

COLON CANCER CAUSE AND PREVENTION

A couple Fridays ago, I gave a speech at our Toastmasters breakfast meeting on the No 1 cancer killer: colon cancer; the one major cause of colon cancer, and how to avoid dying from it. We always pass comments to the speaker after each speech on what they did well, how they could improve, and any other thoughts on their speech. The other thoughts included:

--Colonoscopy and stool samples--good breakfast speech.

--A very moving topic.

--The best part for me was eating beets and looking in the toilet at my poop to determine elapsed time from mouth to toilet.

--You could have used more vocal variety (I didn't demonstrate any gut or flatulence sounds).

--Humor is always good.

How could I not love hanging out with friends like that every Friday morning at 7 AM.??

BTW, we meet at Awful Annie's, just in case you feel like exposing your mind to 15 or so people who all have different wisdoms and experiences to share.

Cliff Notes for the speech: Eat a high fiber diet, take at least 1,000 iu of Vitamin D per day, get ultraviolet B exposure from sun and/or tanning lamps, perform a FIT test every year on your poop, and change diet and take Ursodiol if you have gall stones. Here's why:

The liver makes bile, which is a fat emulsifier that keeps fat from clogging the gut pipes. Bile is stored in the gall bladder and released as food leaves the stomach into the small intestine. When the food/poop gets to the large intestine/colon, bacteria feed on the bile and turn it into cancer-causing chemicals.

--High fiber diets produce less colon cancer because the larger mass of food/poop dilutes the bile so less of it comes in contact with the wall of the colon, and the larger mass also moves along more quickly, so the bacteria don't have as much time to convert the bile into cancer-causing chemicals, and those chemicals have less time against the wall of the colon to cause cancer.

--People who have gall bladders filled with gall stones don't have room in the gall bladder for normal bile storage, so the bile leaks out all the time and ends up in the colon undiluted by food/poop, causing more cancer than in a person with a functional gall bladder. Surgical removal of the gall bladder does the same thing: undiluted bile in the colon. A much better (but way less profitable) treatment for gall stones than surgery is to take a medication called Ursodiol to dissolve gall stones, and change one's diet so that no more gall stones are formed.

--Optimal Vitamin D blood levels and food levels, both from diet and ultraviolet B exposure (sun and/or tanning lamps), lowers colon cancer risk by at least 25%, compared to the average American's risk.

--Information given out by Veterans Health Care (where doctors don't get paid more for doing more colonoscopies) states that screening colonoscopies do not lower colon cancer death risk, but screening for colon cancer with the FIT (fecal immuno-assay test) does lower colon cancer death rates. You are given a kit to take home. You have to rub a small sampling stick against your poop in several places, and then put the stick in a vial and mail it off. It's disgusting, but so much less disgusting and dangerous than colonoscopy, which very occasionally pokes holes in people's colons. The FIT will detect cancer before it bleeds, and before it would be noticed in a screening colonoscopy. If cancer is detected with immuno-

assay, a very thorough colonoscopy and MRI will be done to determine the location for surgical removal of the cancer.