

# ASANTE® News

ASANTE ASHLAND COMMUNITY HOSPITAL | ASANTE PHYSICIAN PARTNERS | ASANTE ROGUE REGIONAL MEDICAL CENTER | ASANTE THREE RIVERS MEDICAL CENTER

## Connect with Life-Saving Colon Assistance

**By Shaun Hall**  
of the Daily Courier

*(Editor's note: this story is reprinted from the Grants Pass Daily Courier, where it originally appeared on March 15)*

One of the bonuses the world gives us when we turn 50 is the suggestion that it's time to get a colonoscopy. And this particular bonus comes around about every decade thereafter.



*A good crowd at Monday's colon health fair*

It's all in an effort to prevent one of the most deadly — and avoidable — forms of cancer, colon cancer.

“Prevention, prevention, prevention,” says Leigh Biscarret-Pochert, a registered nurse and Asante clinical program coordinator who will be the master-of-ceremonies March 16 at a colon health awareness fair.

Colon cancer, Biscarret-Pochert says, is “one of the most preventable cancers.”

But, many people don't get colonoscopies because they are afraid of procedures. Monday's event is an effort to make them feel more at ease and informed. It runs from 10 a.m. to 2 p.m., with talks set for noon to 1 p.m.

Three doctors — Andrew Pitzak, Scott Nelson and Mark Deatherage — are set to speak about a range of gastrointestinal topics, including colon cancer screening, fecal incontinence and evolution of treatments. Tours will

follow the presentations.

Prizes and refreshments are to be offered.

Biscarret-Pochert recently gave a tour of surgery suites and patient prep and recovery rooms on the third floor of the sparkling new Asante Center for Outpatient Health, 537 S.W. Union Ave.

That's where colonoscopies are conducted, a procedure that generally takes 20 to 45 minutes.

The worst part of the experience, Biscarret-Pochert says, is the large amount of special liquids that patients must drink prior to the procedure. They serve to flush out the plumbing, so to speak. Other than that, you're under anesthesia and “you don't remember anything,” she said.

The fair will be held on the fourth floor — the top floor — of the center. And while people can learn about procedures, Biscarret-Pochert wants to stress prevention — and that means diet and exercise.

High-fat, low-fiber fast foods plug up the gastrointestinal tract, leading to an “unhappy colon,” as she puts it. Sugars, particularly high-sugar sodas, create prime bacteria breeding grounds in the intestinal tracts, thus “destroying” the lining.

As an example of what is happening in America, colorectal cancer cases increased more than 2 percent in younger adults, during a nine-year period ending in 2007, even though cases have dropped steadily in adults over 50. Biscarret-Pochert attributed that to a fast-food diet among the younger population.

Asante News is published every Tuesday. Deadline for submission of articles is every Friday. Send via e-mail to [asantenews@asante.org](mailto:asantenews@asante.org).  
**Question or suggestions:** Call Communications and Marketing at (541) 789-3510 or extension 13510.