

Daniel W. Sawyer, M.D.

COLON CANCER PREVENTION

Colorectal cancer is more common in older patients. We recommend screening patients over the age of 50 for colon cancer. If there is a history of the following, then cancer screening should commence at an earlier age and be repeated more frequently.

**Colon cancer or a large polyp in the past*

**A brother, sister, parent or child who has colorectal cancer*

**If there is a history of ulcerative colitis or Crohn's colitis*

**If there is a history of hereditary colon cancer syndrome*

The colon should be screened for colon cancer with annual fecal blood tests plus one of the following

**Flexible sigmoidoscopy every five years*

**Colonoscopy every 10 years*

**Flexible sigmoidoscopy plus double contrast Barium enema every 5 years*

We are mindful of both the increased expense and increase complication rate of colonoscopy over flexible sigmoidoscopy. It has been reported that colonoscopy is 8-10 times riskier in regard to colonic perforation when compared to flexible sigmoidoscopy.