

Staying Active After Surgery: CRC patient gets back to golf within a month

We love these stories. When we can help someone successfully treat a colon problem, avoid cancer and continue to live life to the fullest, our mission has been accomplished. James M. came to CRC on the advice of his primary care physician and after having a colonoscopy, a tumor was found that needed to be removed. Under the care of Dr. Narayanan, James had successful colon surgery last July.

At 71 years old, James was, by his own admission, "scared to death," when he learned surgery would be necessary. However, his fears were quickly soothed. "I never had better care in my life. Dr. Narayanan said 'Don't sweat it. You're going to be just fine.' And he was right."

For James, "just fine" meant getting back quickly to one of his favorite pastimes: golf. Indeed, just 4 weeks post-op he was out hitting the links. James M. explained that his recovery period was quick, going home from

the hospital within 3 days of the surgery and being able to walk around a few days after that.

If you are considering whether or not to have a colonoscopy performed, please consider that this screening mechanism could save your life. The sooner growths or polyps are found, the better your chances of completely avoiding colon cancer. All of us at CRC will be with you every step of the way. As James mentioned, "The office staff was beautiful. They took care of it all; I didn't have to worry about a thing." We strive to ensure each one of our patients feel exactly the same way.

Dealing with health issues can make all of us a bit nervous. Yet, as James M. found out, the peace of mind you gain by taking steps to address your colon health is irreplaceable. When asked if he would have done anything differently, James said simply, without hesitation, "I would have went sooner."

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Get the Facts: Traditional vs. Virtual Colonoscopy

Traditional: Colonoscopy is used to visually examine your entire colon and rectum for abnormalities. During the exam, a colonoscope — a long, flexible tube about the thickness of an adult finger — is inserted into your rectum. A tiny video camera at its tip allows your doctor to view the inside of your colon.

Virtual: Virtual colonoscopy is a recently developed technique that uses a CT scanner and computer virtual reality software to look inside the body without having to insert a long tube into the colon.

So which is best for me?

Traditional colonoscopy is still the best method for early detection of colon cancer even though people think they would prefer the less invasive virtual exam. Both tests will spot polyps but the virtual test will only show black and white images and is not good at detecting flat lesions that can lead to colon cancer. During the virtual exam, polyps can be seen but are not able to be biopsied or removed, unlike during the traditional colonoscopy screening wherein a biopsy and/or removal of polyps can be conducted.

Colonoscopy: Preparation worse than the procedure?

If the thought of undergoing a colonoscopy screening test is more than you think you can handle, a new study might help you get past your discomfort. In a poll conducted by the Accreditation Association for Ambulatory Health Care Institute for Quality Improvement (AAAHC Institute) last year, nearly 2,500 patients from 107 institutions rated their colonoscopy experience, starting with the preparation. Most, 66%, reported no discomfort or minimal discomfort from the prep, which requires utilizing special preparations to cleanse the colon (this is completed at home). Only 7% said they experienced severe discomfort, with the rest falling somewhere in between.

However, 88% of patients said they had no discomfort during the actual colonoscopy procedure (only 1% reported severe discomfort) and a full 98% said they would have another one if it was recommended by their doctor.

Source: WebMD

Need help with medical costs?

Check out these resources offering financial assistance:



- **AstraZeneca Patient Assistance Program** allows you to search their database for covered medications. RxAssist.org
- **Bradley Pharmaceuticals Patient Assistance Program:** 800-929-9300.
- **Financial Assistance Program for Humira:** 877-827-2893.
- **HealthWell Foundation** provides financial assistance for prescription drugs, insurance premiums, co-payments, deductibles and other select out-of-pocket expenses for qualified individuals. **Call 800-675-8416.**
- **Lovenox Patient Assistance Program:** 888-632-8607.
- **National Organization for Rare Diseases** provides financial assistance for those with no health insurance and medication assistance for qualified individuals. **Call 800-634-7207.**
- **NeedyMeds Inc.** offers a searchable online database for patient assistance programs to help with drug costs. www.needymeds.com
- **Partnership for Prescription Assistance:** 888-477-2669.
- **Patient Advocate Foundation** provides financial assistance for co-pays for certain drugs for qualified individuals. **Call 800-532-5274.**
- **Salix Patient Assistance Program:** 866-282-6563. (Medications include Azasan, Colazal, Xifaxan)

Your
Digestive
Health

3 Foods that fuel weight loss:

Studies show these foods can help keep the pounds off

1. Soup — broth or tomato based: A Purdue University research study fed participants 300 calorie servings of different soups before they ate their lunches. The study found that on the days they ate the soup (they could eat whatever they wanted for lunch) they usually ate fewer total daily calories.

2. Yogurt: This study involved a group of obese adults who consumed three, 6 oz. servings of fat-free yogurt a day as part of a reduced calorie diet. The group who ate the yogurt lost 22% more weight and 61% more body fat than another group who ate only a reduced calorie diet without a focus on calcium rich foods.



3. High Fiber, Whole Grain Cereal: Another Purdue study showed that a portion-controlled serving of cold cereal, plus 2/3 cup skim milk and a 100 calorie portion of fruit as a meal replacement may increase weight loss. Data on 27,000 men studied over eight years showed that as whole grain consumption went up, weight gain over time decreased. Women, aged 38-63, with the largest dietary fiber increase over a 12 year period gained an average of 3.3 less pounds than those with the least increase in fiber.



Got Sleep?

An adult needs to get 7.5 hours of sleep per night to allow the brain to file the day's new information in our memory data bank.

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