

Colon Cancer Prevention

Colon cancer happens at the lower part of the digestive system. Symptoms include changes in fecal properties, persistent abdominal discomfort, intestinal obstruction, mass of abnormal cells, anemia, fatigue, and weight loss. Colonoscopy is a screening to evaluate the abnormalities and find colon cancer symptoms in the colon and rectum.

What do you need to do before a colonoscopy?

- Follow a clear liquid diet for 1 to 3 days and clean out your bowel. Patients are recommended to take a laxative prescribed by doctors, which helps prevent stool remains in your intestine.




How is a colonoscopy performed?

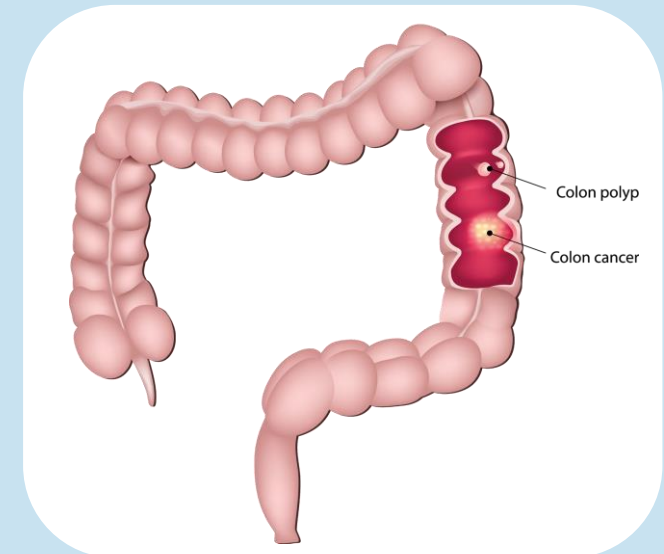
- Screening takes about 30 to 60 minutes.
- Sedative is given and combined with an intravenous pain medication to keep you comfortable during the procedure.
- After a colonoscopy is inserted through the anus and into the rectum and colon, the doctor can examine your intestine from the camera.
- Polyps might be removed and sent to a lab for testing.

What do you need to do after a colonoscopy?

- You may feel cramping in your abdomen or bloating in the first few hours after the procedure. It is recommended to not drive after the procedure.
- Sedative will wear off gradually after a few hours.
- You may return to your normal diet when you feel better.

Ways to prevent colon cancer

-  **Get Screened**
 - Recommended to have a colonoscopy every 5-10 years
 - People age 50 or older and at risk of colon cancer should get a colonoscopy
-  **Maintain Healthy Body Weight**
 - Helps decrease risk of colon cancer
 - Asian normal Body Mass Index (BMI): 18.5 - 22.9
-  **Healthy Diet**
 - Diet rich in vegetables, fruits, and whole grains
 - Reduce consumption of red meats and processed meats
-  **Quit Smoking**
 - Carcinogens in cigarettes can increase the risk of colon cancer
-  **Physical Activity**
 - At least 150 minutes of exercise per week
 - Exercises help improve bowel movement and remove wastes in the colon



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