



The Ukiah Daily Journal reports on the uncomplicated, painless nature of colonoscopies and their life-saving potential.

Description

By Dr. Matthew Swain, Principal Medical Specialist

Perhaps the thought of colorectal cancer screening strikes fear in your heart. Allow me to dispel such fear by assuring you that not only is it a straightforward and pain-free procedure, but it is also a lifesaver for a significant number of people annually.

“Colorectal” encompasses the lower portion of your digestive track-- the colon and rectum. Colorectal screening is an indispensable tool in early cancer detection before elevating to a dire state. The U.S. Preventive Services Task Force suggests that people of medium risk undertake this screening when they attain 45 years.

You may wonder why this screening holds such paramount importance? Colorectal cancer is insidious-- often growing undetected. Shockingly, this cancer has been increasingly diagnosed in individuals below 50 years of age. Colorectal cancer was reported to affect an alarming 1,388,422 individuals in the U.S. alone in 2020, according to the National Cancer Institute.

Catch it early, and you have better odds of defeating it. You see, if screening is evaded, the severity of symptoms, like incessant rectal bleeding, could escalate before you decide to seek medical intervention which could result in debilitating consequences.

Let's delve into the two common screening modes: stool-based tests and colonoscopies. The former-- including guaiac-based fecal occult blood test (gFOBT) and Fecal Immunochemical Test (FIT), which both target the detection of blood in stool-- are performed by analyzing a patient's stool sample in a lab. Colonoscopies, hailed as the gold standard for colorectal screening, involve a doctor inserting a flexible camera into the patient's rectum under anesthesia. This permits a direct vision of the patient's colon and rectum.

Do not shirk away from screening fearing its complexity. If a colonoscopy intimidates you, a stool-based test could be your alternative. Yet, I strongly recommend the former, given the latter's sensitivity and specificity shortcomings.

Beware of past colonoscopy horror stories. Today, the process is far more tolerable. Prepare for the procedure by consuming an electrolyte solution infused with a laxative. The following morning, the colonoscopy occurs at a hospital, or an outpatient surgery center. You'll receive anesthesia and upon awakening, the ordeal ends. There should be no discomfort, with your recovery time typically standing at 2-3 hours post procedure.

Reach out to your healthcare provider to arrange a screening. If you lack one, consult a Federally Qualified Health Center. If you present an elevated risk of developing colorectal cancer, inquire about your screening schedule. Active lifestyle, a diet rich in water, fruits, vegetables, and fiber are recommended preventative



measures alongside the screenings, regardless of your gender.

Living a fit lifestyle never negate the risk of colorectal cancer entirely. It's crucial to remember that regular screening increases your odds of positive outcomes. Most patients concur post colonoscopy: "It wasn't as daunting as I assumed."

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Vocabulary List:

1. **Colorectal** // (adjective): Relating to the colon and rectum.
2. **Indispensable** // (adjective): Absolutely necessary or essential.
3. **Insidious** // (adjective): Proceeding in a gradual, subtle way, but with harmful effects.
4. **Alarming** // (adjective): Causing feelings of fear or worry.
5. **Endeavor** // (verb): To try hard to do or achieve something.
6. **Tolerable** // (adjective): Able to be endured or tolerated.



Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What term is used to describe a sudden occurrence of a disease in a specific geographic area?
Option: Elderly
Option: Outbreak
Option: Gastrointestinal
Option: Endeavor
2. What is a substance used to stimulate the production of antibodies and provide immunity against one or several diseases?
Option: Hygiene
Option: Vaccine
Option: Immunizations
Option: Directive
3. Which term refers to extreme tiredness resulting from mental or physical exertion?
Option: Campaign
Option: Fatigue
Option: Uptake
Option: Compelling
4. What is the process by which a person becomes protected against a disease through vaccination?
Option: Precautionary
Option: Immunizations
Option: Directive
Option: Boosters
5. Which term relates to the colon and rectum in the human body?
Option: Colorectal
Option: Indispensable
Option: Insidious
Option: Alarming
6. What is the body's response to an injury or infection causing redness swelling pain and heat?
Option: Inflammation
Option: Gastrointestinal
Option: Indispensable
Option: Compelling
7. Which term refers to the business of providing food service at a remote site or a site such as a hotel pub



or other locations?

- Option: Catering
- Option: Upheavals
- Option: Endeavor
- Option: Tolerable

8. What term describes an official or authoritative instruction regulation or command?

- Option: Directive
- Option: Alarming
- Option: Fatigue
- Option: Campaign

9. Which term describes a sudden and powerful forward or upward movement especially by a crowd or by a natural force like waves or tides?

- Option: Tolerable
- Option: Booster
- Option: Contagious
- Option: Surge

10. What is the act or practice of introducing a vaccine into the body to produce immunity against a specific disease?

- Option: Inoculation
- Option: Indispensable
- Option: Immunity
- Option: Exacerbated

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. COVID-19 is highly _____ spreading easily from person to person.

12. Regular exercise is _____ for maintaining good health.

13. Embarking on a new _____ can be both exciting and challenging.

14. The sudden increase in crime rates is quite _____ for the local community.

15. After receiving the initial vaccine dose a _____ shot may be required to enhance immunity.

16. The speaker delivered a _____ argument that convinced the audience to support the



cause.

17. The successful _____ of new safety measures helped reduce workplace accidents.

18. A diet rich in fiber can promote healthy _____ function.

19. Measles is a highly _____ disease that spreads quickly among unvaccinated individuals.

20. Practicing good personal _____ can help prevent the spread of infections.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Taking measures such as wearing masks and washing hands can help reduce the risk of infection.
22. The disease had an onset making it difficult to detect in the early stages.
23. Vaccination helps build against specific diseases enhancing the body's ability to fight infections.
24. The public health aimed to increase awareness about the importance of regular screenings for early detection of cancer.
25. The virus was highly resulting in rapid transmission within the community.
26. Political in the region led to instability and uncertainty among the population.
27. The side effects of the medication were mild and for most patients.
28. The lack of access to clean water the spread of waterborne diseases in the affected communities.
29. Healthcare facilities often provide specialized services for the population to address their unique needs.
30. Maintaining good personal is essential in preventing foodborne illnesses.

Answer

Multiple Choice: 1. Outbreak 2. Vaccine 3. Fatigue 4. Immunizations 5. Colorectal 6. Inflammation 7. Catering 8. Directive 9. Surge 10. Inoculation

Gap-Fill: 11. Contagious 12. Indispensable 13. Endeavor 14. Alarming 15. Booster 16. Compelling 17. Uptake 18. Gastrointestinal



19. Communicable 20. Hygiene

Matching sentence: 1. Precautionary 2. Insidious 3. Immunity 4. Campaign 5. Infectious 6. Upheavals
7. Tolerable 8. Exacerbated 9. Elderly 10. Hygiene

CATEGORY

1. Health - LEVEL4

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