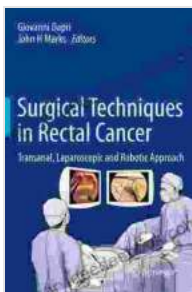


# Surgical Techniques In Rectal Cancer: A Comprehensive Guide

Rectal cancer is a type of cancer that occurs in the rectum, the last part of the large intestine. It is the third most common type of cancer in the United States, with an estimated 45,230 new cases and 20,300 deaths in 2020.

Surgery is the primary treatment for rectal cancer. The type of surgery that is performed depends on the stage of the cancer, the patient's overall health, and the surgeon's preference.



## Surgical Techniques in Rectal Cancer: Transanal, Laparoscopic and Robotic Approach by Lindsey Kelk

★★★★★ 5 out of 5

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Enhanced typesetting : Enabled  
Print length : 616 pages



## Types of Surgery

There are three main types of surgery for rectal cancer:

- **Local excision** is a procedure in which the tumor is removed through the anus. This is only possible if the tumor is small and located in the lower rectum.

- **Abdominal perineal resection (APR)** is a procedure in which the rectum, anus, and surrounding tissues are removed. This is the most extensive type of surgery for rectal cancer, but it is also the most effective.
- **Intersphincteric resection (ISR)** is a procedure in which the rectum is removed, but the anus is preserved. This is a less extensive surgery than APR, but it is only possible if the tumor is located in the upper rectum.

## Choosing the Right Surgery

The type of surgery that is right for you will depend on the following factors:

- The stage of your cancer
- Your overall health
- The surgeon's preference

Your doctor will discuss the different options with you and help you make the best decision for your individual situation.

## Preparing for Surgery

Before surgery, you will need to undergo a series of tests and procedures to ensure that you are healthy enough for surgery. These tests may include:

- Blood tests
- Chest X-ray
- Electrocardiogram (ECG)

- Colonoscopy
- MRI or CT scan

You will also need to stop taking certain medications, such as aspirin and ibuprofen, before surgery. Your doctor will give you specific instructions on how to prepare for surgery.

## **The Surgery**

The type of surgery that you have will determine the length of the surgery and the recovery time. Local excision is typically an outpatient procedure, while APR and ISR are usually performed in a hospital setting.

During surgery, the surgeon will make an incision in your abdomen or perineum. The surgeon will then remove the tumor and surrounding tissues. In some cases, the surgeon may also need to create a new opening in the abdomen for the colon to empty into.

## **Recovery from Surgery**

After surgery, you will stay in the hospital for a few days. During this time, you will be monitored for complications and given pain medication. You will also be taught how to care for your incision and how to manage your bowel movements.

Most people are able to return to their normal activities within a few weeks after surgery. However, it is important to follow your doctor's instructions carefully and to get plenty of rest.

## **Complications of Surgery**

As with any surgery, there are some risks associated with rectal cancer surgery. These risks include:

- Bleeding
- Infection
- Damage to the nerves or blood vessels in the rectum
- Incontinence
- Sexual dysfunction

Your doctor will discuss the risks of surgery with you before you make a decision about whether or not to proceed.

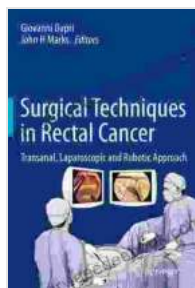
### **Long-Term Outlook**

The long-term outlook for rectal cancer patients depends on the stage of the cancer at the time of diagnosis. The five-year survival rate for patients with stage I rectal cancer is 90%, while the five-year survival rate for patients with stage IV rectal cancer is 15%.

However, it is important to note that these are just average survival rates. The individual survival rate for a particular patient will depend on a number of factors, including the patient's age, overall health, and response to treatment.

Surgery is the primary treatment for rectal cancer. The type of surgery that is performed depends on the stage of the cancer, the patient's overall health, and the surgeon's preference. The long-term outlook for rectal cancer patients depends on the stage of the cancer at the time of diagnosis.

If you have been diagnosed with rectal cancer, it is important to talk to your doctor about the different treatment options available to you. Your doctor can help you make the best decision for your individual situation.



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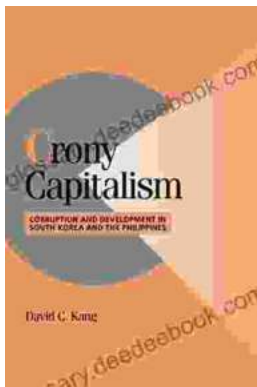
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