

Mayo Clinic News Network

Title: #ScopeScope Live Colonoscopy / Date: March 2016

Intro: This year, 135,000 new cases of colorectal cancer are expected to be diagnosed in the U.S., making it the third most common cancer for men and women. It's the second leading cause of cancer death. However, it is also one of the most preventable cancers. With March being Colorectal Cancer Awareness Month, Mayo Clinic live-streamed a colonoscopy, just to show how simple this life-saving procedure can be. Here's Dennis Douda for the Mayo Clinic News Network.

Video

Audio

Video	Audio
Total running time [2:02]	/// VIDEO
Dennis Douda speaking	At age 52, Lee Aase is experiencing a bit of a reality check about one of the deadliest forms of cancer.
Lee Aase speaking	“A high school classmate of mine, a little more than a year, ago was diagnosed with stage 4 colorectal cancer.”
Dennis Douda speaking	So, he's decided to do what every person over the age of 50 is strongly advised to do: Get a colonoscopy.
Dr. Paul Limburg speaking	“There's substantial data to support that screening for colorectal cancer can be highly effective.”
Dennis Douda speaking	Dr. Paul Limburg is a Mayo Clinic Cancer Center researcher and gastroenterologist.
TITLE: Paul Limburg, M.D. Mayo Clinic Gastroenterology	“Finding colon polyps early can actually prevent cancers from forming and finding colon cancers early can result in more effective treatment and even cures from the disease.”
Lee Aase and technician speaking	“You're live. Welcome to my colonoscopy.”
Dennis Douda speaking	To help demystify the process, Lee shared his colonoscopy in Mayo Clinic's first-ever live-streamed video of a medical procedure to the public through Twitter's mobile app Periscope.
TITLE: Lee Aase Mayo Clinic Social Media Director	“I mean, electronically, you can reach, essentially, the world. On our Mayo Clinic Twitter account we have about 1 ¼ million followers. Even if it triggers or reminds them to go get screened themselves, we hope it will save lives.”

Dennis Douda speaking	According to Mayo Clinic health advocacy partner, Fight Colorectal Cancer, we need reminding. Fully a third of people who should get a colonoscopy aren't following through. Dr. Limburg says, there's really nothing to fear.
Dr. Paul Limburg speaking	“A screening colonoscopy typically takes about 20-minutes from start to completion. A preparation is provided so that the entire colon can be cleaned out and allow the examiner to get a good look. A colonoscopy is typically performed under conscious sedation. So, an individual is given medication to make the exam more comfortable. “
Dennis Douda speaking	Any polyps found are usually removed in the same procedure. Lee's take on it all?
Lee Aase speaking	“I think people who witnessed this today will see it's no big deal. It's not that much to it.”
Dennis Douda speaking	For the Mayo Clinic News Network, I'm Dennis Douda.

Anchor tag: Lee's screening found nothing concerning, which, he says gives him great peace of mind. People with conditions like inflammatory bowel disease, Type 2 diabetes or a family history of colorectal cancer may be advised to be screened more frequently or at a younger age. Dr. Limburg says research shows you can cut your risk of colorectal cancer by not smoking; exercising; losing excess weight; and eating a diet high in fruits, vegetable and whole grains.

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