



NEWS

ANTELOPE VALLEY'S
HEALTHCARE
NEWS RESOURCE

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ANTELOPE VALLEY HOSPITAL OFFERS FREE LECTURE ON PREVENTION, EARLY DETECTION OF COLORECTAL CANCER

(LANCASTER, CA – March 17, 2010)— According to the American Cancer Society, colorectal cancer is the third most common cancer in both men and women in the U.S. excluding skin cancer. It is also one of the most easily preventable cancers. Colorectal cancer includes growths on the colon, rectum and/or appendix. The key to prevention is early detection and treatment. In honor of National Colorectal Cancer Awareness month in March, Antelope Valley Hospital (AVH) is offering the community a **free health lecture** titled **“Comprehension over Apprehension: Colorectal Cancer”** on **March 25, at 6:30 p.m.**

“Early detection has led to a decrease in deaths from colorectal cancer over the last 20 years,” says Jatinder Pruthi, M.D., FACG, an internist and gastroenterologist on staff at AV Hospital. “Screening can detect polyps before cancer develops, and the sooner the disease is caught the greater the chance of survival.”

While everyone is at risk for colon cancer, certain factors can make you more susceptible. If you are over the age of 50, smoke, have a family history of colorectal

Did You Know?

1. Colon cancer is just as common in women as it is in men.
2. Colon cancer is highly preventable.
3. African Americans have a higher risk for the disease than any other U.S. ethnic group.
4. 90% of cases occur in people aged 50 or older.
5. If treated early, the 5-year survival rate is 90%.

(-more-)

cancer, have a personal history of other cancers and have been diagnosed with polyps or colitis you could be at a higher risk for colorectal cancer. If you have any of these risk factors, consult your physician for a screening schedule.

Even if someone does not have the risk factors, at age 50, they should begin having screenings, including a colonoscopy every 10 years. A colonoscopy is the most effective means of finding cancer-causing polyps. By performing a colonoscopy, the polyps can be detected and removed to prevent cancer development.

“I urge residents to visit their doctor and follow the recommended screening schedule for colorectal cancer because it is so preventable,” said Edward Mirzabegian, AVH chief executive officer.

Dr. Pruthi will discuss symptoms and ways to prevent colon cancer at the AVH free health lecture on **Thursday, March 25**, from 6:30 – 7:30 p.m. It will be held at 44105 15th Street West, on the **4th floor**, in **conference room 15**, in Lancaster. To reserve a seat, please call **(661) 726-6499** or send an e-mail to communityrelations@avhospital.org. Please leave your name, contact number, and number of guests attending the lecture.

About Antelope Valley Hospital

Celebrating more than 50 years of caring for the community, Antelope Valley Hospital, a facility of Antelope Valley Healthcare District, is a non-profit, 420-bed hospital that was founded in 1955. The hospital is dedicated to providing quality care and services to everyone in the Antelope Valley. AV Hospital is located at 1600 West Avenue J in Lancaster, California. For further information, please visit www.avhospital.org or call 661-949-5000.

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