

the bottom line

A PUBLICATION OF COLON & RECTAL SURGICAL ASSOCIATES
A DIVISION OF SURGICAL SPECIALISTS OF NEW JERSEY

Exercise Reduces Risk for Colon Polyps, Resulting in Less Colon Cancer

Exercise might reduce the risk for colon cancer by reducing the risk of developing precancerous polyps, according to a new study published in the *British Journal of Cancer*.

A new study found that regular physical exercise was associated with a 16% decrease in the risk of developing colon polyps, and with a 30% decrease in the risk of developing polyps that were large or advanced, and thus more likely to become cancerous. The risk reduction was similar in men and women.

Earlier work by the same group, as well as other research, has shown that exercise can reduce the risk for colon cancer by 25%. Several mechanisms have been proposed for such effects, including enhanced immune function, decreased inflammation, reduced insulin levels and insulin resistance, and higher vitamin D levels. The American Cancer Society (ACS) recommends at least 30 minutes of at least moderate activity on 5 days or more per week, and says that 45 to 60 minutes of intentional physical activity is preferable. The protective effect of exercise on colon cancer risk is "one of the most consistently reported relationships," according to a recent ACS report, *Colorectal Cancer Facts & Figures 2011-2013*.

Br J Cancer. 2011;104:882-885.

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Rectal Surgeons**

Colon & Rectal Surgical Associates of South Jersey is committed to providing the highest level of care to your patients. We strive for excellence in how we deliver care, compassion for the patient & communication with our patients and you, the referring physician.

If you have any questions or concerns about any patient, feel free to give us a call and we would be happy to discuss the problem with you at any time.



In an effort to increase communication, we will be sending a monthly newsletter to you. This will provide timely, relevant medical information.

We hope you find this interesting & beneficial. If, however, you do not want to receive future faxes, simply "opt-out" at 1-866-854-1168.