



## “Actions speak louder than words”: Adenoma detection rates inversely associated with colorectal cancer and mortality

Corley DA, Jensen CD, Marks AR, et al. Adenoma detection rate and risk of colorectal cancer and death. *N Engl J Med* 2014; 370: 1298-306.

The American Cancer Society announced colorectal cancer as the second-leading cause of cancer death in the US with 50000 annual deaths. Colonoscopic screening every 10 years is one of three screening techniques recommended by the US Preventative Services Task Force. Screening colonoscopies for colorectal cancer by detecting and removing adenomatous polyps and early cancers have been considered to prevent cancer development. However, the adenoma detection rate was not well validated with respect to its use in predicting the risk of important outcomes after colonoscopy.

Corley et al. (1) conducted the largest ever study and the first study in the US to identify the relation between detecting adenomas and the future colorectal cancer development. The study was published in *The New England Journal of Medicine*. The colonoscopies were done on Kaiser Permanente patients. The study term was between January 1998 and December 2010 in California. All patients were age 50 or older. They followed over 224000 patients with more than 314000 screening colonoscopies. A total of 712 patients were consequently diagnosed with a colorectal cancer after being followed for up to 10 years after their procedures. These included 255 advanced-stage cancers and 147 deaths. Two thirds of colon cancers in the study were diagnosed more than 3 years after the index colonoscopy. The unadjusted risks of interval cancer according to quintiles of adenoma detection rates, from lowest to highest, were 9.8, 8.6, 8.0, 7.0, and 4.8 cases per 10,000 person-years of follow-up, respectively. Corley et al. established that for each 1% increase in adenoma detec-

tion rate, there was a 3% decrease in colorectal cancer risk.

This study results showed that adenoma detection rate is inversely associated with the future risk of colorectal cancer. The higher levels of detection were associated with a decreased following risk of colorectal cancer. Early detection with removal of adenomas was shown to prevent many colorectal cancers. This study adds to our awareness of how variation in the performance of colonoscopy may affect its efficacy with respect to cancer detection and prevention.

This study confirms the phrase “Action speak louder than words”. Words can be twisted into any shape. Adenoma detection rates vary widely among providers in both academic and community settings. Gastroenterologists have to act as what they do really make a difference by their high detection rates of adenoma. It can put the evil genies back in the bottle. Adenoma detection rate of gastroenterologists is an accurate and well established parameter to increase cancer-free survival rate in the population as well. Given these results, each clinician performing colonoscopies is more responsible to maximize the effectiveness of screening colonoscopy program in his/her unit, until a screening method becomes more accessible to the millions of people who have avoided it.

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### REFERENCES

1. Corley DA, Jensen CD, Marks AR, et al. Adenoma detection rate and risk of colorectal cancer and death. *N Engl J Med* 2014; 370: 1298-306. [CrossRef]