

Colon Cancer

Colon cancer is a major health problem in the United States. It ranks as a leading form of cancer, along with lung, breast, and prostate cancers. More importantly, colon cancer is one of the most preventable and curable forms of cancer. When detected early, more than 90% of the patients can be cured.

Expert gastroenterologists at Comprehensive Digestive Institute of Nevada encourage their patients to schedule life-saving procedures like colonoscopies to diagnose colorectal conditions and detect early signs of colon cancer. Following the recommended colon screening guidelines is crucial to protecting your digestive and personal health for years to come. Contact Comprehensive Digestive Institute of Nevada today to schedule your colonoscopy and to learn more about colon cancer prevention.

Who Gets Colon Cancer?

Individuals with unhealthy lifestyles may have a higher risk of developing colon cancer. According to studies, increased intake of alcohol, tobacco products, red meat consumption, and high-fat foods all contribute to the chances of being diagnosed with this disease. People who do not exercise regularly and those who fail to attend regular check ups with their doctors are also at risk, as are patients over the age of 50. Genes also play a role in the likelihood that a person will be diagnosed with colon cancer, and patients who have relatives with the disease should pursue early screening. In some families the genetic disorder is so strong that they can develop colon cancer at early age. Men are more likely than women to develop colorectal cancers, and African Americans are more likely to get colon cancer than individuals of other ethnic backgrounds. Conditions such as ulcerative colitis and Crohn's disease with involvement of the colon can also have increased risk of developing colon cancer.

Colon Cancer Screenings

Colon cancer is one of the most treatable cancers, provided it is detected early. Because the disease can be asymptomatic until the later stages, undergoing regular colonoscopies is essential. The colonoscopy procedure is widely regarded as the most effective way for gastroenterologists to detect rectal or colon cancers. Most colon cancers start as polyps, which can usually be removed by colonoscopy.

Doctors recommend that patients undergo a first screening colonoscopy at age 50 and follow-up tests every 10 years. Due to their higher risk factor, African Americans should begin testing at 45. People with a family history of the disease should start undergoing colonoscopies 10 years before the age at which their relatives were diagnosed. Since the colon must be clean so doctors can detect any and all polyps, a thorough colonoscopy preparation is essential.

Before your procedure, the doctors of Comprehensive Digestive Institute of Nevada will provide careful instructions for taking the bowel preparation medication for the colonoscopy procedure. You will also need to avoid eating or drinking anything except clear liquids for a period of time before the procedure. You will be under sedation during your colonoscopy and should experience no pain or discomfort. During the procedure, your doctor will insert a colonoscope, which is a thin, flexible tube with a video camera attached, into the anus. The camera will be able to capture the whole length of your colon, enabling your doctor to spot any abnormalities.

To find out more information about colonoscopies, visit our [procedures page](#). Colonoscopy saves lives and the essential first step involves action by the patient.