

Mayo Clinic Minute: What's the right colorectal screening option for you?

VIDEO	AUDIO
	A colonoscopy allows your doctor to check for polyps and other issues inside the rectum and colon, and, if necessary, remove them.
Johanna Chan, M.D. Gastroenterology Mayo Clinic	"A polyp is a small, wartlike growth that initially may even be asymptomatic."
	Over time, those polyps may form into cancer, says Dr. Johanna Chan, a Mayo Clinic gastroenterologist.
	"If we're able to detect the colon polyps at a small and early stage, and resect them completely, we can actually prevent colon cancer from developing in the first place."
	Bowel prep for a colonoscopy can be difficult for some. Other tests may be a better option.
	"And for some patients who might otherwise not undergo any screening, there certainly are alternatives, including noninvasive stool testing, certain imaging modalities, like CT-based testing."
	The most important cancer screening is the one that you do.
	"Speak with your own provider and your own physician with an appropriate family history, symptom history, and have your team help you pick the right screening modality."
	For the Mayo Clinic News Network, I'm Joel Streed.