

MONTHLY Check-Up

WHITE PLAINS HOSPITAL

FIVE FACTS: *colon cancer*

1

The
Facts

According to the American Cancer Society, colorectal cancer is the third most commonly diagnosed cancer in the United States excluding skin cancer. The overall risk of developing colorectal cancer at some point in an individual's life is roughly 1 in 20, and it is the second most common cause of cancer deaths in men and women combined.

The links between diet and colorectal cancer are some of the strongest known for any cancer type. Diets high in red and processed meats and meats cooked at very high temperatures may increase the risk, while diets rich in vegetables, fruits and whole grains can reduce risk. Regular exercise, maintaining a healthy weight and abstaining from smoking and heavy alcohol use are important.

2

Risk &
Prevention

3

Early
Detection

Regular colonoscopy screening is essential to find colorectal cancer at its earliest, most treatable stages. It is recommended that men and women begin annual colonoscopy screening at the age of 50. If there is increased risk screening should begin earlier. If polyps (precancerous growths) are found during a colonoscopy, the physician will typically remove them immediately.

Treatment for colorectal cancer depends on how advanced the cancer is at diagnosis. Surgery is often indicated and chemotherapy and/or radiation are also commonly employed. In some cases, colorectal cancer can recur following surgery and chemotherapy, in which case, additional surgeries and chemotherapy will be necessary.

4

Treatment

5

New
Advances

Advances in genetic testing for those at highest risk, and newer preventive therapies are enabling individuals to prevent and detect colon cancer as early as possible. Newer surgical techniques including laparoscopic and robotic surgery, chemotherapy combinations, targeted therapy and immunotherapy are all showing to be effective in improving survival rates after diagnosis.



“WHILE RECENT ADVANCES ARE SHOWING A LOT OF PROMISE IN THE TREATMENT OF COLORECTAL CANCER, THE MOST EFFECTIVE WAY TO PREVENT AND SUCCESSFULLY TREAT THE DISEASE REMAINS REGULAR SCREENING WITH COLONOSCOPY BEGINNING AT AGE 50.”

KIMBERLY YEE, M.D.
Colorectal Surgeon

Dr. Kimberly Yee is the first board certified female Colorectal surgeon to practice in Westchester County, and she has pioneered several new technologies in the management of colorectal disease at White Plains Hospital. Dr. Yee received her M.D. from the SUNY Upstate College of Medicine, and completed both her Residency in General Surgery and Fellowship in Colon and Rectal Surgery at Washington Hospital Center in Washington, DC. She then completed a second Fellowship in Minimally Invasive Surgery at Baylor College of Medicine in Houston, Texas.