

Rx For Sanity

Colon Cancer Awareness: A Humorous View

Butt Meddler and her Vertical Smile Tour

Have *YOU* Had Your Colonoscopy Yet?

Bottom line...I'm Talkin' to You!

The Divine Butt Meddler, AKA Patricia L. Raymond MD FACP FACG

Whatcha waiting for?

Colon cancer is our second leading cause of cancer death, right after lung cancer. Six percent of Americans get it...it isn't rare. However, it is one of our most preventable cancers...and lets face it, if you're reading this newsletter, wouldn't you do just about anything to prevent rather than undergo treatment for cancer?

Ya talkin' to me?

Yes you! Everyone at age 50 needs a colonoscopy to look for and remove polyps, the little mushroom-like growths in the colon that over a ten to fifteen year span can grow up to become cancer. Start earlier if you're African American—age 45. Forty percent of people over fifty have one or more polyps. *You need your colonoscopy sooner if:*

- You have symptoms, such as chronic diarrhea or constipation, a change in the shape of your bowel movements (some people *do* look, y'know), or visible blood on the bowel movements or even on the toilet tissue (if I had a nickel for every time a person said "I thought it was just hemorrhoids...")
- You have a relative (parent, sibling, child) with colon cancer, especially before they were fifty. The rule of thumb is that with the increased risk, *your* screening should occur at ten years before *their* age at diagnosis. Thus if *they* were 50 years old, *you* should start screening at 40. Before you blow a gasket, this increased risk is still only 10% compared to 6% for average risk Americans.

- You're a survivor of a 'girl cancer'. If you had uterine or ovarian cancer, or are ten years after the diagnosis of cervical cancer and had radiation treatment for your cervical cancer, your risk of colon cancer is intensified. If you were diagnosed with uterine or ovarian cancer before 50 years old, your risk of colon cancer is shocking...up to as much as four times the average risk! Run, don't walk to the telephone to call your doctor, and insist on referral for a colonoscopy now!

There is some good news to all of this. The myth of increased colon cancer in breast cancer survivors turns out to be just that...a myth. And the increased risk with cervical cancer is from the radiation, not the cervical cancer. No pelvic radiation, and you're at average risk. However, you're not off the hook for screening just as if you were an average American!

Get off your butts (as in, "But, I don't want to...", "But, I can't take the time of from work...", and the perennial favorite, "But, it's soooo icky...") and take it to a gastroenterologist for screening...you'll be glad you did.

Next time, I'll give you tips that you can really use, as a *colonoscopy survivor* (and colonoscopy is nothing...really. Would I lie to you? Would Katie lie to you? No way!) to nag your loved ones, friends and relatives to have their colon cancer screening too. But to be eligible to nag, you need your colonoscopy. Just get off your butts.

Virginia gastroenterologist, Patricia L. Raymond M.D. FACG is an author and consultant, who speaks to nurses and physicians through hospital systems and medical conventions. With her company Rx For Sanity, she humorously leads physicians and nurses to rediscover their joy in medicine and to learn to first "Turn Care Inward". Her colonoscopy humor anthology book, "Colonoscopy: It'll Crack u Up!" is available now. Visit www.RxForSanity.com for complimentary information and links to better care for yourself and for your medical colleagues, and to subscribe to our FREE monthly newsletter, Passionate HealthCare, with medical humor and simple tips to enhance your life in Medicine. **Visit www.ColonoscopyJoke.com for more information on your essential colon cancer screening.**

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If You've Had Your Colonoscopy: Now It's Time to Accept My 'Cheek Check Challenge'!

The Divine Butt Meddler, AKA Patricia L. Raymond MD FACP FACG

Congratulations. You got your colonoscopy done, and you're clean. *Oh, I meant clean of polyps, but I'm sure you enjoyed your clear liquid diet and Golytely®, Phosphosoda®, or Visacol® prep, didn't you?*

Congratulations on having had your colonoscopy...wasn't so bad, was it? You have joined an elite group of Americans... *Unfortunately people are not getting their colonoscopy done!* Now it's time to join in a vast army of colonoscopy naggers, and accept my 'Cheek Check Challenge'!

Early detection of colon cancer leads to cure in 90%, yet we only detect 38% in the early stages. It attacks men and women equally, and will beset 6% of Americans. Although most major insurers now cover colon cancer screening by colonoscopy for average risk, asymptomatic patients over 50...

- Only a disappointing 20% at age 50 or older have an annual rectal exam and stool test for blood
- Only 30% of at 50 or above had flexible sigmoidoscopy or colonoscopy over the last five years
- And 60% of patients say that *their MDs didn't recommend colon cancer screening! They don't know that they're supposed to have one!*

I dare YOU to take the 'Cheek Check Challenge'!

Stand up, and reach your hands down low behind you and grab. You should now be in contact with

your own behind. Count your number of buttocks. This should be easy. Most people have two.

The 'Cheek Check Challenge' will honor your two buttocks, and the vertical smile between. I challenge you, for the next twenty-five consecutive days after reading this issue (and having had your colonoscopy done), to recommend to two people per day (one in honor of *each* buttock) that they have a colonoscopy.

For the next 25 days after your personal periscopic procedure, recommend colonoscopy to YOUR family, friends, coworkers, or acquaintances over age 50. Your mailman, your minister, rabbi, or pastor, your dry cleaning clerk. Your next door neighbor. Your spouse. Your best friends. Your child's soccer coach or teacher. Your mother-in-law. Your brother. Everybody's got a colon...just trust me on this. Just two a day...that's both your goal and your limit.

Number a sheet of paper, from one to fifty, and write down their names as you tell them, these people who touch your life. These people who you may have influenced with your real life story of how simple colonoscopy is, and how potentially lifesaving.

If you tell two family, friends, or coworkers per day, *and* they get a colonoscopy done...and you do the 'Cheek Check Challenge' for the twenty-five days I asked of you...

THREE people close to YOU will have early detection or prevention of a colon cancer! Not a bad twenty five days work! Congratulations! *YOU have completed the Cheek Check Challenge!* Now give me a big vertical smile!

Virginia gastroenterologist, Patricia L. Raymond M.D. FACG is an author and consultant, who speaks to nurses and physicians through hospital systems and medical conventions. With Rx For Sanity, she humorously leads physicians and nurses to rediscover their passion for medicine. Her colonoscopy humor anthology book, "Colonoscopy: It'll Crack u Up!" is available now.

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*Has anyone ever called you a wise *ss? Find out if it's true!*

Test your Bowel IQ

1. The adult human has approximately ____ feet of large intestine.
 - a) 3 feet
 - b) 6 feet
 - c) 9 feet
2. The adult human has approximately ____ feet of small intestine.
 - a) 11 feet
 - b) 15 feet
 - c) 21 feet
3. The blue whale, the largest mammal on earth, has about ____ feet of large intestine and small intestines combined.
 - a) 200 feet
 - b) 400 feet
 - c) 600 feet
4. What percentage of folks at forty have a colon polyp?
 - a) 20 percent
 - b) 40 percent
 - c) 60 percent
5. How many calories do you consume on licking a stamp?
 - a) 0.1 calorie
 - b) 1.0 calorie
 - c) 10 calories
6. How far from the toilet do dentists recommend that you store your toothbrush, to avoid 'airborne particles' resulting from the flush?
 - a) At least six feet
 - b) At least nine feet
 - c) Store the toothbrush either covered or in another room.
7. The name of the Roman god or goddess of poop was:
 - a) There wasn't one
 - b) Vesuvius
 - c) Cloacina.
8. The reason that the platypus is considered a unique mammal is:
 - a) It has a feathers and a bill, but is not a bird
 - b) It can breathe underwater, but has no gills.
 - c) It has combined sex organs and rectum
9. How long would you need to continuously pass wind in order to generate methane gas with the energy of an atomic bomb?
 - a) 6 years and 9 months
 - b) 12 years and 3 months
 - c) 25 years
10. When was the flush toilet invented?
 - a) Thomas Crapper, England, mid 1800s
 - b) William Flushington, England mid 1600s
 - c) Unknown inventor, Crete, 2000 BC

Bonus Point:

11. The 19th century French performer Petomaine was world famous for:

- a) Belching music, including the French national anthem, while dancing
- b) Eating metal objects (his claim to fame was in eating a bicycle, piece by piece, then passing it and later reassembling it)
- c) Playing a flute inserted in his rectum.

Answers (no peeking!)

- 1) B
- 2) C
- 3) B
- 4) B
- 5) A
- 6) A
- 7) C
- 8) C
- 9) A
- 10) C

11) C

12)

Score

1-3 I'm so sorry... you really are a dumb-*ss

4-6 You have an average *ss.

7-9 You are a smart *ss, and may practice GI.

9-11 You *are* a wise *ss. Seek professional help immediately.

Bowel Search: Like what we do during Colonoscopy!	
Words To Find: ABDOMEN APPENDIX AVM BIOPSY CANCER CAUTERY COLON COLONOSCOPE CONSTIPATION DIARRHEA DIGITAL DIVERTICULITIS DIVERTICULOSIS GLOVE HAUSTRA HEMORRHOID INSUFFLATION INTESTINE NURSE POLYP PREPARATION RECTAL SNARE VILLI	D W Z E P O C S O N O L O C L I I E M O R N A X A D Q O A F V N V Q D A E I N Z Z N T Y D E S P E R I D P A C S C S J J R U Y E R N G R A T E P C D R T F L O E T T I I R O R I R C I F O P T S I P T I A A V M E C L P O U S A C B A R T R G S U A G A M T A K U R L I I L R L T H D I U R B H L F S M O U O I V O T I B E V Z I Z M V N S O N E L L A T C G A T A E T I N R L E N I T S E T N I G Q S Y I B X U A B D O M E N S B C V H E M O R R H O I D P Z C