

RALEIGH, NC, October 12, 2013 **/24-7PressRelease/** -- GastroIntestinal Healthcare will serve as the October Breakfast Sponsor for the upcoming Crabtree Mall Walker Breakfast to be held on Thursday, October 17th. The event will begin at 8:00am in the Food Court and will include complimentary breakfast. GastroIntestinal Healthcare's Dr. Sebastian Abadie will be discussing the detection and prevention of colorectal cancer.

Colon cancer is the second-leading cause of cancer-related death in the United States. According to the American Cancer Society, there were over 106,000 new cases of colon cancer diagnosed in the United States in 2009. Men and women are at equal risk for colon cancer with the disease being most common among people aged 50 and older. Dr. Abadie explained that in most people, colorectal cancers develop slowly and over several years. He said that the time to get a screening is before a problem is suspected.

"Regular colon screenings are the best way to prevent colorectal cancer," said Dr. Abadie. "It may take up to 10 years for polyps to develop into colorectal cancer. In many cases, screenings can prevent colorectal cancer altogether by removing polyps before they turn into cancer. Also, periodic screenings can detect colorectal cancer at its earliest stage, when it's highly curable."

Dr. Abadie added that because colorectal cancer doesn't discriminate, it's important to understand the risk factors involved and for individuals to talk with their physicians to determine which tests are right for them.

"GastroIntestinal Healthcare usually recommends beginning regular colon screenings at age 50 if there are no identified risk factors," said Dr. Abadie. "Those with a family history of colon cancer or colon polyps should talk with their doctor and consider earlier and possibly more frequent screenings. The most important thing to remember is that over 75 percent of colon cancers happen to individuals with absolutely no known risk factors, making regular screenings even more vital."

In addition to screenings, individuals looking to reduce their risk of colorectal cancer should eat a diet low in fat and high in fruits, vegetables and whole grains, avoid tobacco products, consume alcohol in moderation, and engage in moderate exercise for at least 20 minutes three to four times a week.

To schedule your colon screening, call GastroIntestinal Healthcare at (919) 870-1311. For more information, visit <http://www.gihealthcare.net>.

Written by Australian Business

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About GastroIntestinal Healthcare GastroIntestinal Healthcare is dedicated to "improving your health from the inside out". The practice focuses on the diagnosis and treatment of diseases of the digestive tract—the esophagus, stomach, colon, small and large bowel, gallbladder, and liver—and is conveniently located in North Raleigh, just off of Route 540. GastroIntestinal Healthcare has its own onsite licensed endoscopy center and is accredited and fully certified by the North Carolina Department of Health and Human Services (Medicare), Accreditation Association for Ambulatory Health Care (AAAHC), and Blue Cross/Blue Shield of North Carolina. For more information, call (919) 870-1311 or visit <http://www.gihealthcare.net>.