Colon cancer usually doesn’t strike until after age 50. But choices you make today could protect you against this disease later in life.

Six Lifelong Habits Keep You and Your Family Together

Daniel Howell, M.D., who practices in the Colon & Rectal Clinic’s Northwest and Katy offices, recommends six tactics to help lower your risk for colon cancer:

1. Maintain a healthy weight.
2. Limit your intake of red meat, particularly fatty or processed varieties.
3. Eat a diet rich in fruits and vegetables and other plant foods, such as whole-grain breads and cereals.
4. Take a multivitamin that contains folic acid. Long-term use may decrease colon cancer risk by 75%. Foods rich in folate, such as oranges and leafy green vegetables, also offer protection.
5. Exercise regularly.
6. Get adequate calcium from foods or a supplement.

The Seventh and Most Critical Tactic

Colon cancer may cause symptoms, including blood in or on the stool, recurrent stomach pain or cramping, narrow, ribbon-like stools, and unexplained weight loss.

“Unfortunately, colon cancer often produces no symptoms,” says Omar Madriz, M.D., who practices in the Colon & Rectal Clinic’s Memorial City and Katy locations. “That’s why experts recommend regular screenings for people at age 50 and older. Those with a personal or family history of colon cancer or polyps and anyone with inflammatory bowel disease should be screened earlier.”

Beverly Ryan’s colonoscopy prompted her 2 children to be screened – maybe saving all 3.

Cancer survivor Beverly Ryan and her two children, Glynn and Cyndi, are living proof that colon cancer is preventable if you have a screening colonoscopy.

In 2003, Ryan opted to have a non-invasive virtual colonoscopy that uses imagery reconstructed from CT scans or an MRI. All was clear. However, in August 2006, during a routine check-up that included a minimally invasive colonoscopy, 10 polyps were found. A second colonoscopy and second biopsy confirmed the polyps were cancerous, requiring surgery to remove a small portion of Ryan’s colon.

“The day Dr. Pidala told me I would need surgery, my first response was that it was a busy time at work to take time off,” Ryan recalls. “Now I know that it all could have been prevented if I’d had a traditional colonoscopy years earlier. I began urging my children to have screening colonoscopies.”

“The highly preventable cancer continues to claim 50,000 lives each year,” said Mark Pidala, M.D. of the Colon & Rectal Clinic. “With routine colonoscopies, this statistic can be reduced.”

It all could have been prevented if I’d had a traditional colonoscopy.”
- Beverly Ryan

Collector of relics now has a chance to become really old himself.

Houston businessman Stephen Fuller’s serious hobby of collecting Paleolithic stone tools from Africa was interrupted in 2007 when he saw blood in his stool. The robust corporate housing executive hadn’t seen a doctor in 20 years—never had a reason to.

Continued on Page 2
Treatment options vary widely. Where can you go? Who can you trust? What can you do?

The board-certified specialists at the Colon & Rectal Clinic are experts in treating hemorrhoids and can discuss all of the options with you:

- Rubber Band Ligation
- Infrared Coagulation (IRC)
- Stapling Procedure (PPH)
- Surgery
- Medication and Diet

Call the Colon & Rectal Clinic location nearest you and end your suffering.

35 Years of Compassionate Patient Care

The Colon & Rectal Clinic of Houston has a reputation for consistently providing the highest quality patient care, founded on deep concern for the individual needs of patients and their families. This compassionate, personal care is what encourages other physicians to choose the Colon & Rectal Clinic of Houston for themselves and their families.

Our Physicians

H. Randolph Bailey, M.D.
Donald R. Butts, M.D.
Joseph R. Cai, M.D.
Lisa Chen, M.D.
Kelly Gilmore-Lynch, M.D.
Daniel L. Howell, M.D.
Omar I. Madriz, M.D.
Thomas R. Newton, M.D.
Mark J. Pidala, M.D.
Darren R. Pollock, M.D.
Michael J. Snyder, M.D.
David A. Thompson, M.D.
Ted Volyianinis, M.D.
Ernest Max, M.D. (Medical Director)

Don’t Suffer with Hemorrhoids

While most people think hemorrhoids are abnormal, they are present in everyone. An estimated 50% of all Americans will experience hemorrhoid problems in their lifetime. Only when hemorrhoids enlarge are they considered abnormal and diseased. Both men and women are affected equally; a person is most likely to have problems if their parents had them.

Symptoms of external hemorrhoids may include painful swelling or a hard lump around the anus when a blood clot forms.

If you suffer from pain, itching or bleeding from hemorrhoids, there is relief.

Risk Factors for Colorectal Cancer

Family history and your own health history can be important factors in your risk for developing colorectal cancer. Risk factors include the following:

- Age 50 or older.
- Personal history of cancer of the colon, rectum, ovary, endometrium, or breast.
- History of polyps in the colon.
- History of ulcerative colitis (ulcers in the lining of the large intestine) or Crohn’s disease.
- Certain hereditary conditions, such as familial adenomatous polyposis and hereditary nonpolyposis colon cancer (HNPPC; Lynch Syndrome).
- Recent studies indicate that women who consume alcohol show a higher incidence of cancer.

Laparoscopy—Faster Recovery, Less Pain

The Colon & Rectal Clinic physicians are experts in laparoscopic colon surgeries. Pioneers in the development of this technique, they have extensive experience in open or traditional colorectal surgery, and in laparoscopic techniques. Laparoscopy may achieve the same results as traditional (open) surgery, but patients recover faster and experience less pain.

Now the Colon & Rectal Clinic physicians are leading in the development and research of use of the da Vinci robotic system as an even more precise alternative to traditional and laparoscopic colon surgery. Ted Volyianinis, M.D. is directing the Clinic’s activity on this technique.

Blue Star Symbol of Hope

The blue star symbol was adopted by the National Colorectal Cancer Roundtable in 2004 to signify the fight against colon cancer.

The Colon & Rectal Clinic of Houston is proud to display the blue star and of the role its physicians play in preventing and treating this devastating disease.

Colon & Rectal Clinic

Our colorectal surgeons use the latest and most effective screening and surgical techniques. We use minimally invasive (laparoscopic) and traditional colorectal procedures to efficiently and effectively identify and treat a broad range of colorectal diseases including:

- Colon and Rectal Cancer
- Diverticulitis
- Ulcerative Colitis & Crohn’s Disease
- Hemorrhoids
- Anal Fissure and Fistula
- Anal Incontinence
- Rectal Prolapse
- Transanal Hemorrhoidal Dearterialization (THD)