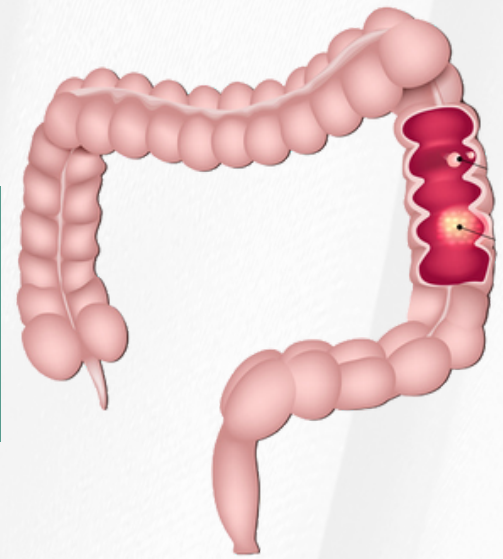




COLON POLYPS



WHAT IS A COLON POLYP?

A colon polyp is a small clump of cells that forms on the lining of the colon. Most colon polyps are harmless. Over time some colon polyps can develop into colon cancer.

Colon polyps can develop in anyone. Individuals who are 45 or older, overweight, smoke, and have a personal or family history are at high risk of developing colon polyps or colon cancer.

Best prevention for colon cancer is regular screening for and removal of polyps.

SYMPTOMS

Most people with colon polyps do not have symptoms. However, some may have:

- Change in bowel habits
- Change in stool color
- Iron deficiency anemia
- Abdominal pain
- Rectal Bleeding

FOLLOW UP CARE

- **10 year follow up** -- Normal colonoscopy and hyperplastic polyp < 10 mm
- **7-10 year follow up** -- 1-2 adenomas < 10 mm
- **5-10 year follow up** -- 1-2 sessile serrated polyps (SSPs) < 10 mm
- **3-5 year follow up** -- 3-4 adenomas < 10 mm, 3-4 SSPs < 10 mm, Hyperplastic polyp > 10 mm
- **3 year follow up** -- 5-10 adenomas, 5-10 SSPs, adenoma or SSP > 10 mm, adenoma with villous or tubulovillous histology and or high grade dysplasia, SSP with dysplasia, traditional serrated adenoma
- **1 year follow up** -- >10 adenomas

HYPERPLASTIC POLYP

- Typically benign (not cancer or pre-cancer) and are not cause for concern.

ADENOMATOUS POLYP

- Thought of as Precancerous.
- Sessile adenomas: polyps that are slightly flattened and broad-based
- Serrated adenomas: polyps that have a sawtooth appearance when under microscope
 - sessile serrated adenomas
 - traditional serrated adenomas

TUBULAR, VILLOUS, TUBULOVILLOUS

- Growth patterns of adenomas
- Tubular: growth pattern of most small adenomas
- Villous: growth pattern of most larger adenomas
- Tubulovillous: mix of both growth patterns

DYSPLASIA

- Dysplasia describes how much your polyp looks like cancer under a microscope:
- Polyps that are only mildly abnormal (don't look much like cancer) are said to have low-grade (mild or moderate) dysplasia.
- Polyps that are more abnormal and look more like cancer are said to have high-grade (severe) dysplasia.