

Take Time This Christmas to Learn Family History – soundbite transcripts

SOT

Dr. Omar Khokhar, OSF HealthCare Gastroenterologist

On family history

“There is definitely a hereditary component to colon cancer. So if your mom, your dad, aunt, uncle, grandma, grandpa have had colon cancer, it’s important to know that, because that contributes to your risk profile as an individual.” (:13)

SOT

Dr. Omar Khokhar, OSF HealthCare Gastroenterologist

On knowing specifics

“It’s important to know some specifics. The specifics would be, if someone had colon cancer in your family, what age were they diagnosed? If it’s a certain age – if they got it at age 88, it’s not really a risk factor for you. But if they had it at age 52, that’s really important because that means it was an early-onset cancer and that contributes significantly to your risk profile.” (:24)

SOT

Dr. Omar Khokhar, OSF HealthCare Gastroenterologist

On starting the conversation

“Maybe talk about how you are looking to be more proactive about your health in the following year. Is there anything about your health that I would want to know in terms of your screenings? Maybe start off the conversation with, ‘Hey, have you had any routine screenings done recently? Have you had a mammogram, have you had a pap smear, have you had a colonoscopy, is there anything I need to know?’” (:22)