



## GASTRO HEALTH

### MYTHS

### FACTS

Colonoscopies are for Boomers.

CRC screening is recommended at **45 years old**. There are reasons to have a colonoscopy before 45, including a family history of CRC.

Most people with CRC have a family history.

25 % of people have a family history of CRC.  
Only 1 in 4 people.



I read online that there is an epidemic of CRC in young people?

It's not an epidemic but **it is true** that CRC rates are increasing among younger adults.



Gluten is the worst food ever.



Gluten is a naturally occurring protein found in grains like wheat and barley. It may cause an autoimmune (celiac disease) or allergic (intolerance) reaction but is not responsible for most gastro issues.

Sometimes food gets stuck in my chest, no big deal.

It is important you talk to your medical provider.



I named my 'food baby' because it won't go away but that's okay.

Your food baby (or bloating) is not normal, especially if it happens often. It may indicate an underlying issue, like IBS or an intestinal blockage. Please consult with your medical provider.

Probiotics cure everything.



Probiotics may help with digestion but there is no clinical evidence showing that they help treat specific gastro symptoms or diseases.

I need to have a bowel movement every day.

It is normal to have bowel movements 3x/day up to once every 3 days.



Spicy foods and stress cause stomach ulcers.



Stress does interfere with the GI tract, but is not directly leading to ulcers.

Your stomach can shrink in size if you eat less.

Your stomach cannot shrink to a smaller size. It only stretches while eating.

Changes in stool color always means something is wrong.

Eating certain foods and medicines may change your stool color. Blood in the stool is not normal and may look red or black.

**Follow up with your provider if you see blood in your stool!**



Leaky gut is bad and is an indicator of inflammation.

The gut is naturally leaky in order to absorb nutrients and water from digested food.

