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# PATIENT CONNECTION



Published by Dr. Alexander Kopp

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## 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 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 be tested and retested once every five to ten years.



## Alexander Kopp, MD

**Newton-Wellesley Hospital Campus**  
White Medical Building  
2000 Washington St. Suite 542  
Newton, MA 02462  
Tel: 617.527.6200, Fax: 617.965.5894  
akopp@drkoppmd.com  
[www.DrKoppMd.com](http://www.DrKoppMd.com)



## Colorectal Cancer Awareness Month

preventable • treatable • beatable

### Colon Cancer At-A-Glance\*



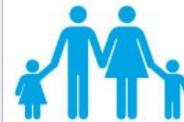
Colon cancer is the second leading cause of cancer-related death in the U.S.



On average, your risk is about 1 in 20, although this varies widely according to individual risk factors.

50+

90% of new cases occur in people 50 or older.



People with a first-degree relative (parent, sibling or offspring) who has colon cancer have two to three times the risk of developing the disease.



There are currently more than one million colon cancer survivors in the U.S.

\*Source: American Cancer Society

## COLORECTAL CANCER OVERVIEW

“Colon cancer is cancer of the large intestine (colon), the lower part of your digestive system. Rectal cancer is cancer of the last several inches of the colon. Together, they're often referred to as colorectal cancers.

Most cases of colon cancer begin as small, non-cancerous (benign) clumps of cells called adenomatous polyps. Over time some of these polyps become colon cancers.

Polyps may be small and produce few, if any, symptoms. For this reason, doctors recommend regular screening tests to help prevent colon cancer by identifying polyps before they become colon cancer.

Regular screening is the key to preventing colon cancer. The U.S. Preventive Services Task Force recommends colorectal cancer screening

for everyone at age 50 and at regular intervals through age 75 years. However, you should be tested earlier and more often if:

- You or a relative have had colorectal polyps or colorectal cancer (self and/or relatives).
- You have inflammatory bowel disease, Crohn's disease or ulcerative colitis.
- You have genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

Speak with your doctor about when you should begin screening and how often you should be tested.”

Sources: [Mayo Clinic](http://www.MayoClinic.com) and [Center for Disease Control](http://www.CenterforDiseaseControl.com)

# Nutrition Panel Calls for Less Sugar and Eases Cholesterol and Fat Restrictions



## The Bountiful Benefits of Broccoli

Just one example of the power of nutritional foods

**Detoxification.** Broccoli nutrients that have a strong impact on our body's detoxification system.

**Anti-Inflammatory.** Broccoli is a particularly rich source of a flavonoid called kaempferol, which helps to battle allergies and inflammation.

**Improves Vitamin D Deficiency.** Broccoli contains vitamins A and K, which help to keep the metabolism of vitamin D in balance.

**High In Fiber.** Fiber helps to lower cholesterol and facilitates digestion.

**Increases Eye Health.** Broccoli improves eye health due to high concentrations of two carotenoids in it—lutein and zeaxanthin.

**Supports Skin Health And Repair.** When glucoraphanin from broccoli is converted into sulforaphane the result is healthy skin and repair of skin damage.

**High in Potassium.** Potassium helps to fight high blood pressure.

**Rich In Vitamin C.** Vitamin C enhances the absorption of iron and alleviates the common cold.

**Calcium Rich.** Calcium strengthens and promotes bone growth and health, which assists in the prevention of osteoporosis.

**Decreases Blood Sugar Levels.** Thanks to its high levels of soluble fiber and chromium, broccoli helps to maintain low blood sugar.

### Aids in Digestion

Broccoli helps keep your stomach lining healthy by keeping the stomach bacteria *Helicobacter pylori* from becoming overgrown or clinging too strongly to the stomach wall.

**High In Protein.** Broccoli is not only a great source of protein but is also low in calorie.

**Helps To Prevent Heart Disease.** Broccoli contains lutein, which helps to fight heart disease by preventing the thickening of arteries.

Sources: [Forbes](#) and [Live Science](#)

Recommendations to reduce dietary cholesterol have been a mainstay of U.S. guidelines for years, starting with recommendations from the American Heart Association in the 1960s. However, a recent report is shaking up these recommendations.

The Dietary Guidelines Advisory Committee, appointed by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture, recently issued a report that recommends easing previous restrictions on fat and cholesterol and recommends sharp new limits on the amount of added sugar that Americans should consume.

The proposed new guidelines reflect a major shift in the scientific view of cholesterol in recent years. Although serum cholesterol is still considered an important risk factor, **cholesterol consumed in food is now thought to play a relatively insignificant role in determining blood levels of cholesterol.** The committee's new report states, "Cholesterol is not considered a nutrient of concern for overconsumption."

In addition to reducing fat and cholesterol restrictions, the panel singled out added sugars as one of its major concerns. Previous dietary guidelines have included warnings about eating too much added sugar, but for the first time the panel recommended that Americans limit it to no more than 10 percent of daily calories — roughly 12 teaspoons a day for many adults — because of its link to obesity and chronic disease.

"It's the right decision," cardiologist Steve Nissen told *USA Today* on Tuesday. "We got the dietary guidelines wrong. They've been wrong for decades."

### Sources:

**NEJM Journal Watch**

<http://bit.ly/19VKXR9>

**New York Times. Nutrition Panel Calls for Less Sugar and Eases Cholesterol and Fat Restrictions (February 19, 2015)**

<http://nyti.ms/1zrPL6l>

**Scientific Report of the 2015 Dietary Guidelines Advisory Committee**

<http://1.usa.gov/1EXP9X>