

Colonoscopy Screenings



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March traditionally marks a nationwide Colon Cancer prevention campaign month. This year we have a special reason to celebrate the efforts of patients' efforts over the years. Data has recently been released that supports all the efforts that patients take to schedule, prep and undergo the 'dreaded' colon scope test, colonoscopy.

At the 71st Annual Scientific Meeting (American College of Gastroenterology) data was shared that shows a significant decline in the incidence of colon cancer over a fourteen year span. In fact, the American Cancer Society also reported in January of this year that the largest decline in cancer deaths nationwide was related to the decline in deaths from colorectal cancer. That is, of the four most common types of cancer killers - breast, lung, prostate and colorectal - the largest decline in death was seen with colorectal cancer.

WHY, you ask, would colon cancer death rates decline despite an increasing population of people hitting the highest risk age, 50 to 70, for colon cancer? This decline in deaths is a direct result of increased colon cancer screenings. People have

accepted the benefits of screening as part of their health care.

Colon cancer has now dropped to the 3rd most common cancer in the US (excluding non-melanoma skin cancer). The disease can, for the most part, be prevented if precancerous growths, called polyps, are removed in time. Getting a colonoscopy or other colon screening allows your doctor to spot polyps and take them out of the colon or rectum before they become cancerous. If screening shows cancer is already present, early treatment increases the odds of survival.

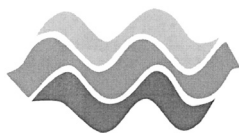
So what can you do to help improve odds against colon cancer?

- Eat a healthy high fiber, low fat diet
- Exercise regularly
- Avoid heavy consumption of alcohol
- Eat plenty of fruits and vegetables
- Avoid diets high in processed meat and red meat
- Keep Your Colon Cancer Screening Up To Date

When preparing for your colon test, make sure you read and follow instructions closely. A poor prep makes polyp detection difficult.

If you have questions regarding when or how to start colon cancer screening, call us at AAGA or email info@aagastro.com

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gallstones/gallbladder disease



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