



# Med Center Health®

[VIDEO TRANSCRIPT]

## 90 Seconds to Better Health – Colon Cancer

*Irene Li, D.O., Radiation Oncologist*

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Colorectal Cancer is one of the most common cancers diagnosed in both men and women in the United States. There are symptoms to watch out for and people that may be at risk.

[DR. LI]

Typically, you would be looking for blood, you would potentially have pain when you're having bowel movements, significant constipation. You could have weight loss, nausea or other masses popping up that may suggest a more advanced stage.

People who have poor diet, heavy in red meat, smoking, too much alcohol use, obesity, generally poor health are higher risk

[NARRATOR]

The American Cancer Society, as well as the CDC, say the best way to detect and prevent colorectal cancer is by getting screened, starting at age 45.

[DR LI]

Typically, it's every 10 years. If there are family members with significant history of colorectal cancer, some individuals may start as early as 30 years of age. It's very much curable when it's caught early; but, if left too late, it's a whirlwind for treatment. If you're diagnosed with colorectal cancer, we have multiple options as well as specialists to take care of you. We have surgical oncology, radiation oncology and medical oncology.

[MUSIC] [NARRATOR]

For more information, visit [MedCenterHealth.org/Cancer](http://MedCenterHealth.org/Cancer).

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