

# COLONOSCOPY SCREENING BY OPEN ACCESS

We are pleased to introduce Colonoscopy Screening by Open Access. Using Open Access allows you to schedule your Colon Cancer Screening without a pre-procedure office visit, saving you time and money.

Open Access is for healthy adults, 75 years of age or younger who have no significant gastrointestinal symptoms. To schedule, simply call us at (252) 527 3636 or complete our new patient form and either mail or fax it to our office. Once we receive your information we will contact you to set up your procedure. Download our form below or pick up a copy at any of our office locations.

## **SCHEDULE WITH OPEN ACCESS**

To provide your information and schedule over the phone, please call us at (252) 527 3636 and mention Open Access. Otherwise, complete the following steps:

Step 1 - Download and print the New Patient Form.

<http://www.amg-gi.com/files/amg-new-patient-form.pdf>

Step 2 - Complete and mail form to the address below -OR- fax to our office

Open Access Program  
Atlantic Medical Group PC  
2541 N Queens street  
Kinston NC, 28501  
Fax - (252) 523 7407

Step 3 - Wait for our call

Once we receive your information, we will contact you to set up your procedure date. Please allow 5-7 business days for postmarked mail, 2-3 business days for faxed forms.

# Know Your Colon Cancer Risks

According to the American Cancer Society, colorectal cancer is one of the leading causes of cancer-related deaths in the United States. However, early diagnosis often leads to a complete cure.

Almost all colon cancer starts in glands in the lining of the colon and rectum. When most people and when doctors talk about colorectal cancer, this is generally what they are referring to.

There is no single cause for colon cancer. Nearly all colon cancers begin as noncancerous (benign) polyps, which slowly develop into cancer.

You have a higher risk for colon cancer if you:

- Are older than 50

- Are African American- **screening age 45 years**

- Eat a diet high in red or processed meat

- Have cancer elsewhere in the body

- Have colorectal polyps

- Have inflammatory bowel disease (Crohn's disease or ulcerative colitis)

- Have a family history of colon cancer

- Have a personal history of breast cancer

Certain genetic syndromes also increase the risk of developing colon cancer. Two of the most common are hereditary nonpolyposis colorectal cancer (HNPCC), also known as Lynch syndrome, and familial adenomatous polyposis (FAP).

What you eat may play a role in your risk of colon cancer. Colon cancer may be associated with a high-fat, low-fiber diet and red meat. However, some studies found that the risk does not drop if you switch to a high-fiber diet, so the cause of the link is not yet clear.

Smoking cigarettes and drinking alcohol are other risk factors for colorectal cancer.

## Symptoms

**Many cases of colon cancer have no symptoms.** The following symptoms, however, may indicate colon cancer:

- Abdominal pain and tenderness in the lower abdomen
- Blood in the stool
- Diarrhea, constipation, or other change in bowel habits
- Intestinal obstruction
- Narrow stools
- Unexplained anemia
- Weight loss with no known reason

**CALL TODAY TO SCHEDULE YOUR COLONOSCOPY AT OUR STATE OF THE ART FACILITIES!  
252 527 3636 OR 910 577 3636**

# Cleaning Out Your Kitchen for a More Colon Friendly Lifestyle



What is in your kitchen? Unfortunately, the standard American diet has all of the factors that contribute to the increased risk of colon cancer. If you look in a typical American kitchen, you will [probably find foods](#) that are high in “unhealthy fat, low in fiber, high in processed foods, low in complex carbohydrates and low in plant based foods.”

If you are concerned about your colon, it's time to make a change in your lifestyle and in your kitchen. So let's put down the deep fried Twinkies wrapped in bacon and covered in chocolate and take a look at some foods that you should and shouldn't have in your kitchen for a healthier, happier colon.

**Fruits, Nuts, and Vegetables** Eating a variety of fruits, nuts and veggies provides antioxidants, [fiber](#) and vitamins. Try broccoli, cauliflower, beets, cabbage, kale, Swiss chard, arugula and watercress. Seek these out at a local farmers market if possible.

**Whole Grains** Try amaranth, [barley](#), brown rice, bulgur, [farro](#), quinoa, stone cut oats and wild rice. Check out Anson Mills for some heritage varieties.

**Limit Excessive Sugar** A bag full of double stuffed Oreos washed down with a big Cherry Dr. Pepper is not a healthy snack. You know this already! Consider some yogurt with fresh fruit or honey for a healthy snack.

**Less Red Meat** Studies have shown that a [high consumption of red meat](#) is linked to an increased risk of colon cancer. Consider substituting [fish](#) or poultry the next time a recipe calls for red meat.

**Drink More Water** Healthy digestion requires adequate fluid intake. Drinking water, ideally eight glasses a day, will lubricate your body, flush your body of wastes and toxins and prevent constipation..”

**Healthy Oils** Instead of bottled dressing, try a homemade vinaigrette – 3 parts olive oil, 1 part vinegar, diced shallots, honey, Dijon mustard and salt and pepper.

**Less Alcohol** It is recommended that to help minimize your risk of colon cancer, it’s best to [limit alcohol consumption](#).

**Probiotics** “These are friendly bacteria that “may help restore or maintain proper bacteria balance in the intestines,” and may even prevent diarrhea, according to [Mayo Clinic](#).” Try yogurt, kefir, cultured buttermilk and sour cream.

Part of colon friendly eating is keeping in mind that it is not the same as a diet. Colon friendly eating involves building long-lasting, healthy habits, which include eating in moderation and having the proper proportions. Not only will your colon benefit but your overall health will likely improve as well.

Dislike