

Getting the best colonoscopy

New study shows importance of both an experienced physician and preparation

The *New York Times* recently reported on a Canadian study published last December in the *Annals of Internal Medicine* evaluating the accuracy of the colonoscopy screening test for early detection of colon cancer. According to the report, colonoscopy screenings completed for the study resulted in lower cancer detection rates than those previously documented. This was due, in part, to the fact that colon and rectal experts did not perform all of the testing. In fact, internists and family practitioners performed them in approximately a third of the cases. Secondly, the report indicated that not all of the patients had properly cleansed their bowels prior to the screening.

Where we stand

Patient Cindy D. states, "My aunt died of colon cancer. My father gets regular colonoscopies at Colon and Rectal Care and has had several polyps

removed. I firmly believe that the colonoscopy has saved my father's life. I also had a colonoscopy a couple of years ago. It has given me such peace of mind."

Dr. Gowdamarajan agrees. "Colonoscopy remains the best way to evaluate the colon and prevent colon cancer. Although this recent study implies that detection rates may be lower, it did demonstrate excellent results in the hands of experienced physicians. Regardless, colonoscopy reduces rates of colon cancer, and should still be done at the suggested intervals." We strongly recommend this life-saving procedure be conducted in line with the American Cancer Society's guidelines; we feel it is an invaluable tool to be used to help maintain your good health and cancer-free living.

What this means for you

- **Choose the physician that will be completing your colonoscopy carefully. Ask if he or she is board certified to perform colonoscopy screenings and find out how many they have completed. Your physician should perform at least 3 to 4 colonoscopies a day. All CRC physicians are board certified in colon and rectal care and not only meet these standards, they exceed them.**
- **Follow preparation instructions to a "T". Your doctor will explain these to you and the regimen must be strictly adhered to. Our physicians work to make the colonoscopy prep as effective as possible, while also striving to ensure the comfort of the patient.**



Here for you: Dr. Ateet Shah joins CRC

Colon and Rectal Care is pleased to announce that in March 2009 **Dr. Ateet Shah** is joining their team of physicians. Dr. Shah was born in Chicago and obtained his doctorate at Northwestern University. He is a board certified colon and rectal surgeon and has been practicing in Ft. Wayne, Indiana. He is married and recently became a father of a beautiful little girl. He looks forward to caring for patients at CRC.

CRC is here for you...at 3 locations!

1 **Indianapolis North**
7430 N. Shadeland
Suite 200

2 **Indianapolis East**
1539 N. Post Rd.

3 **Noblesville**
18051 River Ave.
Suite 102

317-841-8090 or 1-800-872-5123



Guidelines for the Early Detection of Cancer

Recommendation for people who are at average risk for cancer:

- Starting at age 50, a colonoscopy should be completed every ten years.

Colon cancer screening should begin earlier if you have:

- A personal history of colon cancer, polyps or inflammatory bowel disease.
- A strong or known family history of colon cancer or polyps.

www.colonrectalcare.com



Your records are paperless... and secure

CRC began using an Electronic Medical Records (EMR) in 1997. Although this was well before most other physicians were using EMR, the physicians of CRC felt strongly about the development and usage of this technology. In 2004, the technology was comprehensive enough that CRC went "paperless" and began using only electronic charts. Now, twelve years later, President Obama is pushing for all medical practices to utilize EMRs. Some of the advantages of the electronic medical records include the following:

Your Safety

Your doctor has access to your medical record, including history, medications and testing 24 hours a day, 7 days a week. So no matter when an emergency occurs, you can rest easy that your CRC physician will

have access to your most up-to-date health record. Also, some doctors are considered to have undecipherable handwriting, and though this is a generalization, unclear writing can lead to mistakes. Typed information is less likely to create misunderstandings.

Your Privacy

Electronic Medical records are more secure than paper charts. With paper charts, it is more difficult to monitor who has access to them. EMRs have security systems that allow your physician to track exactly who has accessed your medical record. It also allows us to block users who do not need to access medical information. Our network is also protected by two powerful firewalls. Your privacy is a high priority to CRC.



Saving your time

In the days of paper charts, when you called CRC, you were most likely put on hold while someone retrieved your file. We know that your time is valuable. Now the information needed is at the staff member's fingertips.

Reduce your colon cancer risk

Vitamin D

Vitamin D has generated interest over the past decade because of its possible link to colorectal cancer prevention. Recently, a study was conducted that focused on this link. It showed that patients with the highest serum levels of vitamin D had a significantly lower risk of dying from colorectal cancer. It also appeared that calcium and vitamin D may produce a type of protein that leads to the "death" of pre-cancerous cells.

Before taking a vitamin D supplement as a colorectal cancer preventative agent, talk to your doctor about a safe dosage. Taken in excess, vitamin D can build up in fatty tissues and cause toxicity. Dosages that are over 25 micrograms of vitamin D per day, should be considered a large dose that requires physician monitoring.

Other proven dietary links to colorectal cancer include a diet high in red meat and a diet low in vegetables. You can also make other positive dietary changes by replacing a serving of red meat with a serving of fresh fruits and vegetables.



Employee reaches 20 years with CRC

Why has Diane Karski been with CRC for over 20 years? She enjoys her position in our billing and insurance department because she is able to help patients wade through

the many issues that surround insurance payments and out of pocket costs. Diane explains, "It is important to be patient and understanding. Insurance plans can be confusing and it can be difficult for patients to decipher what their policy will cover. Also, for those patients with financial difficulties, I'm always happy to offer advice and payment options."

In addition to helping patients, Diane says her 20-plus years of service has been enjoyable because she loves the physicians, patients and staff that she works with. She takes a great deal of pride in working with such understanding and compassionate people. She mentions, "Our physicians were named as "Top Docs" in the *Indianapolis Monthly* magazine and Dr. Jager was a finalist in the Hero's in Healthcare award in the *Indianapolis Business Journal*. I'm always proud to tell people where I work."

If you would like to learn more about Colon & Rectal Care Center, please contact us at 317-841-8090 or 1-800-872-5123. You can also learn more online at www.colonrectalcare.com.