



## Polyps

- Is an abnormal growth of tissue in the colon, similar to a mole that you could find on your skin
- 40% of people develop polyps
- Most polyps are genetic but can also occur if you smoke, have too much alcohol use, are overweight, not eating enough fiber

## Presentation

- Most polyps do not cause any symptoms but if they become large enough it can cause Anemia, Rectal Bleeding, Constipation and Narrowing of Stool Shape

## Complication

- Colon Cancer : 1% of polyps have the potential to turn into a cancer.
- Colon Cancer is Preventable: It typically takes 8-10 years for a polyp to become a cancer so it gives you enough time to get your colonoscopy done

## Treatment

- Colonoscopy: stay up to date with your colonoscopies so the polyps can be found early and removed
- Eat Fiber, Stay Lean, Stop Smoking, Minimal Alcohol Use, Reduce Red Meat (beef and pork) and Processed Meats (cold cuts and hot dogs)