



March

The Fast Lanes of Healthcare
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National Doctors' Day: March 30, 2021

We Honor All Physicians Everywhere! UPA is Certainly Grateful for Our Physician Members.
We would like to introduce you to one of our champion physician leaders, Dr. John Stancher



John Stancher, MD
Secretary, UPA

Dr. John Stancher is in practice with UHS Gastroenterology located at The University of Tennessee Medical Center in Knoxville, Tennessee. He is board certified in gastroenterology. He graduated from Wayne State University and completed an internship and residency at University of Wisconsin Hospital.

He has faithfully served as UPA Secretary since 2003 and a UPA Board Member since 2002.

March is National Colorectal Cancer Awareness Month

A Note from UPA's Secretary, John Stancher, MD

In the United States, the third most common cancer among both men and women is a cancer that begins in the colon or rectum, colorectal cancer. As frightening as that seems, many of these cancers can be prevented through regular screenings. Screening is crucial because when detected early, colon cancer is usually treatable.

The U.S. Preventive Services Task Force (USPSTF) recommends that adults ages 50 to 75 be screened for colorectal cancer. The Task Force recommends that adults ages 76 to 85 ask their doctor if they should be screened. The American college of Gastroenterology (ACG) and the Institute for Clinical Systems Improvement (ICSI) recommend screening for African Americans begin at age 45.

Screening is also important because precancerous polyps can be discovered and removed before turning into cancer. A colonoscopy is the best screening test available for colorectal cancer. Colorectal cancer increases as you get older with about 90% of cases occurring in people who are 50 years old or older.

Risk factors for colorectal cancer include the following:

- Inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.
- Lack of regular physical activity.
- Diet - low in fruit and vegetables, a low-fiber and high-fat diet, or a diet high in processed meats.
- Overweight and obesity.
- Alcohol consumption.
- Tobacco use.
- March is National Colorectal Cancer Awareness Month and is a good time to talk to your doctor about what you can do to prevent this disease.

University Physicians' Association, Inc.



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