

Seminar 4

Colorectal Cancer Screening



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Professor Sung received his medical degree (MBBS) from The University of Hong Kong, and conferred PhD in biomedical sciences by the University of Calgary and MD by The Chinese University of Hong Kong (CUHK). He holds fellowships from the Royal Colleges of Physicians of Edinburgh, Glasgow, London, and Australia, the American College of Gastroenterology, the American Gastroenterological Association, the Hong Kong College of Physicians, the Hong Kong Academy of Medicine and Academy of Sciences of Hong Kong (ASHK). He is currently Mok Hing Yiu Professor of Medicine and Director of Institute of Digestive Disease of CUHK.



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Professor Martin CS Wong is a specialist in Family Medicine with a research interest in cancer screening and prevention. He is the former Director of the CUHK JC Bowel Cancer Education Centre, and participated in pioneering of the first colorectal cancer screening programme in Hong Kong with a multidisciplinary team led by Prof. Joseph Sung since 2008. Prof. Wong has published over 300 journal articles, and received over ten international/local research awards in the discipline. He is currently the Co-Chair of the NCD stream, Association of the Pacific Rim Universities and the Editor-in-Chief of the Hong Kong Medical Journal.

Worldwide, colorectal cancer (CRC) is a leading cause of cancer mortality and induces a substantial public health burden. In 2018, it affected more than 1.8 million people and killed over 861,000 people in the globe. A large body of evidence shows that its incidence and mortality has been increasing in a large number of nations, including Asia Pacific countries. Owing to its slow progression, early diagnosis and removal of adenomatous polyps have been proven effective to reduce its incidence and mortality. Healthcare professionals play a pivotal role in screening programmes, as their recommendations could significantly enhance screening uptake in clinical practice. This seminar will provide an update on the epidemiology, etiology, risk factors and its screening in primary care. It will highlight the following topics: (1). Global epidemiology of CRC, its regional and time-trend incidence and mortality; (2). Recognised risk factors for CRC; (3). The effectiveness and cost-effectiveness of each individual CRC screening test, including faecal immunochemical tests, flexible sigmoidoscopy, computed tomography (CT) colonography, and colonoscopy; (4). Major recommendations from guidelines on CRC screening – including the Asia Pacific Consensus Recommendations for Colorectal Screening; the American Cancer Society; and the U.S. Preventive Services Task Force; with a particular focus on: (a). The starting age of screening; (b). The use of the Asia Pacific Colorectal Screening (APCS) score for risk stratification of screening participants; and (c). Surveillance interval for colonoscopy screening. The seminar will recommend future perspectives of CRC screening and strategies that may further enhance screening uptake in the community.