

How far would you go for your colon health? Longtime CRC patient travels from Michigan to receive care

He's friendly, quick to smile and a conversation with him is peppered generously with laughter. At 77, Ernie M. is enjoying the piece of mind that comes from knowing he is free of colon cancer. A patient of Dr. Jager's for nearly fifteen years, Ernie has made the trip from Michigan to Indianapolis on a regular basis to maintain his colon and rectal health since his sister died of colon cancer. At the time of her death, she was being treated for a viral infection and her physician was not aware of the more serious problem that was causing her illness. Unfortunately, her cancer was detected too late. At the prompting of his daughter, an employee of CRC, Ernie made an appointment to see Dr. Jager for a colonoscopy screening.

"Once I met him, I had faith in him and his expertise," Ernie explained, "He was so down to earth and I felt completely comfortable and at ease."

Ernie's visit was not in vain. Polyps were found in his colon and luckily, they were benign. Dr. Jager removed them and he has not had further complications.

"I'm glad my daughter urged me to get checked. I was in my 60s at the

time, and I'm fortunate I had the procedure done when I did. I've been able to stay a step ahead of colon cancer," Ernie said.

So for over a decade, Ernie has journeyed to Indianapolis to continue receiving care at CRC. Over the years, he has had an internal hemorrhoid removed and still gets screened for colon cancer to ensure no further polyps are detected.

Ernie says the "red carpet treatment" he gets at CRC keeps him coming back. "I never feel like I'm being rushed. The staff is always friendly, and if they are in a hurry, they don't make you feel like a number."

Colon and Rectal Care Center is adamant about working hard to decrease the incidence of colon cancer. Don't wait until a family member's sickness or death prompts you to get checked. We are so thankful for patients like

Ernie who we've been able to help live a long, cancer-free life. But keep time on your side. If you are over 50 and have never had a colonoscopy screening, give us a call at (317) 841-8090, or visit colonrectalcare.com to get more information. We want to help you make sure colon cancer never has to be a part of your life!

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Team Colon & Rectal Care Participate in Fundraiser to Help Cure Digestive Diseases

On Saturday, June 7, 2008 a team from Colon & Rectal Care Center participated in Indianapolis' Take Steps fundraiser for the Crohn's & Colitis Foundation of America. The annual event is held across the nation and includes a non-competitive 2 mile walk.

Take Steps for Crohn's & Colitis is the nation's largest event dedicated to finding cures for digestive diseases. Participants raise money for crucial research that wouldn't even have been possible a few short years ago, bringing us closer to a future free from Crohn's disease and ulcerative colitis. Beyond raising money for research, Take Steps brings together the Crohn's and colitis community in a fun and energetic atmosphere. Participants are encouraged to make noise and be heard – raising awareness of these little-known diseases in their community and across the nation.

Approximately 30,000 people in Indiana have Crohn's disease or ulcerative colitis. More than 83 cents of every dollar raised from Take Steps directly supports The Crohn's & Colitis Foundation. The goal of the foundation is to cure Crohn's disease and ulcerative colitis, and to improve the quality of life of children and adults affected by these diseases.

Quit smoking and reduce your risk of colon cancer



*Did you think that smoking only contributed to lung cancer? Wrong. Smoking cigarettes affects the entire body including the digestive system. A 14 year study on smoking and colon cancer indicates that **smokers are 30% to 40% more likely than nonsmokers to die of colorectal cancer.** One more good reason to quit—or encourage someone else to do so.*



Ask the Doctors: Our physicians answers your questions

Q: "I'm hearing a lot about colon cleansing lately. Are colonics really necessary or helpful?"

A: There is no clear data to support it. However, as long as a colonoscopic evaluation has been done, a periodic safe cleansing is acceptable and potentially therapeutic for some patients.

Proceed with CAUTION: Get the facts on your health care provider



Recently, one of CRCs physicians performed emergency surgery on a patient who was treated at a "hemorrhoid center" by a non-board certified colon and rectal surgeon. The doctor who performed the botched surgery was actually a primary care physician. The patient was being treated for internal hemorrhoids and began hemorrhaging after receiving care.

If you are having colon and rectal health issues, please be certain you are being treated by a board certified colon and rectal physician. Rectal pain and bleeding may or may not be due to hemorrhoids, and in some cases could even be symptoms of colon cancer. A board certified colon and rectal doctor can diagnose and treat conditions of the colon and rectum that range from the simple to the most severe. To find out if your physician is board certified in a certain specialty, call the American Board of Medical Specialties at 1-866-ASK-ABMS (275-2267). You can also perform an online search at www.abms.org.

Exercise Increases Colon Cancer Survival Rate

Research completed by the Dana-Farber Cancer Institute indicates that people who are treated for colon cancer can reduce their risk of the cancer returning and increase their survival rate by up to 50% with regular exercise, such as walking.

The good news is, the amount of exercise prior to diagnosis doesn't affect the outcome of treatment. What matters is exercising after standard therapy has been completed.



Your
Digestive
Health

Get into the swing of summer with a low fat potato salad—perfect for your picnic!

fyi

Most of us know that eating a diet high in fats can contribute to disease and obesity. It also, however, contributes to the risk of developing cancer.

Lowering fat, calorie content, and meat and alcohol consumption may help prevent colon cancer.

Ranch Potato Salad



What you'll need:

- 3 potatoes, peeled and cubed
- 1/4 cup low-fat mayonnaise
- 1/2 cup fat free ranch dressing
- 3/4 cup diced celery
- 1/2 cup frozen green peas, thawed
- 1 teaspoon paprika
- 1/4 cup chopped green onions
- salt and pepper to taste

What you'll do:

1. Boil the potatoes until tender, don't overcook. Drain and set aside.
2. In a mixing bowl, mix together the mayonnaise, ranch salad dressing, celery, peas, paprika, scallions and salt and pepper.
3. Add the potatoes, toss and refrigerate 1 hour before serving.

Serves 6, 162 calories and 3.9 grams of fat per serving, .

