AMBER HEALTH BITES

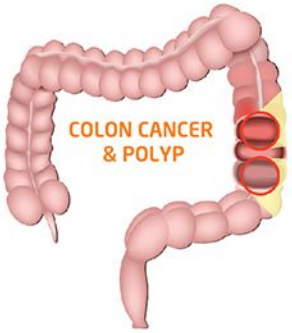
AMBERCLINICS

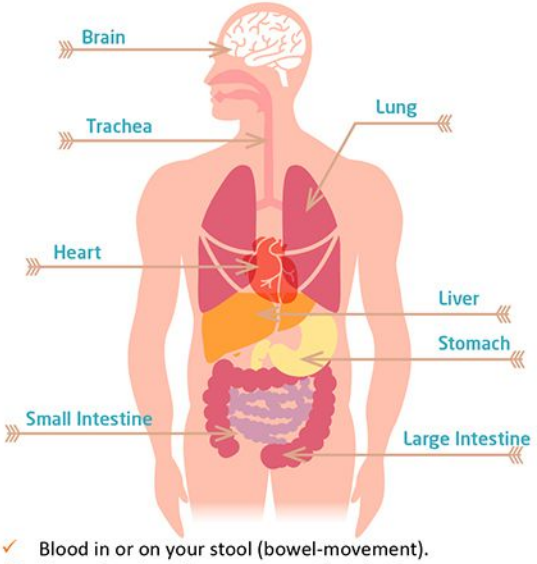
August 2017

COLORECTAL CANCER SCREENING

1 IN 10

DIAGNOSED ARE UNDER AGE 50





What Is Colorectal Cancer?

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus. It is a serious disease, but it can often be cured if it's caught early. Your large bowel turns food your body doesn't need into solid waste. The waste then leaves your body when you go to the toilet. Bowel cancer starts when some of the cells in your large bowel begin to grow out of control. Cancer cells can then break off and spread to other parts of your body and cause damage there.

Who Gets Colorectal Cancer?

- ✓ Both men and women can get it.
- ✓ It is most often found in people 50 or older.
- ✓ The risk increases with age.

Screening Saves Lives

Screening is checking for a disease before there are symptoms. Colorectal cancer is the third most common cancer in the world, with nearly 1.4 million new cases diagnosed in 2012. About 71% of cases arise in the colon and about 29% in the rectum. 2.4 million Cases of colorectal cancer diagnosed every year by 2035. Colon cancer has become a reality for many people younger than age 50, and it's the only group where incidence rates are on the rise, but it doesn't have to be.

Are You at Increased Risk?

Research has shown people with certain risk factors are more likely than others to develop colon cancer. Although no one knows the exact cause of colon cancer

- ✓ Age above 50, it becomes more common as you age.
- ✓ You or a close relative have had colorectal polyps or colorectal cancer.
- ✓ You have inflammatory bowel disease, Crohn's disease, or ulcerative colitis.
- ✓ You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer.
- ✓ If you are consuming diet which is high in red meat and fat& low in calcium, folate & fiber may increase the risk of colon cancer. Some studies also suggest diet very low in fruits & vegetables may also increase the risk.
- ✓ Lifestyle, physical inactivity & obesity have also been linked to higher risk of colon cancer.
- ✓ Cigarette smoking, if you are smoking then that may add on the risk of developing the polyp and colon cancer.

People at increased risk for colorectal cancer may need earlier or more frequent tests than other people. Talk to your doctor about when to begin screening, which test is right for you, and how often you should be tested.

Colorectal Cancer Can Start With No Symptoms

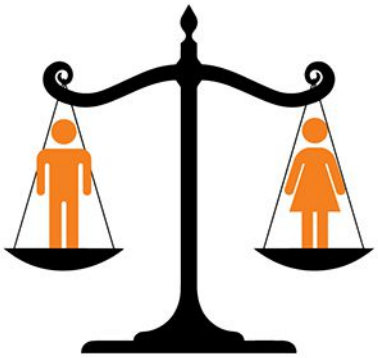
Precancerous polyps and early-stage colorectal cancer don't always cause symptoms, especially at first. This means that someone could have polyps or colorectal cancer and not know it. That is why having a screening test is so important.

What Are the Symptoms?

Some people with colorectal polyps or colorectal cancer do have symptoms. They may include:

- ✓ Change in bowel habits, including diarrhea, constipation or change in consistency of your stools.
- ✓ Blood in or on your stool (bowel-movement).
- ✓ Stomach pain, aches, or cramps that don't go away.
- ✓ Losing weight and you don't know why, weakness & fatigue.

If you are experiencing any of these symptoms, talk to your doctor immediately, regardless of your age & other risk factors. They may be caused by something other than cancer. However, the only way to know is to see your doctor.



AFFECTS MEN AND WOMEN EQUALLY

For more details please sign up for our monthly newsletter by visiting

www.amberclinics.com

To download the app to your mobile, please search for "Amber Clinics" in App Store or Google Play Store

Available on the iPhone App Store

Google play

DR. JOSEPH'S POLYCLINIC

AL NOOR POLYCLINIC

AMBER CLINICS
Caring for You

AMBER HEALTH BITES

AMBERCLINICS

August 2017

What You Need to Know ABOUT COLON CANCER

Your colon is the lower end of your digestive system

Colon cancer affects men and women equally

On average, your risk is about 1 in 20

90% of new cases occur in people 50 or older

Colon cancer is on the rise in those under 50.

Types of Screening Tests

Several different screening tests can be used to find polyps or colorectal cancer. They include:

Stool Tests : Tests for blood in the stools, different types are available.

Flexible Sigmoidoscopy : For this test, the doctor puts a short, thin, flexible, lighted tube into your rectum. The doctor checks for polyps or cancer inside the rectum and lower third of the colon.

Colonoscopy : The doctor uses a longer, thin, flexible, lighted tube to check for polyps or cancer inside the rectum and the entire colon. During the test, the doctor can find and remove most polyps and some cancers.

CT Colonography (Virtual Colonoscopy) : Computed tomography (CT) colonography, also called a virtual colonoscopy, uses X-rays and computers to produce images of the entire colon. The images are displayed on a computer screen for the doctor to analyze.

Double-Contract Barium Enema : Air and barium are pumped into your rectum

Which Test is Right for You?

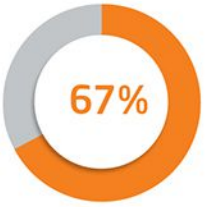
There is no single "best test" for any person. Each test has advantages and disadvantages. Talk to your doctor about which test or tests are right for you and how often you should be screened.

The Bottom Line

The hard reality: you're never too young for colon cancer. That's why we need to educate ourselves about the risks of this disease now regardless if you currently have symptoms or are of average-risk

In a recent survey, young cancer survivors said:

were initially misdiagnosed



were diagnosed at a later stage

felt their symptoms were ignored

What can you do?

Know the signs and symptoms

Listen to your body and speak up if something is not right

Know your family health history

For more details please sign up for our monthly newsletter by visiting

www.amberclinics.com

To download the app to your mobile, please search for "Amber Clinics" in App Store or Google Play Store

Available on the iPhone App Store

Google play

DR. JOSEPH'S POLYCLINIC

AL NOOR POLYCLINIC

AMBER CLINICS Caring for You

AMBER HEALTH BITES

AMBERCLINICS

August 2017

DIABETES IS ON THE RISE

3.7 MILLION
DEATHS DUE TO DIABETES AND HIGH BLOOD GLUCOSE

1.5 MILLION
DEATHS CAUSED BY DIABETES

422 MILLION
ADULTS HAVE DIABETES

EAT HEALTHY BEAT DIABETES

DIABETES & DIET: 7 FOODS THAT CONTROL BLOOD SUGAR

When you have type 2 diabetes, what you eat can help you control your blood sugar, stave off hunger, and feel full longer. “Diabetes is when your blood sugar or glucose levels are higher than normal.

It’s carbohydrate foods like breads, cereals, rice, pasta, fruits, milk, and desserts that can cause this rise," says Maggie Powers, PhD, president-elect of Health Care & Education at the American Diabetes Association.

Your eating plan should focus on the amount and type of carbs you put on your plate throughout the day, Powers says. But it’s also important to have foods you enjoy.

You want to eat enough so you feel satisfied and avoid overeating and poor choices. Here are seven foods that Powers says can help keep your blood sugar in check and make you happy and healthy to boot.

- ✓ RAW, COOKED, OR ROASTED VEGETABLES
- ✓ GREENS
- ✓ FLAVORFUL, LOW-CALORIE DRINKS
- ✓ MELON OR BERRIES
- ✓ WHOLE-GRAIN, HIGHER-FIBER FOODS
- ✓ A LITTLE FAT
- ✓ PROTEIN

ENROLL NOW in Our **Diabetes Program**
Please walk into any of our brancthes and ask our staff

THAT’S 1 PERSON IN 11

For more details please sign up for our monthly newsletter by visiting
www.amberclinics.com

To download the app to your mobile, please search for “Amber Clinics” in App Store or Google Play Store

Available on the iPhone App Store

Google play

DR. JOSEPH'S POLYCLINIC

AL NOOR POLYCLINIC

AMBER CLINICS
Caring for You

AMBER HEALTH BITES

AMBERCLINICS

August 2017

OUR NETWORK

- AMBER CLINICS — 04 230 9100
- DR. JOSEPH'S POLYCLINIC KARAMA — 04 337 8828
- JOSEPH'S QUSAIS POLYCLINIC — 04 263 6767
- AMBER GOLDEN LINE DRAGON MART
- AMBER CLINICS
- AMBER IC International City — 04 277 7102
- AL NOOR POLYCLINIC, DEIRA — 04 223 3324
- AL NOOR POLYCLINIC, SATWA — 04 349 8100
- MARINA MEDICAL CENTER SHARJAH — 06 562 5234

VISIT OUR **NEWEST FAMILY** MEMBER

AMBERCLINICS

AMBER CLINICS IC (BR OF AMBER CLINICS L.L.C)

AMBER CLINICS IN INTERNATIONAL CITY

- ✓ Created a Vision for **Quality, Accessible Healthcare**
- ✓ Treatment and Preventive Care for people of all **Ages, Nationalities and Genders**
- ✓ Specialised care for **Women, Babies and Children**
- ✓ **Dedicated Dental Suite**
- ✓ Integrated **Laboratory & Radiology** Services

For more details please sign up for our monthly newsletter by visiting

www.amberclinics.com

Our heartfelt thanks to everyone for supporting our 1st edition of Health Bites. Also, to those who joined the ongoing Diabetes Program in all our clinics.

To download the app to your mobile, please search for "**Amber Clinics**" in App Store or Google Play Store

Available on the iPhone App Store

Google play

DR. JOSEPH'S POLYCLINIC

AL NOOR POLYCLINIC

AMBER CLINICS