

Health Check

MARCH 2020

 **Kelsey-Seybold Clinic**
Changing the way health cares.™

March is Colorectal Cancer Awareness Month

Colorectal cancer – cancer of the colon and rectum – is the second leading cause of cancer-related deaths in the United States. Affecting men and women about equally, more than 90 percent of new cases occur in those older than 50. Most colorectal cancers will not exhibit noticeable symptoms until the disease is more advanced. That's why Kelsey-Seybold physicians recommend having regular colorectal cancer screenings usually beginning at age 50, although recent guidelines suggest certain patients should begin screening sooner if a close relative had colorectal cancer or if they are dealing with inflammatory bowel disease.

Beating colorectal cancer

The key to beating colorectal cancer is catching the disease in the early stages when it's most treatable. Here's why: Most colon cancers begin as a benign polyp. If the polyp is detected and removed, most colon cancers can be prevented from forming – hence the importance of having regular preventive screenings.

At Kelsey-Seybold, we offer a variety of colorectal cancer screening techniques depending upon the individual patient's situation.

Colonoscopy screening

Colonoscopy is considered the “gold standard” as the screening technique most preferred by the American College of Gastroenterology and Kelsey-Seybold gastroenterologists. Colonoscopy is an effective outpatient procedure performed by gastroenterologists in Endoscopy Suites at our Berthelsen Main Campus and Spring locations. These suites are dedicated to the screening, detection, diagnosis, treatment, and removal of precancerous and cancerous abnormalities in the gastrointestinal tract.

Do your part for better health

Colorectal cancer screening is your best medical defense. However, you can help decrease your chances of getting this disease by committing to a regular exercise regimen, maintaining a healthy weight, and eating high-fiber foods. Studies suggest that eating 25 to 30 grams of fiber a day may help avert an initial occurrence of colorectal cancer and lower the risk of developing heart disease.

Please talk with your doctor about getting screened.



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Dr. Mittal is a board-certified physician specializing in Gastroenterology. He is a member of the American Gastroenterology Association, American Porphyria Foundation, and American College of Gastroenterology. His special clinical interests include screening for gastrointestinal disease and colorectal cancer.



24-Hour Appointment Scheduling: 713-442-0000 • kelsey-seybold.com/cares