Most people should begin colorectal cancer screening by age 45—five years earlier than previous guidelines because colorectal cancer among younger adults is increasing. (Check your healthcare insurance for coverage.) Screening methods include stool-based tests and exams that view the colon lining, such as colonoscopy or sigmoidoscopy.

**Colonoscopy** is the gold standard because it detects polyps—growths of tissue that have potential to become cancer—and removes them at the same time. Removing polyps before they become malignant effectively prevents colorectal cancer.

**Symptoms you should tell your doctor**
- A change in bowel habits, such as ongoing diarrhea or constipation
- Stool that has become pencil thin, dark or black
- Blood in the stool, or rectal bleeding
- Abdominal discomfort, such as pain or cramping
- Sensation of incomplete bowel movements
- Unexplained weight loss
- Feeling weak and tired

1 in 5 cases of colorectal cancer is diagnosed in a person younger than 50. The 5-year survival rate for colorectal cancers detected at early, localized stages is 90%.
WHY ROSWELL PARK FOR COLORECTAL CANCER?

We believe every patient is unique, and we approach cancer treatment on an individual and personal basis. We offer the highest level of comprehensive and integrated cancer care, including:

- **Gastrointestinal surgeons with high-volume expertise** in endoscopic, minimally invasive laparoscopic, and robot-assisted surgery for colon and rectal cancers.
- **Gene testing of the cancer** to determine whether a patient is likely to benefit from chemotherapy, or should have chemotherapy after surgery, sparing other patients the cost and side effects of a treatment unlikely to help them.
- **Capability to provide radiation therapy during surgery**, in our specialized surgical suite, the only one in WNY.
- **Survival Outcomes Better than National Benchmark.** The observed 5-year survival rates for colon cancer patients treated at Roswell Park are consistently higher than national rates across disease stages.

MEET OUR DOCTORS

PREVENTION: TAKE CHARGE OF YOUR HEALTH

Adopting a healthy lifestyle is one of the best ways to reduce your risk of colorectal and other cancers. Many risk factors for colorectal cancer are factors you can change:

- Quit smoking
- Limit alcohol intake
- Exercise regularly
- Maintain a healthy weight
- Eat a high-fiber diet low in fat and red meat

GET A SECOND OPINION

If you have a cancer diagnosis, you need a second opinion. We can arrange for our colorectal experts to review your scans and pathology and schedule a consultation.

Why it matters – in about 10% of cases we review, the diagnosis is changed, impacting your treatment options, decisions and the way forward.

Gastroenterology
13. Andrew Bain, MD
14. Kevin Robillard, MD

Pathology
15. Charles LeVea, MD, PhD
16. Kazunori Kanehira, MD
17. Theresa Smith, DO

Diagnostic Radiology
18. Peter Loud, MD

Interventional Radiology
19. Garin Tomaszewski, MD

Medical Oncology
8. Patrick Boland, MD
9. Amy Early, MD
10. Christos Fountzilas, MD
11. Renuka Iyer, MD

Surgical Oncology
1. Steven Hochwald, MD, MBA, FACS
2. Fumito Ito, MD, PhD
3. Moshim Kukar, MD
4. Boris Kuvshinoff II, MD, MBA
5. Gary Mann, MD, FACS
6. Steven Nurkin, MD, MS, FACS
7. Roderich Schwarz, MD, PhD

Radiation Oncology
12. David Mattson, MD

Gastroenterology
21. Mollie L. Hutton, MS, CGC
22. Katherine Clayback, MS, CGC

Clinical Trials
The newest treatments, available only through clinical trials, are important options for many patients.

About 50% of Roswell Park patients are eligible for a clinical study. **Whether or not you choose to participate is entirely up to you.**