

National Colorectal Cancer Awareness Month: Top Takeaways - soundbite transcripts

****SOT****

Dr. Omar Khokhar, OSF HealthCare Gastroenterologist

“It's important to really dedicate resources during the calendar year to really emphasize how important it is, because the screening in this particular situation works because, A – it reduces patient morbidity, and B – it reduces the burden on the health care system downstream.” (:18)

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Dr. Omar Khokhar, OSF HealthCare Gastroenterologist

“There was data that came out recently showing that the most rampant increase was in ages 20 through 39. So when we looked at the preponderance of all that data, all the societies do their review, and we now have the recommend to reduce the age from 50 to now 45 for colon cancer screening.” (:18)

****SOT****

Dr. Omar Khokhar, OSF HealthCare Gastroenterologist

“What's good for your heart is good for your colon. So I would emphasize moderation with red meat, more fruits, more vegetables - a healthier lifestyle. Just overall global improvement in your health should help with your individual risk of getting colon cancer.” (:16)

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Dr. Omar Khokhar, OSF HealthCare Gastroenterologist

“If you're average risk and you're 45 to say 50, you may qualify for a stool sample, and those are commonly referred to as an iFOB test, or Cologuard. And those detect blood in your stool and abnormal DNA in your stool. If those are positive, that needs to be followed up with a colonoscopy. If it's negative you're screened, but you just need to do them more often than a colonoscopy.” (:24)

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Dr. Omar Khokhar, OSF HealthCare Gastroenterologist

“I think it's important to have a medical home by the time you're 40, and then that way your doctor can also be on you to make sure you're getting all the screenings, not just colon cancer screening, but breast cancer screening, lipid screening, all those kinds of things, to make sure that you're not just reactive but proactive in your health.” (:17)