

Live Well



Welcoming New Patients!

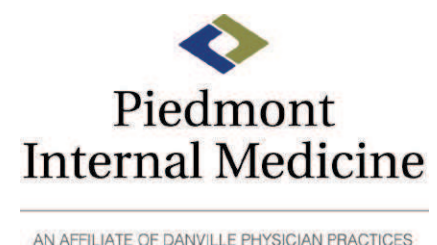


Piedmont Internal Medicine is now accepting new patients. Make an appointment today with Stephanie Crumpton, Adult Nurse Practitioner (ANP). Stephanie's areas of service include:

- Management & treatment of high blood pressure, diabetes, cholesterol and asthma
- Adult immunizations including influenza & pneumonia
- Routine physicals & wellness exams
- Gastrointestinal & digestive disorders
- Women's care

Open Monday–Thursday 8:00am–5:00pm,
Friday 8:00am–12:00pm

Call (434) 791-1345 to schedule your appointment today!



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-434-799-2100 (TTY: 1-800-828-1120).
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다.
1-434-799-2100 (TTY: 1-800-828-1120)번으로 전화해 주십시오.

Symptoms, Screenings & Prevention of Colorectal Cancer

Colorectal cancer is a cancer that occurs in the rectum or colon, both of which are part of the large intestine. Colorectal cancer is a common type of cancer that occurs nationwide and can usually be cured when caught early.

Symptoms

The majority of people with colorectal cancer experience little to no symptoms when the disease is in its early stages. Additionally, due to the emphasis on screening, colorectal cancer is often detected before it starts to cause symptoms.

However, if symptoms do appear, they vary depending on the cancer's location and size.

Symptoms that appear in colorectal cancer include:

- Iron-deficiency anemia
- Rectal bleeding or blood in stool
- Abdominal pain
- Change in bowel movement habits
- Intestinal obstruction or perforation,
- Bowel obstruction
- Stools that look thinner or narrower than normal
- Discomfort in the abdomen, including frequent bloating, gas pains, cramps, and feelings of fullness
- Weakness and fatigue
- Unexplained weight loss

Screening

Screening for colorectal cancer is recommended to start at age 50, age 45 for African Americans, and continue until the age of 75. The most common colorectal cancer detection and prevention test is a colonoscopy, to be done every 10 years. Other common tests include flexible sigmoidoscopy and home stool tests. Each test has different benefits and drawbacks. Your health care provider may recommend one or more of these options.

Prevention

In addition to taking screening tests past the age of 50, or even sooner for people that have an increased risk (such as those with a family history of colon cancer), the best prevention method is making healthy lifestyle changes.

Steps to take in order to reduce the risk of colorectal cancer:

- Eat a healthy diet with lots of fruits, vegetables, and whole grains. Vegetables, fruits, and whole grains contain minerals, vitamins, fiber and plenty of antioxidants, which play an important role in preventing cancer prevention.
- Consume alcohol in moderation
- Stop smoking.
- Exercise at least 30 minutes a day
- Maintain a healthy weight.

Don't wait for symptoms to appear. Talk your primary care provider about when you should begin

screening for colorectal cancer and, if so, which test to get. If you need help finding a primary care physician call 1.800.424.DOCS (3627). Also check with your health insurance company to see if screening costs are covered oftentimes they usually are covered.

3 Common Types of Screenings

Colonoscopy is the preferred and most accurate. The day before your test, you will need to drink a special liquid or take prescription pills to cleanse your colon. Your health provider will insert a tiny camera attached to a long, thin, flexible tube into the rectum and colon. If the health provider sees any growths, including polyps, they can be removed during the procedure. Most polyps are harmless (referred to as benign), but some (called adenomas) can become cancer.

Flexible sigmoidoscopy also uses a camera attached to a tube, however the exam looks only at part of the large intestine. To prepare, you'll need to have an enema (which is an injection of water into the rectum to cleanse the colon) the night before or the day of the procedure. The sigmoidoscopy test will let your health provider know if there's a reason to have a colonoscopy.

Another option is a **home stool test**. You can take this test in the privacy of your home. An inexpensive or free kit is used that can be provided by your doctor's office or pharmacy. After collecting a small sample of your stool, you will then mail or deliver it to a doctor or lab. It will be tested for tiny amounts of blood, which could signal a problem.

For more information about Danville Regional Medical Center, visit www.DanvilleRegional.com
Physician Referral Line: 1-800-424-DOCS (3627)
Danville Physician Practices: www.DanvillePhysicians.com

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