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PATIENT CONNECTION



Published by Dr. Alexander Kopp

www.DrKoppMd.com

Colorectal Cancer Facts

Overall, the lifetime risk of developing colorectal cancer is about 1 in 20 (5%). It's expected to cause about 49,190 deaths this year.

If caught early, colorectal cancer is 90% curable.

The American Cancer Society recommends that beginning at age 50, both men and women, should have a colonoscopy to be tested and retested once every five to ten years. Contact Dr. Kopp's office to schedule your colorectal cancer screening.



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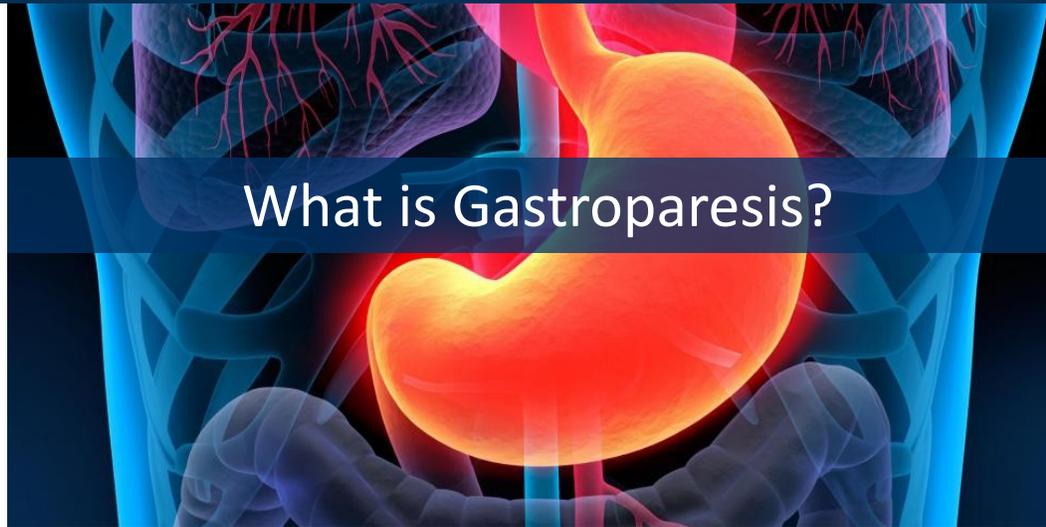


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What is Gastroparesis?

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Gastroparesis is a condition that involves the stoppage or slowing down of the stomach's ability to properly move food from the stomach through the digestive system.

Stomach muscles are controlled by the vagus nerve which contracts to break down food and push it through the gastrointestinal (GI) tract. Gastroparesis may occur when the vagus nerve is damaged by injury, illness or other causes.

Gastroparesis Symptoms

Following are some symptoms associated with gastroparesis.

- Heartburn or GERD
- Vomiting
- Nausea
- Poor control of blood sugar levels
- Poor appetite/weight loss
- Abdominal bloating
- Feel full quickly

Gastroparesis Causes

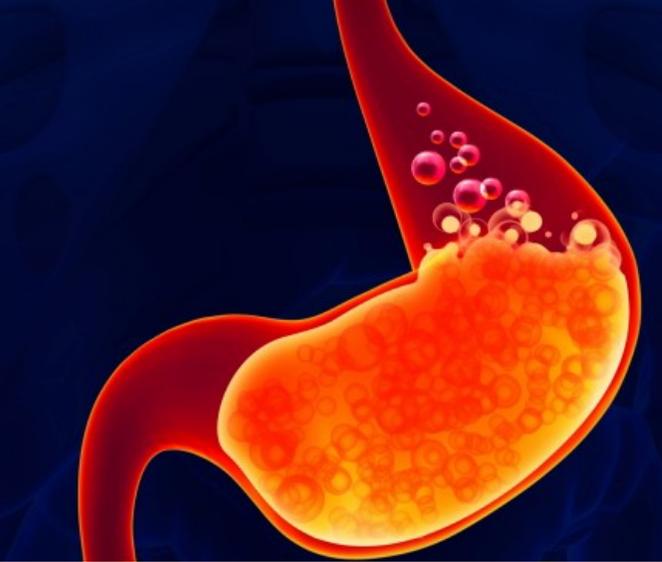
Even with medical tests, it is difficult to identify the direct cause of Gastroparesis. However, diabetes is most often the cause. Individuals with diabetes have high levels of blood glucose which can eventually damage the vagus nerve.

Other possible causes of gastroparesis include intestinal surgery and nervous system diseases such as multiple sclerosis or Parkinson's disease.

How is gastroparesis treated?

Gastroparesis treatment depends on the severity of the person's symptoms. Unfortunately, usually treatment does not cure gastroparesis. Gastroparesis is often a chronic condition. However, symptoms can come and go over time. Treatment and changes in eating habits can help people manage gastroparesis so they live life as normal as possible.

Contact Dr. Kopp's office to schedule your colon cancer screening.



GERD Symptoms

Following is a list of symptoms associated with GERD (gastroesophageal reflux disease).

- Chronic heartburn
- Acid regurgitation
- Belching
- Pain and difficulty swallowing
- Waterbrash (sudden excess of saliva)
- Chronic cough
- Chronic sore throat
- Laryngitis
- Inflammation of the gums
- Chronic irritation in the throat
- Hoarseness in the morning
- Sour taste
- Bad breath

If you are experiencing one or more GERD symptoms call Dr. Kopp's office to schedule an appointment to discuss treatment.

Source: *International Foundation for Functional Gastrointestinal Disorders. www.aboutgerd.org*

In Warm Weather . . . Hydrate, Hydrate



All aspects of the human body needs water to function properly— every cell, tissue, and organ (including the heart). It is also essential for healthy body temperature, lubricating joints and waste removal. Dehydration can be a serious condition that can lead to numerous problems. The risk of dehydration tends to increase as temperatures rise. Consequently, on warm to hot days it's important to stay hydrated.

Dehydration symptoms include the following:

- Dry mouth
- Sleepiness or fatigue
- Confusion
- Extreme thirst
- Headache
- Dizziness or lightheaded feeling
- No tears when crying
- Little or no urine, or urine that is darker than usual

Do not wait until dehydration symptoms arise before hydrating. Proactively prevent dehydration by drinking a sufficient amount of water each day.

Importance of Vitamin D

According the CDC, one fourth of the American population is deficient in vitamin D. Vitamin D supports overall health and healthy bones. It also plays an important role in ensuring that muscles, heart, lungs and brain work well. There is also some research which suggests a possible connection between vitamin D and depression.

Our bodies are equipped to make its own vitamin D from exposure to sunlight. However, sunscreen prevents the body from making vitamin D by 95%. Fortunately, its possible to also get vitamin D from supplements and some foods.

Why Sunscreen Matters

It's estimated that one in five Americans will develop skin cancer in their lifetime. Sunscreen use can help prevent skin cancer by providing protection from the sun's harmful ultraviolet rays. In addition it can protect a person's skin from premature aging, sunburn, skin discoloration and more.

The American Academy of Dermatology recommends that everyone, regardless of age, use sunscreen whenever they go outside (year round) and even on cloudy and snowy days. It should be water resistant with broad-spectrum protection (protects against UVA and UVB rays). Also the sun protection factor (SPF) should be 30 or higher. Apply sunscreen, 15 minutes before going outside, to all skin not covered. Reapply every two hours or after sweating or swimming. Enjoy the outdoors with skin protecting sunscreen.

Source: *American Academy of Dermatology*