

# MONTHLY Check-Up

## WHITE PLAINS HOSPITAL

### FIVE FACTS:

## colonoscopy screening

# 1

The  
Facts

According to the American Cancer Society (ACS), colorectal cancer is the second most common cause of cancer deaths in men and women combined. It is also one of the most preventable cancers, thanks to the development of the colonoscopy and other screening methods. Nine out of every ten people whose colon cancer is found early will still be alive five years later.

The ACS recommends that men and women at average risk for developing colorectal cancer begin screening at age 50, ideally with a colonoscopy exam. If results are normal, the test should be repeated every ten years.

# 2

Guidelines

# 3

Higher Risk  
Guidelines

People at a higher risk for developing colorectal cancer should begin screening before age 50, and should be screened more often. These include individuals with a family history of the disease, a personal history of colitis or previous polyps, or a known family history of familial adenomatous polyposis (FAP) or hereditary non-polyposis colon cancer (HNPCC).

A long flexible tube with a camera on the end is inserted through the rectum into the colon. Special instruments can be passed through to biopsy or remove any suspicious-looking areas such as polyps, if needed. Patients are offered conscious sedation which allows the physician to concentrate on the procedure while keeping the patient pain free.

# 4

Colonoscopy  
Exam

# 5

Strides in  
Survivorship

The number of individuals who are screened for colorectal cancer has risen significantly over the past three decades, which has contributed to a much higher likelihood of surviving the disease. Today, surgery can cure about 90% of colorectal cancers when they are found at an early stage. This compares to a less than 50% likelihood of five-year survival for colon cancer in 1975.



“THE MOST EFFECTIVE WAY TO PREVENT, DETECT AND SURVIVE COLORECTAL CANCER REMAINS REGULAR COLONOSCOPY SCREENING BEGINNING AT AGE 50 FOR NORMAL-RISK INDIVIDUALS, AND SOONER FOR THOSE AT A HIGHER RISK.”

**ROBERT ANTONELLE, M.D.**  
*Gastroenterologist*

Dr Antonelle is a Board Certified Gastroenterologist affiliated with WPH since 1994 who has been voted a Castle Connolly Top Doctor by his peers for the last 16 years. He received his Medical Degree and completed his fellowship training in Gastroenterology at New York Medical College. He has authored several papers and serves as an Assistant Clinical Professor of Medicine at New York Medical College. He is a member of White Plains Hospital Physician Associates and specializes in the care and management of diseases of the intestinal tract, liver and pancreas.