Colorectal Cancer Facts
Overall, the lifetime risk of developing colorectal cancer is about 1 in 20 (5%). It’s expected to cause about 50,310 deaths during 2014.

If caught early, colorectal cancer is 90% curable.
The American Cancer Society recommends that beginning at age 50, both men and women, should be tested and retested once every five to ten years.

Ebola Update: Case Fatality Rate Now 70%
The World Health Organization has revised its Ebola death rate figures from 50% to 70%. WHO officials suggest that the number of new cases each week in West Africa could reach 10,000 within 2 months if the disease is not quickly controlled.

The CDC Director Tom Frieden said in a press conference that the agency will dispatch an Ebola response team to any U.S. hospital with a confirmed case of Ebola. The response team will include various specialists to manage and oversee the situation.

Source: NEJM Journal Watch- October 15, 2014

More Enterovirus D68 Cases Likely Confirmed in Next Week Due to Faster Test
Experts suggest the number of confirmed infections of enterovirus D68, which causes severe respiratory symptoms, is likely to spike in the next 7 to 10 days as the Center of Disease Control (CDC) begins to use a new and faster lab test on specimen backlogs.

Since more tests will be made in a shorter period of time this may give the impression that the number of enterovirus D68 cases is increasing. Actually, the CDC claims that signs among states and hospitals are indicating that the number of EV-D68 infections may be going down. However, it’s not yet clear if this is a national trend or not. The season for Enterovirus usually lasts until late fall.

Source: NEJM Journal Watch- October 15, 2014
Dr. Alexander Kopp

Dr. Kopp is board certified in Gastroenterology and Internal Medicine. He is a member of the American College of Gastroenterology, American College of Physicians, and American Society for Gastrointestinal Endoscopy. He is on staff at Newton Wellesley Hospital and Metro West Medical Center in Natick.

7 Quick Health Tips
1. Quit Smoking Eat Health Food
2. Exercise Every Day
3. Achieve and/or Maintain a Healthy Weight
4. Get Enough Sleep
5. Schedule Regular Checkups and Screenings
6. Drink Plenty of Water
7. Reduce or Limit Caffeine

Lawna Wigle, MSN, FNP

Lawna Wigle is a Board Certified Family Nurse Practitioner. She can take care of many of your healthcare needs, prescribe medication and provide education. Lawna specializes in the treatment of liver disease, abdominal transplant pre and post-operative care as well as Family Medical Practice.

Elka Miller-Kopp

Dr. Kopp’s wife, Elka, joined our medical practice in 2006 as Office Manager. Her professional background and experience contributes greatly to her caring and compassionate approach to working with patients. Elka is very attentive and greatly admired by all our patients. She is always available to talk with you and address your needs.

Specialties & Procedures
Following is a sample list of Dr. Kopp’s specialties and procedures.

- Colon Cancer
- Gastroesophageal Reflux Disease
- Barrett's Esophagus
- Irritable Bowel Disease
- Crohn’s Disease and Ulcerative Colitis
- Hemorrhoids
- Constipation
- Celiac Disease
- Colonoscopy
- Esophagoduodenoscopy
- Capsule Endoscopy
- Hemorrhoid Band Ligation