

Colorectal Cancer Screening

Colon cancer screening saves lives. Approximately 150,000 new cases of colorectal cancer are diagnosed every year in the United States and nearly 50,000 people die from the disease. It has been estimated that increased awareness and screening would save at least 30,000 lives each year. Colorectal cancer is highly preventable and can be detected by testing even before there are symptoms. The American Society for Gastrointestinal Endoscopy encourages everyone over 50, or those under 50 with a family history or other risk factors, to be screened for colorectal cancer.

FACTS

1. Colorectal cancer affects an equal number of men and women. Many women, however, think of CRC as a disease only affecting men and might be unaware of important information about screening and preventing colorectal cancer that could save their lives, says the American Society for Gastrointestinal Endoscopy.
2. Beginning at age 50, all men and women should be screened for colorectal cancer **EVEN IF THEY ARE EXPERIENCING NO PROBLEMS OR SYMPTOMS**
3. A colonoscopy screening exam is almost always done on an outpatient basis. A mild sedative is usually given before the procedure and then a flexible, slender tube is inserted into the rectum to look inside the colon. The test is safe and the procedure itself typically takes less than 30 minutes.
4. Colorectal cancer is the third leading cause of cancer deaths in the United States.
5. Tests used for screening for colon cancer include digital rectal exam, stool blood test, flexible sigmoidoscopy and colonoscopy. These tests are used to screen for colorectal cancer even before there are symptoms. Talk to your doctor about which test is best for you. Current recommended screening options beginning at age of 50, that men and women should have include:
 - a. *At a minimum, an annual occult blood test on spontaneously passed stool.*
 - b. *A flexible Sigmoidoscopy every 5 years or*
 - c. *A complete colonoscopy every 10 years.*
6. Colorectal cancer is highly preventable. Colonoscopy may detect polyps (small growths on the lining of the colon). Removal of these polyps (by biopsy or snare polypectomy) results in a major reduction in the likelihood of developing colorectal cancer in the future.

The American Society for Gastrointestinal Endoscopy encourages you to talk with your doctor about colon cancer screening and encourages everyone over the age of 50 to undergo the appropriate screening. If your primary doctor has recommended a colonoscopy, please call our office at (914) 683 -1555 to make an appointment to see one of our expert gastroenterologists.

For more information about colon cancer screening, visit www.screen4coloncancer.org

IMPORTANT DISCLAIMER

This information is intended to provide general guidance only and is not a definitive medical advice. You MUST consult one of our expert doctors regarding your condition, procedure and prep for the procedure for a definitive opinion. Please call and make an appointment at (914)683-1555