

Dr. Gowdamarajan honored by the American Cancer Society CRC Physician named "Mission Delivery, Volunteer of the Year"

What would you do if you could successfully prevent, or radically decrease, the second leading cause of cancer-related deaths? Sound impossible? It's not. Colon cancer will claim the lives of nearly 60,000 people this year; but while this number may seem daunting, it is also one that could be easily reduced. Dr. Gowdamarajan, along with the entire staff at CRC, is committed to winning the battle against colon cancer.

Recently, he was honored with an award from the American Cancer Society for Mission Delivery, Volunteer of the Year. Dr. Gowdamarajan has been working with the Central Indiana office of the organization for three years.

Barb Miller, Community Program Manager for the local ACS, is responsible for educating the public regarding cancer awareness throughout Marion County and the seven surrounding counties. She explained Dr. Gowdamarajan's role in assisting with this effort concerning colon cancer, "This past year Dr. Gowdamarajan played a very important part in our Colon Cancer Screening program. He was one of our doctors who volunteered his time and resources to perform free flexible sigmoidoscopies (a colon cancer screening method)." She continues, "Dr Gowdamarajan is also a member of our central Indiana CRAN committee, whose mission is to increase awareness of colon and rectal cancer and the number of Hoosiers receiving screenings. He is flexible, responsible and willing to help us out whenever

he can. We really do appreciate his partnership in the fight to reduce the incidence of colon cancer in central Indiana."

His commitment shows how passionate CRC physicians are about keeping people free from this disease. "Colon cancer is one of the key areas where we don't have the best outcomes, but it is largely preventable if it is caught early. You can make a big impact if you do the right thing," Dr. Gowdamarajan states.

"Get screened for the disease at 50. If everyone who should be getting screened for colon cancer did so, we could eradicate this disease by at least 60 percent."

If you are concerned about what a colon cancer screening entails, you shouldn't be. Most screenings involve minimal discomfort and are performed in a short amount of time. "The hassle-factor of a colonoscopy greatly outweighs the difficulty that could result from not getting this simple procedure," Dr. Gowdamarajan says.

No one wants to receive a diagnosis of colon cancer. At CRC, Dr. Gowdamarajan and our staff of expert colorectal physicians are working to ensure our patients know the facts and receive proper and timely screenings so that they won't have to ever experience a cancer diagnosis that could have been easily prevented.



Dr. Gowdamarajan

"Get screened at 50. If everyone who should be getting screened for colon cancer did so, we could eradicate this disease by at least 60%."

Colon Cancer: *Keys to staying healthy*

Beginning at age 50, schedule a colonoscopy. This can be done at Colon & Rectal Care Center even if you've had no previous office visit.

Become familiar with your family history of colon cancer and colorectal polyps. This may place you in a higher risk category. The good news is, most colon cancers can be prevented by removing precancerous polyps!

Exercise regularly, maintain a healthy body weight and eat a high fiber, low fat diet that includes plenty of fruits and vegetables. These lifestyle choices may significantly lower your risk of developing colon cancer.

If you are experiencing abdominal pain, a change in bowel habits, rectal bleeding, or constant fatigue, these may be a sign of colon cancer. Call us, we will schedule a screening test and partner with you to regain your colorectal health.



ACS Support

The American Cancer Society provides trained cancer information specialists to answer your questions 24 hours a day, 7 days a week. Simply call 1-800-ACS-2345 or go online to www.cancer.org.

YOUR OPINION MATTERS

So tell us what you think!



A patient's perspective:

"Your office has been so wonderful, you have helped make a bad situation (cancer) better because you all care so much."

—BN, patient of Dr. Narayanan

At CRC, we are constantly working to improve our patients' experiences while at our office. We want you to feel comfortable with our entire staff from the moment you walk in the door until the minute you leave. We also understand that it can be stressful when you have to deal with health issues, and we want to relieve as much of that anxiety as possible.

In order to continue to serve you better, we routinely pass out surveys for our patients to complete regarding their time spent with us at Colon & Rectal Care

Center. We appreciate your input and to say thanks, we periodically choose, at random, a completed survey and award a gift certificate to the patient who filled it out.

If you would like to participate in this program, please request a survey from the scheduler when you check out if you have not yet had the opportunity to provide comments. We look forward to hearing from you and thank you for your assistance in continuing our quality assurance program!

Colon & Rectal Care Center

Now serving you in three locations!

Indianapolis North

7430 N. Shadeland
Suite 200

Indianapolis East

1539 N. Post Rd.

Noblesville

18051 River Ave. Suite 102

Contact us via phone:

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

colonrectalcare.com



Did you know? Simple ideas to promote wellness

- Using an alcohol based hand gel sanitizer will kill 60% of the germs that cause the common cold.
- If you start each dinner with a mixed green salad it will help reduce your appetite for more caloric foods and automatically add veggies to your meal.

Your Digestive Health



Fiber & You: Getting the dietary fiber you need for good health



Here's the thing: eating foods high in fiber (also known as roughage, which includes all parts of plant foods that your body can't digest or absorb) helps our digestive process by passing through the stomach and intestines unchanged, contributing to a properly functioning digestive tract and bowels. In other words, less constipation.

Also, studies have shown that diets low in cholesterol and saturated fat and high in fiber are associated with a reduced risk of certain cancers, diabetes, digestive disorders, and heart disease. You also feel full with fewer calories so fiber can help in weight loss. *Adults should aim to get at least 25 grams of dietary fiber per day.*

| Food | Fiber in grams |
|--------------------------------------------------------|----------------|
| Split peas, cooked, 1 cup | 16.3 |
| Red kidney beans, boiled, 1 cup..... | 13.1 |
| Raspberries, raw, 1 cup..... | 8.0 |
| Whole-wheat spaghetti, 1 cup..... | 6.3 |
| Oat bran muffin, medium..... | 5.2 |
| Broccoli, boiled, 1 cup..... | 5.1 |
| Oatmeal, quick, regular or instant, cooked, 1 cup..... | 4.0 |
| Green beans, cooked, 1 cup..... | 4.0 |
| Brown rice, cooked, 1 cup..... | 3.5 |
| Apple, medium with skin..... | 3.3 |
| Popcorn, air-popped, 2 cups..... | 2.4 |
| Whole-wheat bread, one slice..... | 1.9 |