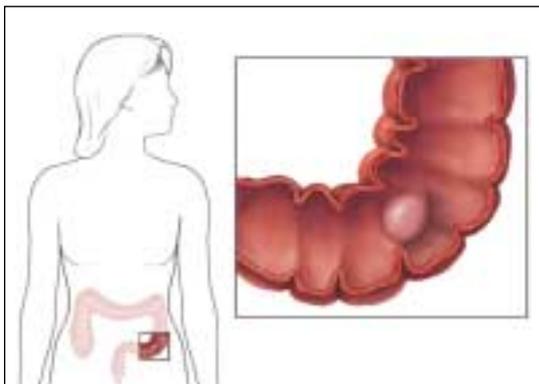


Hyperplastic Polyps

Background information

Hyperplastic Polyps



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Polyps are abnormal growths rising from the lining of the large intestine (colon) and protruding into the intestinal canal (lumen). Polyps are one of the most common conditions affecting the colon and rectum and are found in about nine of every 10,000 persons. Most polyps are noncancerous and cause no symptoms. Polyps are usually classified into two types: adenomatous polyps (adenomas) and hyperplastic polyps. Adenomas are the precursor

lesions for colorectal carcinoma (colon cancer). The more common hyperplastic polyps are benign and, in most circumstances, are not considered to be premalignant. A definitive distinction between the two types requires polyp removal and microscopic examination by a surgical pathologist.

The surgical pathologist establishes the diagnosis of adenoma versus hyperplastic polyp by microscopic examination of a biopsy specimen. This information is essential in determining if further treatment is necessary and, if so, what kind will be most successful.

Treatment options for hyperplastic polyps

(Only a physician can determine the best therapy to treat your condition.)

Colonoscopy This internal examination of the colon and rectum is an outpatient procedure that is performed in a surgical suite or physician's office. The procedure allows the physician to view the polyp(s) in question and remove it via biopsy. This is a relatively painless and easy way to remove most polyps.

Follow-up Colonoscopy Additional colonoscopies may be necessary to monitor your condition and ensure that new polyps have not developed.

Measures you can take to prevent colorectal cancer

- Monitor your bowel habits; consult your physician if you experience any of the following:
 - Changes in routine bowel movements
 - Abdominal cramps
 - Unexplained weight loss
 - Blood in your stool
- Maintain a high-fiber diet that is low in fat and calories; consult your physician for proper diet and nutrition information.

Important questions to ask your doctor

- Do you recommend the removal of my polyp(s)?
- Does my polyp put me at increased risk for colorectal cancer?
- What can I do to take care of myself during and after treatment?
- To whom may I turn for nutritional and dietary information?
- Are there any other measures I can take to reduce my risk of future polyps?

Sources of additional information

American College of Gastroenterology 703/820-7400 • www.acg.gi.org
Patient education brochures, current clinical updates and late-breaking news

American Gastroenterological Association 301/654-2055
www.gastro.org/public/digestinfo/html
Access to expert panels, support groups and detailed diagnostic and treatment information

Heartburn Help www.heartburn-help.com
An open forum for patients to discuss their cases and gain information via access to an extensive database

Pharmaceutical Information Network www.pharminfo.com/disease/gastro/html
Access to articles, research news and discussion groups on many gastrointestinal disorders



Associated Pathology Medical Group, Inc.

www.apmglab.com or 800-848-2764