



Midwest Gastrointestinal Associates PC



Trust your gut to MGI.

March 2017 | Volume 20

Colon Cancer Awareness Month!

What's stopping you from getting your Colon Cancer screening?

Let us help you find out!

Colon Cancer may not show any symptoms, get your screening today.

Patient spotlight:

Michelle Glassburner, age 50, regularly leads Tae Kwon Do classes and competes worldwide. She knew something was wrong when she could no longer walk across the room without getting tired. This extreme fatigue lasted 4 to 5 months, all while Michelle insisted with her primary care physician there had to be a reason other than age. The last 40 days before diagnosis, she had extreme and constant headaches; however was not experiencing any other symptoms of Colon Cancer. Michelle changed primary care physicians and her new doctor immediately ordered blood work to look into her concerns. She was called back into the doctor's office and realized it was serious when she saw her appointment was in the oncology suite. Her oncologist helped her set up an appointment with MGI.

Keep reading on page 2.

Why do I need to have a Colon Cancer screening? When do I start?

1

START at age 50 unless you have family history of Colorectal Cancer or colon polyps, then start screening earlier. African Americans are at a higher risk and should begin colon screening at 45.

2

Generally, a screening is done **every 10 years**.

3

Early screenings help your physician **find and remove polyps** (abnormal growths) that can be precancerous.



Patient spotlight:

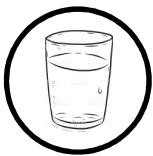
Pictured (L): Michelle Glassburner;
Authored by: Olivia Chambers

Dr. John Cannella performed a colonoscopy and found a partial obstructing tumor on the right side of her colon. Dr. Cannella immediately ordered a CT scan and she had surgery the following day to remove that portion of her colon. She was in the hospital for one week recovering from abdominal surgery. From March-October 2015, she underwent 12 courses of chemotherapy. Michelle stated going to the doctor became a full-time job. There were many weeks Michelle would go to the cancer clinic four to five days over the course of two weeks. During this time, she wanted to maintain as much of her normal life as possible, and kept a positive attitude by saying "I'm not done until I say I'm done." Luckily, Michelle has a great support system. One of her friends that had also gone through chemo treatments was with Michelle for every treatment she received. Not only were family and friends great support, but she will also remember all of the positive experiences and encounters she had with Physicians and staff she met at MGI.

"It has been a pleasure taking care of Michelle; I wish all my patients had such a positive story to tell. Her successful outcome was driven by her persistence to be screened and her willpower to push through chemotherapy," said Dr. Cannella.

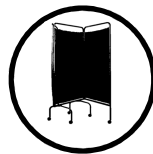
Michelle advises other patients to be persistent; no one knows how you feel better than you. If you believe there's an issue, don't let someone tell you that you're wrong. You are your own best advocate. If you wonder whether or not you should be screened, call now. "The test is not nearly as uncomfortable as chemo is," and the doctors at MGI help patients get through the prep and screening anyway they can. Michelle's thoughts on early screening, "I will send my kids very early."

Colonoscopy Misconceptions



How will I tolerate the prep?
Will I be able to drink it all?

Newer, lower volume preps are much easier to tolerate than ever. Preps are now prescribed in split-dose; patients take half of their prep the night before and the other half the morning of.



Will I be embarrassed or uncomfortable having a colonoscopy?

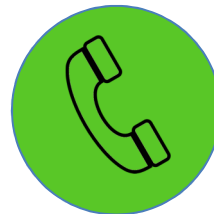
We value the privacy of our patients and provide individualized patient bays with a private restroom.



Will I be awake or have pain during my colonoscopy?

With modern sedation approaches, patients are comfortable and more asleep throughout the procedure.

GET IN TOUCH WITH US



402.397.7057



8901 Indian Hills Dr.
Suite 200
Omaha, NE 68114



contactus@midwestgi.com @Midwest_GI



Don't forget to write a review of your physician on healthgrades.com!

For more information about Colon Cancer and Colon Cancer screenings, contact MGI or visit midwestgi.com