

PATIENT CONNECTION



Published by Dr. Alexander Kopp

www.DrKoppMd.com

Is it time to schedule your annual physical examination?

A Physical examination is recommended at least once a year, especially in people over the age of 50. According to the National Institute of Health, these exams are used to:

- Check for possible diseases, so they can be treated early.
- Identify any issues that may become medical concerns in the future.
- Update any necessary immunizations.
- Check for high cholesterol, blood pressure, and blood sugar levels.

Source: National Institute of Health- www.nih.gov



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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

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

“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, noncancerous (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.

Signs and symptoms to seek further evaluation by your gastroenterologist include:

- A change in your bowel habits (e.g. diarrhea, constipation, change in stool consistency)
- Rectal bleeding or blood in your stool
- Persistent abdominal discomfort, such as cramps, gas or pain
- A feeling that your bowel doesn't empty completely
- Weakness or fatigue
- Unexplained weight loss

Many people with colon cancer experience no symptoms in the early stages. When symptoms appear, they tend to vary depending on the cancer's size and location. If you notice any symptoms of colon cancer, such as blood in your stool or a persistent change in bowel habits, make an appointment with your doctor.”

Source: Mayo Clinic

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

Note: The information provided in this newsletter is not intended to be medical advice. In all instances, individuals are responsible for their own health care decisions and should consult with their health care providers.

September is Prostate Cancer Awareness Month



One in six men will be diagnosed with prostate cancer in their life and about one in 36 will die from it, according to the American Cancer Society. With early detection and treatment, the odds of surviving prostate cancer are relatively high. The most common screening method is through a blood PSA screening test. Following are general risk factors for prostate cancer.

- **Age** - The risk of developing prostate cancer increases with age. According to the American Cancer Society, “over 65% of men diagnosed with prostate cancer are over the age of 65”.
- **Race** - African American men are 60% more likely to develop prostate cancer than Caucasian men. They are also more likely to develop an aggressive form of the disease.
- **Family history** – Risk increases significantly when a man has one or more close relative that has been who diagnosed with prostate cancer. This is especially true if the relative was diagnosed at a young age.
- **Diet** – Both High fat diets and obesity increases a man’s risk being diagnosed with prostate cancer. These factors also increase the likelihood of developing a more aggressive form of the disease.

When it comes to prostate cancer, early detection and treatment is key. Speak with your doctor to learn more about prostate cancer.

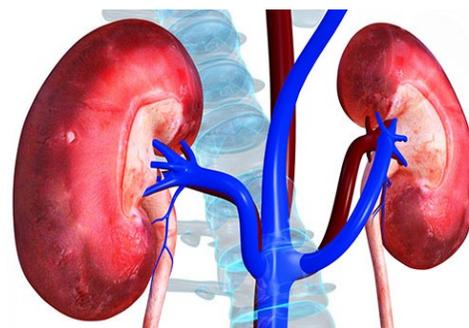
Source: American Cancer Society

Your Kidneys

Kidneys are as vital to life as the heart and lungs. They are cleaning machines that filter water and waste out of the blood. The waste is from chemical reactions that occur in cells which involves breaking down food nutrients. Excess or unwanted material are filtered through the kidneys and discharged via the bladder.

Most people are born with two bean-shaped kidneys which are about the size of a fist. In addition to filtering waste, kidneys help regulate blood pressure and make red blood cells. Kidney disease often has no symptoms. The only way to know how well your kidneys are working is through a simple urine test and blood test. Talk to your doctor about getting tested.

Sources: Mayo clinic, Webmd



We are Currently Accepting New Patients

We invite you to share this newsletter with family and friends who might be seeking a new primary care physician or a Gastroenterologist. Following are some reasons why so many people choose our practice.

- Educated in the best medical centers in Boston (New England Deaconess Medical Center, Brigham and Woman’s Hospital), Dr. Kopp has been successfully treating patients for nearly 26 years.
- Our patients benefit from a seasoned primary care physician who is also a gastroenterology specialist.
- We strive to accommodate our patient’s scheduling with prompt appointment and procedure scheduling.
- In addition to Dr. Kopp, our expanded clinical team includes a nurse practitioner and physician assistant to offer exceptional medical care to our patients.

FUN FACTS

1. How many cells are in the human body?
2. How many nerve cells are in the human brain?
3. How many miles of blood vessels are in your brain?



Answers to Fun Facts
1. 100 Trillion 2. 100 Billion 3. 100,000 Miles