

Mayo Clinic Minute: What to know when colorectal cancer runs in the family

VIDEO	AUDIO
Lisa Boardman, M.D. Gastroenterology Mayo Clinic	"If you have a family history of colon cancer in, for instance, a parent, or a brother or sister, or even a child, you want to have your colon cancer screening done 10 years earlier than the age at which they developed the cancer."
	There are a number of inherited genes that may put you at risk.
	"The most common cause for hereditary colorectal cancer is for a condition called Lynch syndrome."
	The good news, says Dr. Boardman, is with behavioral modification, risks of developing colorectal cancer can be lowered.
	"What's good for the whole body is good for your colon. And, so, we say really minimizing eating red meat, eating cold-water fishes."
	Add more whole grains, fish, fresh fruits and vegetables, and exercise. Avoid tobacco products and minimize alcohol intake.
	"I do recommend that people take a multivitamin."
	Along with a healthy lifestyle, Dr. Boardman says to get screened and don't be afraid to talk about colon health because in most cases, colon cancer can be prevented.
	"You don't have to get colon cancer, even if you are at risk for it, even if you make polyps because if we take out that precursor lesion, the cancer doesn't develop in most cases."
	For the Mayo Clinic News Network, I'm Joel Streed.