



women's health

MARCH
2006

UMHS Women's Health Program—Dedicated to the health and wellness of women

COLORECTAL HEALTH

A Preventable Cancer

March is Colon Cancer Awareness Month, but D. Kim Turgeon, M.D., F.A.C.P., clinical associate professor in the Department of Internal Medicine at the University of Michigan Health System, has a year-long mission to educate people about the importance of colonoscopies. "I really feel strongly that colon cancer should be a disease that we never see again," says Turgeon.

In one year, an estimated 145,000 new cases are diagnosed and more than 56,000 people will die from colon cancer. Colon cancer is the second leading cause of cancer death in the United States, and the leading cause of cancer death among non-smokers.

Unlike other kinds of cancer, the vast majority of colorectal cancer deaths can be prevented by screening and early detection. The statistics speak for themselves. "When stage-one cancers are found and removed, there is a survival rate of more than 95 percent. At the final stage (stage 4), the survival rate is about 5 percent," says Turgeon. Recognizable symptoms—rectal bleeding, anemia, a change in bowel habits, abdominal pain and weight loss—often don't show up until the final stage.

A colonoscopy, an examination of the lining of the colon with a lighted, flexible tube, allows the chance for biopsies and polyp removals. Most polyps in the colon are benign, but 95 percent of colorectal cancers begin as a particular type of polyp called an adenoma.

For people without increased risk, screening should begin at age 50 and continue at regular intervals. People with more risk factors should discuss with their physicians whether they should begin screening before age 50.

Making You More Comfortable

The new U-M East Ann Arbor Surgery and Medical Procedures Center located next to U-M East Ann Arbor Health Center (see article inside) will offer a comfortable setting to help patients feel more at ease with this procedure.

A recent study from the University of Michigan Health System's Division of Gastroenterology showed that 43 percent of women ages 40–70 prefer a female endoscopist to perform their colonoscopy. More than one-third of U-M Health System

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gastroenterologists are female. That number is well above the 8 percent national average of gastroenterologists who are female.

If you're a woman who has been putting off having a colonoscopy due to concerns about the procedure, the reality is that the preparation the day before is probably more inconvenient than the test itself.

As Turgeon says, "Patients often ask, 'When are you starting?' right after the procedure is over."

Turgeon wants women to schedule their colonoscopies. She says, "I'd like to put myself out of business. We have the ability to make this cancer a rare occurrence."

For more information visit: www.med.umich.edu/gi

To schedule an appointment call: (734) 647-5944.



This is an adenomatous polyp in a sigmoid colon just prior to removal (polypectomy). Removing it prevents a cancer from developing.



Help Us Prevent Colon Cancer

The cancer prevention group at the University of Michigan is looking for volunteers to provide samples for use in detecting early signs of colon cancer. Call (734) 615-2922 or e-mail lyagiela@umich.edu for more information about this study (IRBMed 2005-248).



The University of Michigan Division of Gastroenterology offers the following procedures:

Virtual colonoscopy, or computer-aided x-ray, is the next breakthrough in colon imaging and potentially an acceptable option for colorectal cancer screening. At the University Hospital and East Ann Arbor Procedures Center, virtual colonoscopy is available if a traditional colonoscopy can't be completed. The test can be performed that same day so patients can avoid undergoing the preparation twice.

Capsule endoscopy involves swallowing a pill that contains a tiny digital camera that can visualize the 15 to 18 feet of small intestine that cannot be reached by standard procedures such as upper gastrointestinal endoscopy. Because it is used to detect specific disorders of the small intestine, this test is not a substitute for a colonoscopy, which looks at the large intestine.



Keeping

IBS in Check

“The key is not to let IBS run your life and for you to be in charge.”

—Leslie Aldrich, M.D.,
assistant professor of Internal
Medicine at the University of
Michigan Health System

Are you one of the 7 percent to 20 percent of Americans who have symptoms of irritable bowel syndrome? IBS interferes with the normal functions of the bowel. Common symptoms include cramping, bloating, constipation, or diarrhea. IBS is a disorder found in women more often than men and usually begins between the ages of 20 and 40.

Whether you have already been diagnosed or you want to find out more about this common gastrointestinal problem, the University of Michigan Health System is offering an educational series that can help you learn more. Every Thursday at 12:30 p.m., there is a 1½-hour session presented by three U-M Health System experts. The program is free and available to anyone, but registration is required. (See page 4 for more details.)

Only about 25 percent of the people who have symptoms of IBS actually seek medical care related to their gastrointestinal complaints, according to William Chey, M.D., associate professor of Internal Medicine and director of the Gastrointestinal Physiology Laboratory in the

Division of Gastroenterology. Patients who do seek treatment may experience a dramatic improvement in their symptoms and quality of life.

Even though IBS is a chronic illness, the symptoms can get better or worse over time. At present, the condition cannot be cured. However, the symptoms of IBS can be controlled.

There isn't one answer that works for everyone. Patients need to work with their physicians to find the best combination of dietary changes, lifestyle interventions, and medicines to control their symptoms. Leslie Aldrich, M.D., assistant professor of Internal Medicine, says, “The key is to not let IBS run your life and for you to be in charge.”

Appointments can be made for the Functional Bowel Disorder Program and for the IBS educational program by calling (734) 647-5944 or (888) 229-7408. For more information about IBS, visit: www.med.umich.edu/gi.

Opening Soon!

By the end of April, the new U-M East Ann Arbor Surgery and Medical Procedures Center will be open. It will allow greater access to outpatient surgical services and medical procedures in a convenient, accessible setting. Located on Plymouth Road next to East Ann Arbor Health Center, the East Medical Campus will also feature advanced medical imaging scanners including CT and MRI. The center will “provide excellent care in a state-of-the-art facility,” says Leslie Aldrich, M.D., medical director of the center. Patients will also appreciate the comfortable environment and lots of free parking!



Save the Date

Your Healthy Heart: Hypertension and Cardiovascular Disease in African American Women

Kenneth Jamerson, M.D., professor of Internal Medicine at the U-M Medical School, will discuss hypertension and cardiovascular disease, with a special emphasis on how these conditions affect African American women.

Date/Time: Monday, April 3, 2006, 6:30 p.m.-7:30 p.m.

Location: Second Baptist Church of Ann Arbor, 850 Red Oak Road

Fee: Free

Registration: Encouraged—seating is limited

Phone: (734) 936-8886

Web site: www.med.umich.edu/whp

Irritable Bowel Syndrome Education Sessions

The 1½-hour informational session features a presentation on irritable bowel syndrome by a physician who specializes in functional bowel disorders; a nutritional lecture by registered dietitian Chris DuBois from the East Ann Arbor facility; and a cognitive behavioral therapy talk by David Williams, Ph.D., of the Division of Rheumatology and the Chronic Pain and Fatigue Research Group.

Date/Time: every Thursday at 12:30

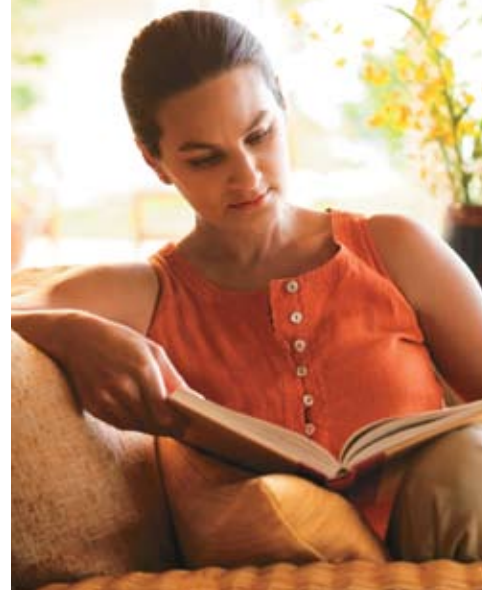
Location: East Ann Arbor Health Center, Plymouth Road

Fee: Free

Registration: Participation in the IBS educational program is free and available to anyone, but registration is required.

Phone: (734) 647-5944 or (888) 229-7408

Reading List



American Cancer Society's Complete Guide to Colorectal Cancer

Foreword by Katie Couric

Editors: Levin, Ades, Brooks, Crane, Hoff, Limburg, Rothenberger

**No More Digestive Problems: The
Answers Every Woman Needs—Real
Solutions to Stop the Pain and Achieve
Lasting Digestive Health** by Cynthia
Yoshida

Advance Women's Medicine

Women's Health Research at the University of Michigan fosters and supports important health research that focuses on women's health and factors gender into the study of health and disease. You can help support this important initiative. For questions about the Women's Health Registry, contact the Registry Coordinator toll free at (877) 220-0694 or e-mail: emmag@umich.edu.

For More Information: Information about women's health issues is available on-line. Please visit the U-M Web site at www.med.umich.edu/1libr/1libr.htm or the Women's Health Program Web site at www.med.umich.edu/whp.

To Receive Future Issues: To be placed on the *Women's Health* mailing list, or for more information on the Women's Health Program, call the Women's Health Resource Center at (734) 936-8886. If you no longer wish to receive *Women's Health*, please E-mail womenshealth@glcomm.com and ask to have your name removed from the mailing list.

Mission: To provide the highest-quality health care to women through coordinated service, collaborative research, extensive education, and outreach.

Published three times a year by the Women's Health Program. Women's Health Resource Center, 1342 Taubman Center, Ann Arbor, MI 48109-0384. (734)936-8886.

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