

The procedure to save your life

At 72 years old, Bob Cook believed he was healthy and indestructible. He had no general physician and felt great - until he discovered blood where it shouldn't be. Cook hadn't had regular check-ups and didn't realize he was depriving himself of screenings and tests that are important as we age, such as a colonoscopy.



Dr. Movva

Cook went from feeling invincible one day to battling stage-three colon cancer the next.

"Apparently I thought that

the recommended colonoscopy after 50 didn't apply to me," said Cook. "That thought process nearly killed me."

The best prevention tool

According to the American Cancer Society, colorectal cancer is the third most commonly diagnosed cancer and the third leading cause of cancer death in both men and women in the United States. The

disease is most commonly found in people over age 50, the age at which colonoscopies are recommended.

Preventative screenings result in early detection of cancerous cells. A colonoscopy can help identify polyps before they develop into cancer so that they can be removed surgically. If cancerous cells are found, the treatment process can begin even earlier. If all Americans were screened regularly for colon cancer, an estimated 25,000 lives a year could be saved.

The gold standard in care

"Colonoscopies are the gold standard when it comes to digestive health and the prevention of colon cancer," said gastroenterologist Dr. Arvind Movva. "We can quickly refer patients with cancerous cells to specialists so they can start treatment immediately, which, according to the New England Journal of Medicine, has allowed us to decrease the colon cancer death rate by 53 percent since



Cancer survivor Bob Cook credits a routine colonoscopy and the staff at Trinity with saving his life, so he can continue doing the things he loves like playing jazz.

the implementation of routine colonoscopy screenings."

Patients often have a lot of anxiety about having the procedure done, but advances in technology have helped to simplify things for the patient.

Cook considers himself one of the lucky ones, and after surviving a treatment combination of surgery, radiation and chemotherapy, he makes it a point to continue with

follow-up colonoscopies and scans as recommended by Dr. Michael Porubcin, his Trinity oncologist. These continued visits help to rule out recurrent disease. After several clean screenings and scans, Cook can now wait three years until his next colonoscopy.

"Now, I tell as many people as I can about the importance of colonoscopies so that no one has to go through what I did," said Cook.

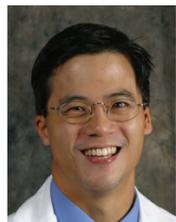
Determine your risk



Colorectal cancer - cancer of the colon and rectum - affects about 145,000 people in the United States, and sadly, more than one-third die as a result. Often, people do not present with symptoms until it is too late. The key is to get tested so it is diagnosed and treated early!

Trinity offers a free risk assessment which takes about five minutes to complete. At the end, you will receive personalized, strictly confidential information that will help you:

- Assess your current health status and identify those medical or lifestyle conditions that may lead to development of the disease.
- Take action to reduce your level of risk, including making you aware of the many services available through the Trinity Cancer Center.
- Receive, at your option, free continuing education via e-mail about your specific health and risk factors.
- Know your risk profile so you can take control of your health and have the best defense against colorectal cancer.



Dr. Wang

"In addition to procedures like colonoscopies, tools like Colon CancerAware play a key role in prevention and early detection," said Dr. Paul Wang, a family practitioner with Trinity Coal Valley Clinic.

Log-on and take our online health assessment at www.trinityhealthaware.com. Participants determined to be at high risk for colon cancer will receive a free follow-up consultation with a Trinity HealthAware nurse. For more information please call (309) 779-5059.

Spirit of Women®

Thank you Quad-Cities for coming out to the Day of Dance event on February 25! Join us for our March program that focuses on the digestive system since March is Colon Cancer Awareness Month.

"All Right Now!" - Solving Digestive Disorders
Thursday, March 29, 6 p.m.
Trinity Rock Island Jardine Auditorium
Presented by Dr. Linda Tong

To register for the free educational seminar, call (309) 779-2067 or e-mail Amy Pearson, Spirit of Women Coordinator, at pearsoae@ihs.org. To learn more about the Trinity Spirit of Women program, please log-on to www.trinityspiritofwomen.org.

Free skin cancer screening

Saturday, April 7, 1-4 p.m.
Trinity Cancer Center
500 John Deere Road, Moline

Skin cancer is the most common of all cancers, afflicting more than two million Americans each year. It is also the easiest to cure, if diagnosed and treated early. When allowed to progress, however, skin cancer can result in disfigurement and even death.

Dermatologists will be on hand to screen sun-exposed skin and examine other areas of concern for individuals.

The screening is free. To register, call the Trinity Cancer Center at (309) 779-5059.

Treating colon cancer

At the Trinity Cancer Center, you'll receive comprehensive and personalized cancer care from our medical experts. Our colon cancer team includes oncology physicians, radiation oncologists and oncology surgeons who will work with your family physician and other gastroenterology experts on your care plan.

"Colon cancer patients benefit from our state-of-the-art care plan," said Dr. Michael Porubcin, who specializes in oncology and hematology. "We work as an integrated team to deliver the best patient outcomes possible, and those

outcomes start with early detection."

Treatment for colon cancer may include surgery, chemotherapy, radiation therapy or a combination of several methods. Depending on the stage of the cancer, two or more of these types of treatment options may be combined at the same time or used after one another.

For more information on cancer services available at Trinity, visit www.trinityqc.com or call MyNurse at (877) 242-8899.



Dr. Porubcin