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## SEPTEMBER 29 WEBINAR: GASTRO HEALTH 101

During this webinar, Dr. Kircher and Dr. Stein discussed the most common myths around gastro health and colorectal cancer.



## DISPELLING COMMON MYTHS ABOUT:

### Colorectal Cancer (CRC)

**"Colonoscopies are for Boomers."**

- **False!** 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"**

- **False!** Only 1 in 4 patients with CRC has a family history

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

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

### Your Gut & Food

**"Gluten is the worst food ever."**

- **False!** Gluten is a naturally occurring protein found in grains like wheat and barley
- Gluten 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."**

- **False!** This is a big deal; talk to your medical provider!

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

- **False!** 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

### Your Gut & Digestion

**"Probiotics cure everything!"**

- **False!** 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"**

- **False!** Normal: 3x/day up to once every 3 days

**"My stool was yellow, I need to worry."**

- **False!** Look at your stool and check the color:
  - Black, maroon, or red: Blood in stool
  - White or silver: Low bile production

## Webinar Q&A Highlights

**"What's the difference between IBD and IBS?"**

- **Irritable bowel syndrome (IBS)** is a group of functional gastro disorders with no definitive cause
- **Inflammatory bowel disease** refers to Crohn's disease and ulcerative colitis
- Both are auto-immune disorders that cause gastro-inflammation

**Learn more from The Rome Foundation**

**Constipation & Constant Bloating**

- If you often feel the need to make a bowel movement or are constipated, talk to your medical provider
- The stool may be staying in your colon longer than it should.