

8 Houston Colon & Rectal Clinic Locations

Texas Medical Center
6550 Fannin St, Ste 2307
Houston, Texas 77030
(713) 790-9250

Katy
23920 Katy Freeway, Ste 580
Katy, TX 77494
(281) 395-5053

Memorial City/Spring Branch
915 Gessner, Ste 600
Houston, Texas 77024
(713) 464-1758

Northwest Houston
800 Peakwood Dr, Ste 2C
Houston, Texas 77090
(281) 440-7495

Northwest Loop
1631 N Loop West, Ste 490
Houston, Texas 77008
(713) 802-9463

Southeast Houston
11914 Astoria Blvd, Ste 310
Houston, Texas 77089
(281) 484-9221

Southwest Houston
7777 SW Freeway, Ste 604
Houston, Texas 77074
(713) 981-8849

The Woodlands
9200 Pinacraft, Ste 320
The Woodlands, Texas 77380
(281) 367-7288

7 Tactics to Save Your Life

Colon cancer usually doesn't strike until after age 50. But choices you make today could protect you against this disease later in life.

Six Lifelong Habits Keep You and Your Family Together

Daniel Howell, M.D., who practices in the Colon & Rectal Clinic's Northwest and Katy offices, recommends six tactics to help lower your risk for colon cancer:

1. Maintain a healthy weight.
2. Limit your intake of red meat, particularly fatty or processed varieties.
3. Eat a diet rich in fruits and vegetables and other plant foods, such as whole-grain breads and cereals.
4. Take a multivitamin that contains folic acid. Long-term use may decrease colon cancer risk by 75%. Foods rich in folate, such as oranges and leafy green vegetables, also offer protection.
5. Exercise regularly.
6. Get adequate calcium from foods or a supplement.

The Seventh and Most Critical Tactic

Colon cancer may cause symptoms, including blood in or on the stool, recurrent stomach pain or cramping, narrow, ribbon-like stools, and unexplained weight loss.

"Unfortunately, colon cancer often produces no symptoms," says Omar Madriz, M.D., who practices in the Colon & Rectal Clinic's Memorial City and Katy locations. "That's why experts recommend regular screenings for people at age 50 and older. Those with a personal or family history of colon cancer or polyps and anyone with inflammatory bowel disease should be screened earlier."



Colon & Rectal Clinic, P.A.
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About Colon & Rectal Clinic

- Providing the highest level of expert, individualized care for over 35 years
- Chosen by physicians when they or their loved ones need colorectal services
- Second largest colorectal surgical practice in the United States
- Through our residency training program, we have trained almost 10% of the colon and rectal surgeons practicing in the U.S.
- Offering world-class Texas Medical Center care in 8 Houston locations

Colon & Rectal Clinic
www.CRCHouston.com



One mom, leading by example

Beverly Ryan's colonoscopy prompted her 2 children to be screened – maybe saving all 3.

Cancer survivor Beverly Ryan and her two children, Glynn and Cyndi, are living proof that colon cancer is preventable if you have a screening colonoscopy.

In 2003, Ryan opted to have a non-invasive virtual colonoscopy that uses imagery reconstructed from CT scans or an MRI. All was clear. However, in August 2006, during a routine check-up that included a minimally invasive colonoscopy, 10 polyps were found. A second colonoscopy and second biopsy confirmed the polyps were cancerous, requiring surgery to remove a small portion of Ryan's colon.

"The day Dr. Pidala told me I would need surgery; my first response was that it was a busy time at work to take time off," Ryan recalls. "Now I

know that it all could have been prevented if I'd had a traditional colonoscopy years earlier. I began urging my children to have screening colonoscopies."

Ryan's daughter Cyndi, a 44-year old Continental flight attendant, made time for a colonoscopy that found two polyps, one precancerous. Both were removed. Her son Glynn's colonoscopy revealed seven polyps, with three precancerous ones, and again all were removed.

"This highly preventable cancer continues to claim 50,000 lives each year," said Mark Pidala, M.D. of the Colon & Rectal Clinic. "With routine colonoscopies, this statistic can be reduced."

"It all could have been prevented if I'd had a traditional colonoscopy."

- Beverly Ryan

Collector of relics now has a chance to become really old himself.

Houston businessman Stephen Fuller's serious hobby of collecting Paleolithic stone tools from Africa was interrupted in 2007 when he saw blood in his stool. The robust corporate housing executive hadn't seen a doctor in 20 years—never had a reason to.

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35 Years of Compassionate Patient Care

The Colon & Rectal Clinic of Houston has a reputation for consistently providing the highest quality patient care, founded on deep concern for the individual needs of patients and their families. This compassionate, personal care is what encourages other physicians to choose the Colon & Rectal Clinic of Houston for themselves and their families.

Our Physicians

H. Randolph Bailey, M.D.

Donald R. Butts, M.D.

Joseph R. Cali, M.D.

Lisa Chen, M.D.

Kelly Gilmore-Lynch, M.D.

Daniel L. Howell, M.D.

Omar I. Madriz, M.D.

Thomas R. Newton, M.D.

Mark J. Pidala, M.D.

Darren R. Pollock, M.D.

Michael J. Snyder, M.D.

David A. Thompson, M.D.

Ted Voloyiannis, M.D.

Ernest Max, M.D. (Medical Director)

Sharing Personal Survival Stories

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Fuller's wife, Gerry, suggested hopefully that the daily low dose aspirin he took might be producing the blood. It wasn't.

A long-overdue visit to the Colon & Rectal Clinic of Houston for a screening colonoscopy revealed the culprit to be cancerous polyps.

Colorectal surgeon Darren Pollock, M.D. performed the successful surgical resection confirming Stage 2 cancer, removing around 12-inches of Fuller's colon.

Like most people, Fuller wondered why he developed the disease. He admits to eating a high-fat diet that included alcohol, but always exercised. "My mother had breast cancer, but nobody in my family had colon cancer," said Fuller.

Now, well educated about the disease, Fuller realizes colon cancer typically develops very slowly, making it preventable with a timely screening.

"In my business I assist cancer patients with temporary housing every day and not a day goes by now that I don't feel very fortunate," said Fuller, a business partner in a corporate housing company called TempStay.

Family History Not Whole Story: Please Pay Attention to Symptoms

Under "Family History of Serious Illness" Cindy Caubarreaux always checked "no". So the young wife and mother from Tomball was shocked to hear at age 28 that she had stage 3 colon cancer.

Looking back, Caubarreaux admits that classic warning signs were easily brushed off. First, she had just given birth to Hayley, her second child with husband Chris. Spotting blood pointed to hemorrhoids. Second, the active mom fell outside all the traditional *at risk* groups—she was younger than 50, and her family had no history of colon cancer.

For two years, Caubarreaux rationalized bouts of stomach distress and constipation until an unforgettable Easter 2008 dinner when unbearable pain drove her to the Colon & Rectal Clinic's Lisa Chen, M.D.

"Colorectal cancers typically grow from small polyps," said Dr. Chen. "Cindy's tumor had become too large to get through with a colonoscope."

Surgery was performed after six weeks of chemotherapy and radiation to shrink the tumor.

Dr. Chen then performed a surgical resection and removed the lymph nodes. Another round of chemotherapy followed



Cindy Caubarreaux and first daughter, Kylie, enjoying life.

.Today, Caubarreaux is dealing with early menopause—a result of the radiation treatment. Still, she's full of energy and pursuing her degree in interior design and sewing creatively fashionable dresses for her kids. Hopeful that the cancer is behind her, she takes every opportunity to speak out about cancer awareness.

Laparoscopy—Faster Recovery, Less Pain

The Colon & Rectal Clinic physicians are experts in laparoscopic colon surgeries.

Pioneers in the development of this technique, they have extensive experience in open or traditional colorectal surgery, and in laparoscopic techniques.

Laparoscopy may achieve the same results as traditional (open) surgery, but patients recover faster and experience less pain.

Now the Colon & Rectal Clinic physicians are leading in the development and research of use of the da Vinci robotic system as an even more precise alternative to traditional and laparoscopic colon surgery. Ted Voloyiannis, M.D. is directing the Clinic's activity on this technique.

Don't Suffer with Hemorrhoids

While most people think hemorrhoids are abnormal, they are present in everyone.

An estimated 50% of all Americans will experience hemorrhoid problems in their lifetime. Only when hemorrhoids enlarge are they considered abnormal and diseased. Both men and women are affected equally; a person is most likely to have problems if their parents had them.

Symptoms of external hemorrhoids may include painful swelling or a hard lump around the anus when a blood clot forms.

If you suffer from pain, itching or bleeding from hemorrhoids, there is relief.

Treatment options vary widely. Where can you go? Who can you trust? What can you do?

The board-certified specialists at the Colon & Rectal Clinic are experts in treating hemorrhoids and can discuss all of the options with you:

- Rubber Band Ligation
- Infrared Coagulation (IRC)
- Stapling Procedure (PPH)
- Surgery
- Medication and Diet

Call the Colon & Rectal Clinic location nearest you and end your suffering.

Risk Factors for Colorectal Cancer

Family history and your own health history can be important factors in your risk for developing colorectal cancer. Risk factors include the following:

- Age 50 or older.
- Family history of cancer of the colon or rectum.
- Personal history of cancer of the colon, rectum, ovary, endometrium, or breast.
- History of polyps in the colon.
- History of ulcerative colitis (ulcers in the lining of the large intestine) or Crohn's disease.
- Certain hereditary conditions, such as familial adenomatous polyposis and hereditary nonpolyposis colon cancer (HNPCC; Lynch Syndrome).
- Recent studies indicate that women who consume alcohol show a higher incidence of cancer.

Blue Star Symbol of Hope

The blue star symbol was adopted by the National Colorectal Cancer Roundtable in 2004 to signify the fight against colon cancer.

The Colon & Rectal Clinic of Houston is proud to display the blue star and of the role its physicians play in preventing and treating this devastating disease.



Colon & Rectal Clinic

Our colorectal surgeons use the latest and most effective screening and surgical techniques.

We use minimally invasive (laparoscopic) and traditional colorectal procedures to efficiently and effectively identify and treat a broad range of colorectal diseases including:

- Colon and Rectal Cancer
- Diverticulitis
- Ulcerative Colitis & Crohn's Disease
- Hemorrhoids
- Anal Fissure and Fistula
- Anal Incontinence
- Rectal Prolapse
- Transanal Hemorrhoidal Dearterialization (THD)

