

## Mayo Clinic Minute

### What you need to know about polyps in your colon

| Video  | Audio  |
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|  | It's one of the most dreaded parts of turning 50: having to get colonoscopies.   |
| 00:06:36<br>DR. JOHN KISIEL 01:<br>Gastroenterology<br>Mayo Clinic | "We encourage all adults over the age of 50 and even older adults who have at least 10 years of very high quality life expectancy to participate in screening."                                    |
|  | Dr. John Kisiel, a Mayo Clinic gastroenterologist, says you might be surprised how often colonoscopies uncover polyps lurking in your colon.   |
| 00:02:54<br>DR. JOHN KISIEL 01:                                    | "Precancerous polyps are extremely common. We expect to find them in more than a quarter of the colonoscopies that we do at a minimum."  |
|  | Dr. Kisiel says even though 1 in 20 Americans will be diagnosed with colorectal cancer in their lifetimes, having polyps does not necessarily mean you will get cancer.                            |
| 00:03:28<br>DR. JOHN KISIEL 01:                                    | "Of all the polyps that we see, only a minority will turn into cancer. Removing polyps is thought to be one of the mechanisms by which we can prevent the formation of cancer in the first place." |
|  | That's why regular screening is so important.  |
|  | The downside is that if a polyp is found in your colon, you may have to get screened more frequently.  |
|  | For the Mayo Clinic News Network, I'm Ian Roth.  |