

Give yourself the gift of good colon health this holiday season: Education and testing can dramatically change your life!

Colon Cancer Screenings Save Lives

- **Colorectal cancer is the 2nd leading cause of cancer related deaths.** The good news is it doesn't have to be! Colorectal screenings have been proven to save lives by alerting doctors to polyps and other abnormalities in the colon tissue. If caught soon enough, they can be removed before becoming cancerous. In addition, when cancerous cells are found early as a result of a colonoscopy (a method used to screen for colon cancer), they too can often be removed before the cancer has the chance to develop into a life-threatening situation.
- **Colorectal cancer can often be avoided if you receive regular screenings beginning at age 50.** This cancer does not have to be a part of your life! Indeed, colon cancer screenings have proven to reduce the death rate of those with colorectal cancer by 90%! If you receive regular screenings, your chances of developing colon cancer are reduced by over 50%! These numbers are encouraging. At CRC, we want to help you live a long, healthy life. *Contact our offices today (317) 841-8090 or (800) 872-5123 to schedule your screening, or to get more information.*

Colonoscopy Screenings on the rise in NYC



New York City is leading the way for cities around the country with its announcement last August of the results of its Take Care New York health policy. One of the goals of the campaign was to increase colonoscopy screenings for New Yorkers over the age of 50. The policy has been in place since 2004, but the recent report shows that many of the goals were reached early. Colon cancer screening was one of them.

The city met its 2008 colonoscopy target in 2006, when some 60% of adults over 50 reported they had had the screening test. The rate marks a dramatic jump from 2003, when only 42% of New Yorkers over 50 said they had a colonoscopy. The health department along with other health agencies educated the public via media campaigns on the importance of the test and where to obtain services.

These statistics mean many lives will be saved. If you are over 50 and have not been screened for colon cancer, make plans to do so in the near future. Good digestive health will give you peace of mind and improve your quality of life—guaranteed!

Dear Patients,

It is with regret that I must inform you that due to family reasons, as of December 31, 2007, I will be moving to Wisconsin. I assure you that my reason for leaving is entirely family oriented and that I maintain the utmost confidence in Colon and Rectal Care as an organization and in all of the good people and surgeons who work so hard to maintain their commitment to you as a patient.

Arrangements are already underway to transition your care to one of the other physicians here in the practice. I have spent much time with the surgeons who will be taking over your care and have a great sense of peace in knowing that you will be in good hands. Much energy will be devoted to orchestrating this transition so that you will be inconvenienced as little as possible.

I wish to thank you for allowing me the privilege to have participated in your healthcare. Many of you have inspired me in different ways that will affect the way I practice surgery for the rest of my career and I really thank you for that. I wish all of you and your families the very best in your lives and the best of health in 2008 and beyond.

Yours very truly,
Joseph C. Muller, MD



Kids & Colon Health: Establish good habits now

Our poor eating habits can lead to digestive and colon health issues if we don't correct them. Our children's poor nutrition will likewise cause problems for them as they move into adulthood. Start now implementing a healthy diet and good bowel habits in your children. What they learn from you will help them the rest of their lives and put them on the right track to avoid colon cancer and other colorectal diseases. Four things you can do right now to begin establishing good nutrition are:

- 1. Have regular family meals.** *Kids who take part in regular family meals are more likely to eat fruits, vegetables, and grains as well as less likely to snack on unhealthy foods.*
- 2. Serve a variety of healthy foods and snacks.** *Kids, especially younger ones, will eat mostly what's available at home. That's why it's important to control the supply lines - the foods that you serve for meals and have on hand for snacks.*
- 3. Be a role model by eating healthy yourself.** *The best way for you to encourage healthy eating is to eat well yourself. Kids will follow the lead of the adults they see every day.*
- 4. Avoid battles over food.** *Kids should decide if they're hungry, what they will eat from the foods served, and when they're full. Parents control which foods are available to the child, both at mealtime and between meals.*



Visit us online at: www.colonrectalcare.com



Make 2008 great!

Plan now for a colonoscopy screening test if you answer yes to any of the following:

Do you have a family/personal history of colorectal cancer?

Do you have a family/personal history of colorectal polyps?

Are you age 50 or older without symptoms?

Do you have rectal bleeding (bleeding is never "normal")?

Do you experience frequent abdominal pain?

Have you noticed an unexplained change in bowel habits (diarrhea, constipation etc.)?

Please contact our offices if you would like further assistance at 841-8090 or 800-872-5123. We would be privileged to help you.

Your Digestive Health

The CRC guide to eating during the holidays:

Everything in moderation.



Right now, we are in the middle of the dieter's nightmare: the weeks between Thanksgiving and New Year's Day. It's tough to eat right when it seems like food is everywhere this time of year! We know what we need to do, but it is tough to stick to a healthy eating plan during December. In order to give you some food for thought, along with some useful tips for avoiding those extra holiday pounds, we've compiled a short list of ways you can keep it under control for the remainder of the holiday season. Don't despair, just remember—everything in moderation!

Don't try to diet during the holidays. Set a goal of trying to maintain your present weight. That way, you have a realistic goal. You allow yourself to indulge here and there, but you don't go over the edge.

Pay attention to how quickly you eat and exactly what you eat and drink. Savor the flavor by eating slowly and choosing your food carefully. Slow down!

Make the effort to continue a regular exercise program. It will help keep extra calories away, and it also can reduce the stress of holiday events.

Don't go to a party or event on an empty stomach. Before going out, snack on protein, like chicken or cottage cheese. Protein satisfies and you'll eat less.

Go ahead, enjoy a cookie, or two. Then, head for the healthier fare to keep things balanced.

