

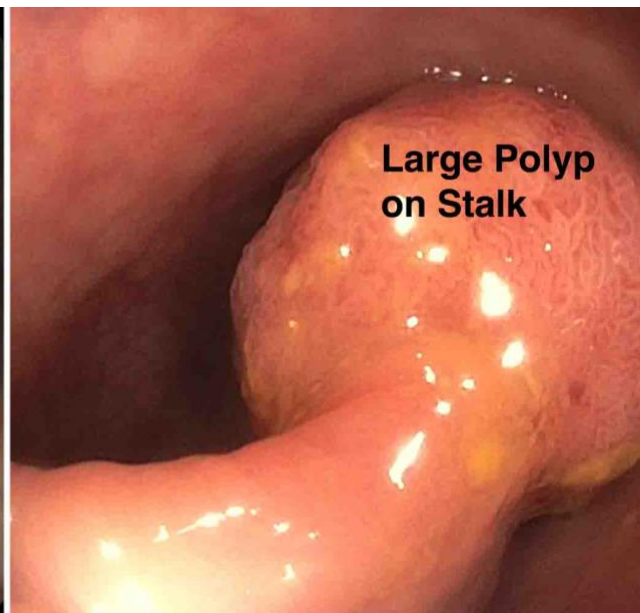
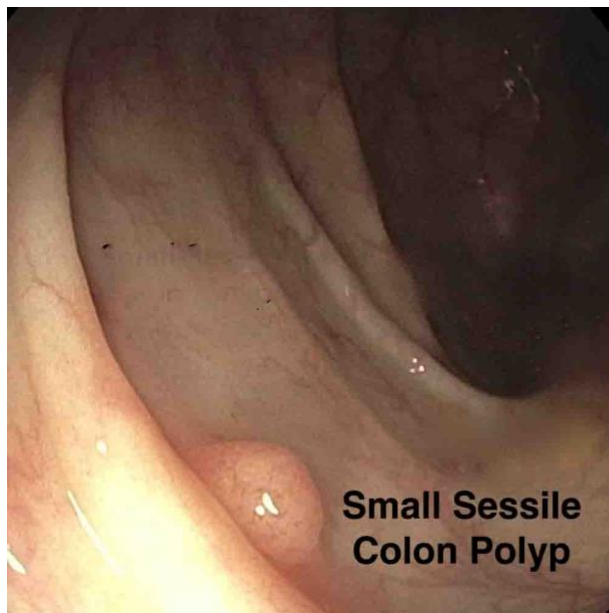


## Colorectal Polyps

Colorectal polyps are small clusters of cells that form on the lining of the colon, or rectum. While most polyps are benign, some can evolve into colorectal cancer over time. This article aims to provide an in-depth understanding of colorectal polyps, their types, causes, symptoms, diagnosis, and treatment options.

### What Are Colorectal Polyps?

Colorectal polyps are growths that appear on the surface of the colon or rectum. They can be flat, raised, or on a stalk. While anyone can develop colorectal polyps, individuals over 45, those who are overweight, and smokers are at a higher risk. All races and both men and women are affected equally. They are very common, but usually cause no symptoms.



### Types of Colorectal Polyps

There are several types of colorectal polyps, each with its own significance.

**Inflammatory Polyps:** These are usually found in people with ulcerative colitis or Crohn's disease. While they are generally not a risk for cancer, they can be a sign of an increased risk of colon cancer.

**Hyperplastic Polyps:** These are usually small and located in the rectum or sigmoid colon. They are typically not precancerous.

**Tubular Adenomas:** These are the most common type of polyp and have the potential to become cancerous. They are usually small and have a tubular structure when viewed under a microscope.

**Sessile Serrated Adenoma:** these polyps are often found on the right side of the colon (ascending colon) and a flat shape making them more difficult to detect and remove. A perfect "prep" for your colonoscopy helps the doctor find these little lesions. difficult to detect. If they're allowed to grow, they can become pre-cancerous.

**Villous Adenomas:** These are less common but more likely to become cancerous than tubular adenomas. They are usually larger and have a finger-like appearance under the microscope.

### Symptoms of Colorectal Polyps

Most colorectal polyps do not cause symptoms, which is why regular screenings are crucial. However, some people with polyps may experience changes in bowel habits, blood in the stool, or abdominal pain.

### Diagnosis of Colorectal Polyps

Colorectal polyps are typically diagnosed during a colonoscopy. This procedure is performed painlessly under sedation using a long, flexible tube with a camera on the end to examine the inside of the colon. If polyps are found, most can be removed during the procedure for further examination.

### Treatment of Colorectal Polyps

The primary treatment for colorectal polyps is their removal during a colonoscopy. This is a diagnostic procedure and a preventative measure against colorectal cancer. The removed polyps are then examined under a microscope to determine if they are cancerous.

### Prevention of Colorectal Cancer

It's important to note that a colonoscopy is not just a screening tool for colon cancer but also a preventative measure. By identifying and removing polyps during a colonoscopy, we can prevent them from turning into colorectal cancer. Regular screenings and prompt treatment of identified polyps can significantly reduce the risk of developing colorectal cancer. If you are over 45 or have other risk factors, discussing regular screenings with your healthcare provider is important.

## **Center For Digestive Health & Nutrition**

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