

Mayo Clinic News Network

Title: Mayo Clinic Minute: Colonoscopy / **Date: March 2016**

Every person over the age of 50 is strongly advised to get a colonoscopy. It's one of the best ways to detect, and even prevent, colorectal cancer, which is the second leading cause of cancer death in the U.S. Here's Dennis Douda for the Mayo Clinic News Network.

Video	Audio
Total running time (1:02)	/// VIDEO
Dr. Limburg speaking	"There's substantial data to support that screening for colorectal cancer can be highly effective."
Dennis Douda speaking	At age 52, Lee Aase is experiencing a bit of a reality check about one of the deadliest forms of cancer.
TITLE: Lee Aase, Colonoscopy Patient	"A high school classmate of mine, a little more than a year ago, was diagnosed with Stage 4 colorectal cancer."
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."
Dennis Douda speaking	Dr. Paul Limburg is a Mayo Clinic Cancer Center researcher and gastroenterologist. Fully a third of people who should get a colonoscopy aren't following through. Dr. Limburg says there's really nothing to fear.
Dr. Limburg speaking	"A screening colonoscopy typically takes about 20 minutes from start to completion. 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. For more health news, visit the Mayo Clinic News Network. I'm Dennis Douda.

Anchor tag: March is Colorectal Cancer Awareness Month. In the U.S. this year, 135,000 new cases are expected to be diagnosed. Dr. Limburg says research shows you can cut your risk by not smoking; exercising; losing excess weight; and eating a diet high in fruits, vegetable and whole grains.

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