

# Small Test. Big Protection.

**1,900.** That's right. Our General Surgeons, including Dr. Ryan Garry in Norfolk, performed 1,900 colonoscopies last year.  
**1,900 Steps Toward a Healthier community.**

*Screening saves lives. A colonoscopy is simple, safe, and one of the most effective ways to prevent colon cancer. It's easier than you think.*



**Myth:** It's painful.

**Fact:** Most patients sleep comfortably through the procedure.

**Myth:** It takes all day.

**Fact:** The procedure usually takes less than 30 minutes.

**Myth:** I feel fine, so I don't need it.

**Fact:** Colon cancer often has no symptoms in its early stages.



Dr. Ryan Garry  
FACS, General Surgery

If you're age 45 or older, or have a family history of colon cancer, it's time to schedule your colonoscopy.  
**This year, make yourself a priority.**

**Schedule your colonoscopy now.**  
**Call 402-844-8110.**