

## CRC Offers Minimally Invasive Procedure for ODS Sufferers: **STARR surgical procedure could be the answer for you!**



Dealing with chronic constipation is uncomfortable, difficult to manage and can be just plain irritating! Last year, in an effort to combat this condition, CRC surgeon Dr. Narayanan performed the first STARR procedure (Stapled Transanal Rectal Resection) in the state of Indiana on a patient suffering from obstructive defecations. A few STARR surgeries later, Catrissa H. was able to find relief as well as the capable hands of Dr. Narayanan.

Catrissa received the "STARR treatment" after coming across the CRC website while searching the internet for a physician to help her with her bowel problems. She was impressed that Colon and Rectal Care Center offered a complete group of doctors dedicated solely to colon and rectal health. As a paraplegic, Catrissa was used to "doctor shopping" to try to find physicians who were willing to work with her unique issues and do the research necessary to help her.

When Catrissa learned of the STARR option, she knew that at that time, Dr. Narayanan had only performed the procedure a few times. She said he was very honest and straightforward, explaining in detail what the surgery involved and telling her to take her time and discuss the decision with her husband. This new surgery option is minimally invasive and offers a fairly quick recovery period.

"My surgical experience was great. I did not have any pain when I woke up afterwards, and I was able to use the bathroom while I was still in the hospital. This procedure really improved my quality of life." She continued,

*"Prior to coming to here, no one seemed to be able to help me with the pain."*

oughly investigate the problem and discover the blockage that existed.

"No one else had given me an option for treatment. Dr. Narayanan was very thorough and told me, 'We are going to find a way to help you.' He was so supportive and forthright when he discussed the STARR treatment with me."

If you are suffering from chronic constipation and would like to know more about the STARR option, please contact us. We want all of our patients to live healthy lives free from the pain of colon and rectal disease.



Dr. Narayanan



**Enjoy a healthier life, free from the discomfort of chronic constipation!**

ODS, or Obstructed Defecation Syndrome, mainly affects women and is a serious form of constipation which causes much discomfort and pain. ODS is the result of deformities in the bowel and the Stapled Transanal Rectal Resection or STARR procedure, seeks to correct these abnormalities by removing excess tissue in the rectum with a surgical stapler.

**Patients who qualify for the STARR procedure may have up to an 80% improvement in quality of life!**

***Need more information?***

If you'd like to find out if the STARR procedure is right for you, call us at 317-841-8090 or 800-872-5123.



## Ask the Doctors: Our physicians answers your questions

### Did you know?

If you have a history of colon polyps, it is very important for you to inform your family that they are at a higher risk for developing colon polyps. The tendency to develop polyps has been found to be highly hereditary.

Regular checkups by colonoscopy are a must for those at high risk. These diagnostic tests can help identify colon polyps, which can lead to colon cancer, at an early stage and prevent the formation and spread of cancer. **Colorectal cancer is preventable with early diagnosis and treatment.**

**Q: “If I don’t have a family history of colon cancer, why do I need to have a colonoscopy when I’m 50?” -N.B.**

**A:** Most colon cancers occur in people without a family history of it. Also, 80% of colon cancers arise from a precancerous abnormality called a polyp. Routine colonoscopy as a screening test will allow us to prevent cancers by finding, and removing polyps with the colonoscopy.

**Q: “I have noticed some bright red blood on the toilet paper after using the bathroom. Because it’s bright red, it’s just hemorrhoids and I shouldn’t be too concerned, right?” -D.K.**

**A:** Bright red blood can come from other abnormalities besides hemorrhoids. It is important to evaluate the entire colon to make sure that there is not another problem, such as a colon cancer, or polyp.

**Q: “Does eating fiber keep me from having colon cancer?” -K.S.**

**A:** Eating adequate fiber might decrease the risk of colon cancer. More importantly, it definitely decreases the risk of problems with diverticular disease and constipation.

**Q: “Does yogurt like Activia really work like they say it does?” -K.W.**

**A:** Activia is very helpful in regulating GI function in many patients. It can help with diarrhea, as well as with constipation. It is particularly effective in combination with a high fiber diet.

*If you would like to submit a question for one of our doctors to be published in a future issue of **The Inside Tract**, e-mail us at: [familyprogram@colonrectalcare.com](mailto:familyprogram@colonrectalcare.com)*

### Your Digestive Health

## Eating for a healthy colon—the rainbow way!

*We often think of healthy eating in terms of our hearts, but eating for good health involves considering foods that are also colon-healthy. Colorectal cancer is the third most common cancer diagnosed and is the second leading cause of cancer related deaths. With this in mind, it is obvious that we need to be eating meals that will help us avoid this deadly (but largely preventable) disease.*

- **Choose a rainbow of fruits & vegetables**

Vegetables and fruits of all colors are loaded with anti-cancer, immune-system-strengthening properties. Eat a rainbow!

- **Choose non-red, non-processed meat sources of lean protein**

Eat poultry, fish, eggs, soy products, beans, and whole grains for the healthiest protein sources. Limit your red meat intake to special occasions.

- **Choose sources of Vitamin D, the sunshine vitamin**

Vitamin D aids in the body’s absorption of calcium, and has been shown to play a role in colorectal cancer prevention. Go outside! Vitamin D is derived mainly from sunlight, but can also be found in cooked salmon/mackerel/sardines, fortified milk, and eggs. You can also take vitamin D3 supplements and many calcium supplements also contain Vitamin D3.

**Eating a variety of good-for-you foods, along with getting plenty of regular exercise and adequate hydration will go a long way toward preventing colon cancer.**

