin before the onset of the symptoms (70%). Less than 30% of all respondents believe that eating red meat is a risk factor for CRC, diabetes (18%), and family history (53%). Their answers were analyzed based on education level. Even though, there were some misconceptions in more educated people.

7cbW'ig]cb. Although older individuals and those with higher education tended to answer more often, there is a need to improve the knowledge about the disease and its screening tests to encourage them to go through these tests. A national education program in Saudi Arabia is needed to improve CRC knowledge.

?YmkcfXg. Colorectal cancer; CRC screening; Colon polyps; Colon ulcer; Cancer

Introduction

Colorectal cancer (CRC) is a cancer that starts in the colon or the rectum. These cancers also can be named colon cancer or rectal cancer, depending on their site. Colon and rectal cancer are often grouped together because they have almost the same features [1]. The incidence of colorectal cancer has become an increasingly recognized disease. Although participation in screening campaigns [2], the benefits of screening programs are potential barriers for active participation.

Geographic differences for CRC incidence explained by dietary and other environmental exposures [13]. This information is provided by some researches of migrants moving from low-risk to high-risk areas [14]. A higher risk of CRC was found in consuming a low fiber diet [15] and rich in meat [16] and fat, [17] physical inactivity, and excess body weight [18]. Non-dietary causes include genetic predisposition [19]. Since the incidence of CRC in Saudi Arabia is high, the aim of this work is to determine the level of knowledge and attitude of CRC and its risk factors among people who are living in Al-Dammam city, Kingdom of Saudi Arabia.

Materials and Methods

Study design and study population

A quantitative, cross sectional study, carried out with random selection, adult individuals 18 years old or more in Al-Dammam, Saudi Arabia. They were approached to participate in a questionnaire about CRC. The questionnaire (either paper or online), consent forms, and the questionnaire were developed in the Arabic language following a standard format [20]. The permission was taken from the College of Medicine, King Faisal University, in Saudi Arabia.

Statistical analysis

Data were analyzed using Statistical Package for Social Sciences version 21 [SPSS v21]. Descriptive statistics: Means, standard deviation, frequencies and percentage. Categorical values were compared by Chi-square test to find an association.

Results

A total of 402 individuals participated from 434 for the study. The consent was taken from all of them. The including criteria for the current study were all adult individuals above 18 years old who were living in Al-Dammam city of Saudi Arabia. Individuals who were not able to provide written consent were excluded from study (Table 1).

Socio-demographic information was summarized in Table 1. Men constituted 40% while female constituted 60%. Mean age was 31 with standard deviation of 10.7. Age was ranged from 18 to 70 years. 67% of participants were married, while 53% had university degree or above.

Figure 1 reflects the participant's level of knowledge about CRC risk factors. An evaluation of the results reveals a good level of knowledge since more than half of participants provided the right answer. About two-thirds of respondents identified cigarette smoking, low fiber diet, and physical inactivity as a risk factor for CRC. Moreover, less than one-third identified red meat as a risk factor. However, more than half of participants identified obesity, fatty meals, family history, colon polyps, and colon ulcer. Less than one-fifth of participants (18%) identified diabetes as a risk factor.

The study was conducted in the period from July to November 2015.

Sex	Male	240	60
	Female	162	40
	Total	402	100
Age	31 ± 10.7 (18-70)*		
Marital status	Married	270	67
	Unmarried	132	33
Level of education	Illiterate	14	4
	Primary and intermittent school	50	12
	Secondary school	123	31
	University and above	215	53

Table 1: Detection of socio-demographic information of study population. *Mean ± Standard deviation (Range).

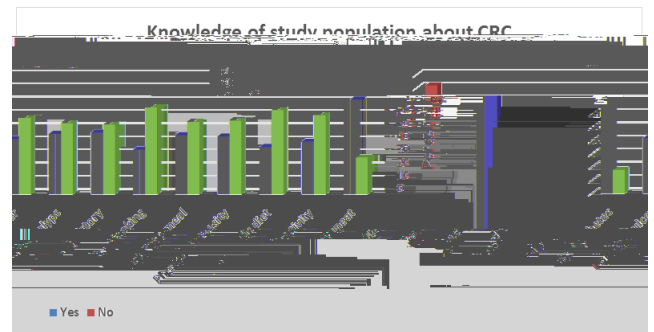


Figure 1: Knowledge of study population about colorectal cancer.

educated respondents and older age [statically] are more aware of risk factors (Figure 2).

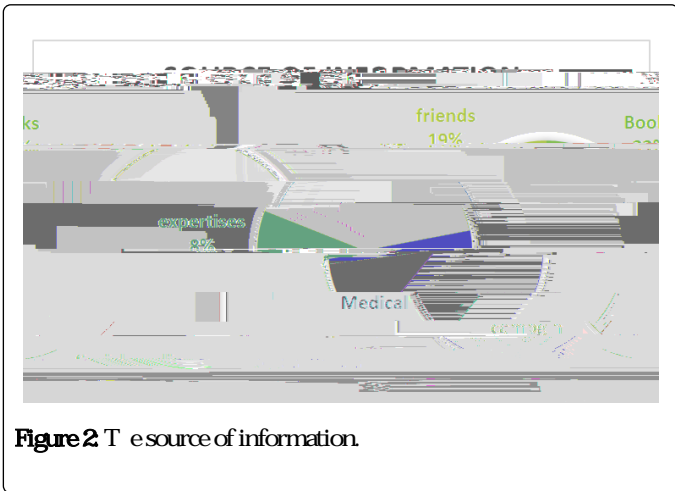


Figure 2 The source of information.

Figure 2 shows the main sources of getting information. Most of the respondents choose the social media (39%) as the source of having new information about CRC.

14. Kolonel LN, Hinds MW, Hankin JH (1980) Cancer Patterns among Migrant and Native-born Japanese in Hawaii in Relation to Smoking, Drinking and Dietary Habits. In: Gelboin HV, MacMahon B, Matsushima T (eds) Genetic and Environmental factors in Experimental and Human Cancer. Tokyo, Japan: Japan Scientific