

Health Highlights: Colon Cancer + carnivore diet
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Video Version

ANCHOR INTRO:

HOW TO PREVENT COLORECTAL CANCER – AND A TRENDING DIET THAT MEAT LOVERS ARE TAKING TO THE NEXT LEVEL. MATT SHEEHAN SHARES MORE IN TODAY'S HEALTH HIGHLIGHTS.

<<(THOUGH EVERYONE ISN'T SOLD ON IT – DOCTOR PHILIP OVADIA ISN'T SHY ABOUT DISCUSSING THE CARNIVORE DIET. THE CARDIOTHORACIC SURGEON AT OSF HEALTHCARE HAS STUDIES AND PERSONAL EXPERIENCE TO BACK IT UP.

A PERSON ON THE CARNIVORE DIET CONSUMES ANIMAL PRODUCTS LIKE MEAT... DAIRY AND EGGS BUT ABSTAINS FROM PLANT PRODUCTS AND PROCESSED FOOD.

YES – DOCTOR OVADIA ADMITS THIS DIET FLIES IN THE FACE OF ADVICE WE'VE HEARD SINCE WE WERE KIDS – BUT HE SAYS IT WORKS FOR SOME.

SOT DR. PHILIP OVADIA [oh-VAY-dee-ah] OSF HEALTHCARE CARDIOTHORACIC SURGEON

"There are no essential nutrients that are not available in animal products. The animal has eaten the fruits and vegetables. In many cases, ruminant animals like cows have multiple stomachs that are better able to digest the plant products and better able to extract the nutrients. Those nutrients end up in the animal meat."

DOCTOR OVADIA SAYS HIS HEALTH TURNAROUND WHILE ON THE CARNIVORE DIET HAS BEEN EXPERIENCED BY OTHERS. HE SAYS BENEFITS INCLUDE REVERSING OR IMPROVING DIABETES – OBESITY – AUTOIMMUNE CONDITIONS... INFLAMMATORY BOWEL DISEASE AND MENTAL HEALTH. BUT – YOU SHOULD TALK TO A HEALTH CARE PROVIDER BEFORE TRYING THE DIET.

MARCH MARKS COLORECTAL CANCER AWARENESS MONTH – WHICH IS A GREAT REMINDER TO TAKE A CLOSER LOOK AT YOUR OVERALL HEALTH. NEWER GUIDANCE RECOMMENDS STARTING TO GET COLONOSCOPIES AT AGE 45. PEOPLE WITH FAMILY HISTORY MAY HAVE TO START EARLIER.

YVETTE BLANCAS (**EE-vet BLAHN-cuhs**) IS A REGISTERED NURSE IN THE GASTROINTESTINAL LAB AT OSF HEALTHCARE – SHE SAYS A COLONOSCOPY IS NOT SOMETHING TO PUSH OFF.

YVETTE BLANCAS | REGISTERED NURSE | OSF HEALTHCARE

"The quicker that we find something, the better. Sometimes patients have polyps, but they're so tiny that they're not concerning. If you don't have a colonoscopy and you wait really long for it, those polyps may grow bigger and then it becomes a bigger problem."

BLANCAS SAYS TO MAKE SURE YOU'RE SPEAKING WITH YOUR PRIMARY CARE TEAM – AND ENCOURAGE YOUR FAMILY AND FRIENDS TO STAY ON TOP OF THEIR HEALTH.

WITH TODAY'S HEALTH HIGHLIGHTS – I'M MATT SHEEHAN.)>>