

## About Us

The physicians and staff of Utah Digestive Health don't want anyone to live with digestive discomfort. We will never tell you that you'll have to "learn to live" with your symptoms, and we will always listen to you when you come to us for care. After all, who knows more about how you're feeling than you do? We believe that carefully listening to your problems and concerns will allow us to diagnose you quicker, avoid unnecessary tests, and make better decisions about your treatment so that you can start feeling better as soon as possible.

There are many digestive disorders for which there are no cures, but that doesn't mean you have to suffer. New treatments are constantly being developed for digestive conditions that allow us to reduce the severity and frequency of our patients' pain and discomfort. We can't promise that you will feel perfect 100% of the time, but we can promise that we will do everything possible to help you feel better more often so that you can enjoy life again.

In addition to colorectal cancer screening and detection, we also treat a variety of other digestive disorders, including: heartburn and acid reflux (GERD), irritable bowel syndrome (IBS), diarrhea, constipation, Crohn's disease, ulcerative colitis, as well as disorders of the liver and pancreas. We also participate in a number of clinical trials in these areas to assist those patients who aren't responding to currently available treatments.

**QUESTIONS?**  
*Make an appointment  
with one of our providers.*

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*45 or older?*  
**SCHEDULE A  
COLONOSCOPY**

## WHAT ARE THE SIGNS AND SYMPTOMS OF COLORECTAL CANCER OR POLYPS?

Unfortunately, people who have polyps or colorectal cancer usually don't have any signs or symptoms - especially at first. Someone could have polyps or colorectal cancer and not even know it. If you do have symptoms, they may include:

- Blood in your stool
- Unexplained and frequent stomach aches, pains, and/or cramps
- A change in bowel habits (such as stool that is narrower than usual)
- Unexplained weight loss

## HOW DOES COLORECTAL CANCER START?

Colorectal cancer usually starts from a polyp (an abnormal growth) in the colon or rectum. It is estimated that 40% of people over age 50 have polyps. During a colonoscopy, your doctor will look for polyps and remove them. Removing polyps prevents them from becoming cancerous, and a colonoscopy allows your doctor to check for colorectal cancer and remove polyps at the same time.

## SHOULD I BE SCREENED BEFORE AGE 45?

Your doctor will determine when you should be screened for colorectal cancer after evaluating your risk factors.

- FAMILY HISTORY
- PERSONAL HISTORY OF OTHER CANCER
- PERSONAL HISTORY OF INFLAMMATORY BOWEL DISEASE

*Additional risk factors include diet, weight, activity level, alcohol and tobacco consumption, and diabetes. Certain ethnic backgrounds and races also have a higher than average risk for colorectal cancer.*

## What do I do NEXT?

Call us today and make your appointment to get screened for colorectal cancer and polyps. And if you've already been screened, don't forget that one screening is not enough. It's just as important to follow your doctor's advice for routine follow-up screening visits. Remember, with regular screenings and early treatment, colorectal cancer can be prevented.

## NEW COLORECTAL CANCER SCREENING RECOMMENDATIONS

The United States Multi-Society Task Force (MSTF) on Colorectal Cancer (CRC) has released updated screening recommendations, endorsing *45 as the age to start average-risk CRC screening*. This recommendation solidifies the announcement in May 2021 on supporting the U.S. Preventive Services Task Force in lowering the screening age. **PLEASE NOTE:** Not all insurances are paying for screening colons at 45, but more and more of them are beginning to change their policies. Please check with your insurance company for the most up to date policy.

***It's MUCH more comfortable than UNCERTAINTY***

Colorectal cancer is the third most common cancer diagnosed in the United States, and is the second leading cause of cancer-related deaths.

***Fortunately, colorectal cancer can be prevented.***