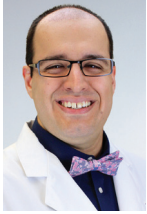


### MEET OUR EXPERT



**SADID ASKARIAN, DO**  
GASTROENTEROLOGY &  
HEPATOLOGY



Common Colorectal Cancer questions answered by Gastroenterologist, **Sadid Askarian, DO** of Guthrie Gastroenterology and Hepatology.

**Q: Are there any signs or symptoms of colorectal cancer?**

**A:** Symptoms are not usually present in colorectal cancer. There are symptoms that may be associated with this type of malignancy, but are not limited to the following: Unintentional or unexplainable weight loss, blood in the stool or toilet bowl, a change in your bowel habits and abdominal pain that does not resolve.

**Q: Who is most at risk for colorectal cancer?**

**A:** There are many possible contributors to colorectal cancer. Being overweight or obese is a risk factor, and one that is growing in the general American population. Additional

risk factors include the following: Usage of tobacco products, consuming alcohol, poor dietary practices (such a low fruit & vegetable intake, low fiber, high-fat, high amounts of processed meats), a sedentary lifestyle without any regular physical activity, a family history of colorectal cancer (and/or certain types of polyps), genetic cancer syndromes and inflammatory bowel disease.

**Q: Can women get colorectal cancer?**

**A:** Yes. The rate of colon cancer in women is 1 in 26. This is very similar to the rate of colorectal cancer in men, which is 1 in 1 in 23. The rate may increase depending on risks factors.

**Q: Can colorectal cancer be prevented?**

**A:** Yes! The best & most effective way to help reduce the risk of colorectal cancer is to undergo a colonoscopy. A routine average-risk person starts colonoscopies at 45 years old. Those with a family history of colorectal cancer or advanced polyps warrant colonoscopy sooner. Other options for testing include a yearly fecal immunochemical test or a stool DNA (such as Cologuard). Colonoscopies are considered the gold standard as it is a test that results in more than 95% detection of colorectal cancer. I recommend speaking with your medical providers to see what the best test is to fit

your needs. Ultimately, the best test is one that is completed.

**Q: What services does Guthrie provide to help with preventing or treating colorectal cancer?**

**A:** Guthrie offers a wide array of services from colonoscopies, various stool testing methods, imaging studies (such as high-quality CT scans), colorectal surgery and excellent services at our Cancer and Gastroenterology Centers. Our main goal is working towards the betterment of your health and the health of our communities!

**Call 866-GUTHRIE (866-488-4743) to make an appointment at a Guthrie Gastroenterology location near you.**