

# The East Preston Clinic



## NEWS

### BUPA PATIENTS

The East Preston Clinic continues its close co-operation with BUPA to avoid shortfalls for BUPA patients.

### TAMIS

Trans Anal Minimally Invasive Surgery for early rectal cancer. Mr Miles is an international expert in this technique.

### FOB TESTING

FOB testing (bowel cancer screening test) is available on request at the East Preston Clinic.

### GALLBLADDER SURGERY

The East Preston clinic is happy to advise patients regarding day case laparoscopic cholecystectomy. It is possible for patients to go home on the day of surgery up to 9 times out of 10

### COLONOSCOPY WITH ENTONOX

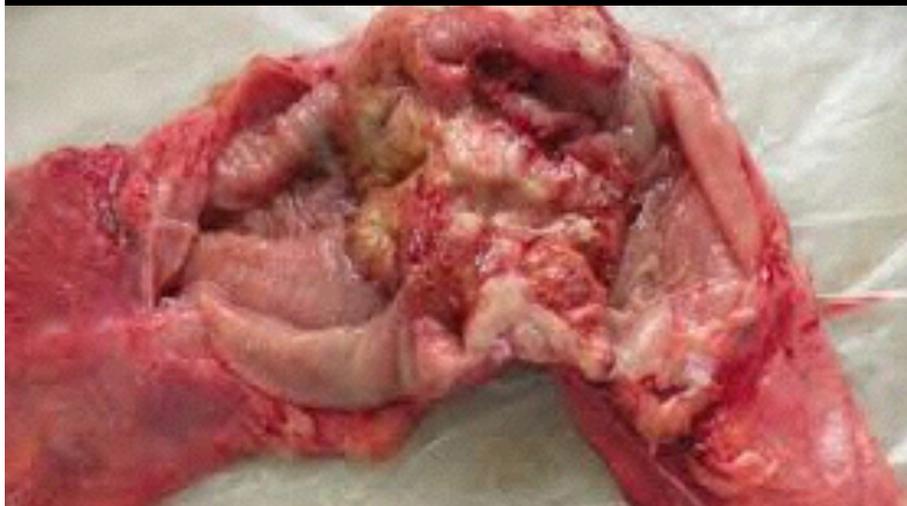
Many patients prefer not to have sedation by injection during their colonoscopy. Studies have shown that Entonox (laughing gas) can provide adequate sedation for most patients. We are happy to provide this service for our patients.

## Bowel Cancer Screening

**Bowel cancer** (which effects 1:14 men and 1:19 women) remains one of the major cancer threats in the United Kingdom. Despite advances in technology and the new NHS Bowel Cancer Screening Program, outcome for bowel cancer in the UK remains poor in comparison to America and our neighbours in Europe. There are other screening systems which although more intrusive are more effective. The NHS screening program uses Faecal Occult Blood (FOB) testing to help indicate which patients might be at risk of developing bowel cancer. If the FOB test is positive a colonoscopy is arranged and in a number of patients a polyp or cancer may be found. The inherent problem with this type of screening is that many polyps and some cancers do not bleed and that the FOB test

may be positive when there is no human blood in the stool. A more effective screening program uses Complete Colonoscopy to look at the whole of the colon to detect polyps. This is undertaken every 10 years from 50 to 70 along with a more limited flexible sigmoidoscopy in every 3rd of the intervening years. This is supplemented by an immunological test for cancer performed annually. This more advanced screening schedule, developed by the American Society of Gastroenterologists, although more intrusive, can reduce your bowel cancer risk by 80% the NHS system is expected to give a more modest risk reduction of 16%. For further information please contact; [eastprestonclinic.org](http://eastprestonclinic.org)





## Screening to detect bowel cancer.

### Colonoscopy after 50 reduces your risk of bowel cancer.

A single colonoscopy after the age of 50 in patients who have no symptoms or family history of bowel cancer has been shown to significantly reduce their risk of dying of bowel cancer. A recent study, published in the British Medical Journal has confirmed that a single Colonoscopy is more effective than Flexible Sigmoidoscopy in detecting bowel cancer (BMJ 9th April 2014). Evidence from America has shown that Colonoscopy performed at 50, 60 and 70 with a final colonoscopy at 75 provides maximum protection when combined with flexible sigmoidoscopy every 3rd year and annual iFOBT. This combined approach is highly successful and can reduce your bowel cancer risk by 80%. In the UK this would reduce an individual's cancer risk from 1:14 in men to 1:70 and for women 1:95. If you would like more information regarding Bowel Cancer Screening please visit our website at

[eastprestonclinic.org](http://eastprestonclinic.org)

Further useful information can be found at

<http://www.beatingbowelcancer.org/screening>

<http://www.cancer.gov/cancertopics/factsheet/detection/colorectal-screening>

[www.apple.com/iwork](http://www.apple.com/iwork)

## Faecal Occult Blood testing for Bowel Cancer

Faecal Occult Blood testing is used to help detect bowel cancer. There are two types of FOB test currently available. The first, used by the NHS screening program detects any blood in the stool. This includes blood that might have been in your food, such as red meat or black pudding. The inherent problem with this test is that it can give false positive results.

More modern FOB tests include an immunological component which means that the test will only react to human blood. This reduces the false positive rate of the test and to overall this type of testing is more accurate.

The most accurate tests include a test for the M2-PK enzyme which is released into the stool by polyps and cancers, as well as an immunological FOB test.

This system can detect up to 91% of bowel cancers and 60% of colonic polyps.

Colon cancer screening based on stool testing using the M2-PK system along with iFOBT is currently the most accurate of the non-invasive test available today.

None of these tests alone can give the maximum reduction in risk which can only be achieved by a combination of Colonoscopy, Sigmoidoscopy and Stool testing.

If you would like further information about colon cancer screening at the East Preston Clinic

Please contact Liz Miles  
Tel 01903 779505

Or email

[Eastprestonclinic@sky.com](mailto:Eastprestonclinic@sky.com)

The East Preston Clinic 77-79 Sea Road East Preston,

Tel 01903 856337

Fax 01903 779505

Email [Eastprestonclinic@sky.com](mailto:Eastprestonclinic@sky.com)

