

Doctors promote benefits of colonoscopy testing

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BRAMPTON - Looking to increase awareness about the dangers of colon cancer and the benefits of getting tested, local gastroenterologists hosted an open house recently.

"We are promoting the education of colon cancer very heavily," said Dr. Vinod Puri, one of several gastroenterologists practicing at the Scope Clinic, located at 470 Chrysler Drive, Units 11-15, on the south side of Williams Parkway. "We're trying to remove what ever possible excuse (a person may have) for not having this procedure done."

Puri and other members of his team invited several family doctors practicing in Brampton to have a colonoscopy test performed.

Puri said the purpose of the event was to generate awareness about colon cancer and the benefits of having colonoscopy done.

"It think it was a nice eye opener for a lot of the family doctors as to how simple this whole procedure is. Hopefully they will be encouraged to send patients for screenings," Puri said. A colonoscopy is a test that examines your colon and rectum (large bowel).

It involves a camera attached to soft, flexible tube that is one metre long and the size of your finger. The camera displays an image on a monitor where doctors can identify growths in your colon called polyps.

As some polyps eventually become colon cancer, it is important to remove polyps at an early stage to prevent most cases of colon cancer.

These polyps will be removed during the test if it is safe to do so.

A colonoscopy is usually a simple test that lasts about 15 to 20 minutes. Colon cancer is very common.

It is the second most common cause of cancer-related death just behind lung cancer. A person's lifetime risk of developing colon cancer is about six per cent.

This risk is higher if you have a personal history of colon polyps or a family history of colon cancer, Puri explained.

While many people who undergo screening colonoscopy have no symptoms, it is important to know that abdominal pain, rectal bleeding, or a change in bowel habits may suggest an advanced polyp or cancer.

The goal of a screening colonoscopy, therefore, is to detect potential problems at an earlier stage before symptoms may occur.

For more information on the Scope Clinic call 905 790-9030 or visit www.scopeclinic.com.