

Colon & Rectal Polyps

The colon and the rectum are parts of the large intestine. The colon is the top portion of the large intestine, measuring about 5 feet long, while the rectum consists of the last 5 to 6 inches of the colon, and it connects to the anus.

Colon and rectal polyps refer to the excessive/abnormal cellular growth that occurs in the lining of the colorectal area.

Colon and rectal polyps are usually benign. However, depending on their nature, these growths can sometimes become cancerous and lead to fatal conditions such as colon cancer or rectal cancer. Most cases of colorectal cancer start as polyps.

At Huntington Colorectal Surgeons, Dr. Howard Kaufman, Dr. Gabriel Akopian, and Dr. Julianne Golan have years of experience treating colorectal polyps. We will administer customized medical care that will help treat colorectal polyps and reduce the chances of colorectal cancer. You can trust us for affordable, premium-quality care.

Why do colorectal polyps form?

Colon and rectal polyps develop due to a variety of reasons, including:

- Tissue injury
- Genetic mutation
- Hormonal changes
- Chronic inflammation in the stomach
- Blockage by a foreign body
- Cysts
- Tumors

Colon and rectal polyps occur in people of all ages, although it's much more common in people above 50.

Signs of colon & rectal polyps

- Abdominal pain.
- Blackening of the stool.
- Rectal bleeding leading to blood in the stool.
- Discomfort, burning, and pain during a bowel movement.
- Mucous discharge from the anus.
- Bulbous growth that can be felt on the anus.
- Sudden changes in bowel movements, from diarrhea to constipation and vice versa.
- The onset of anemia.

Diagnosing and removing polyps in the colorectal region

While cancerous colon and rectal polyps are rare, early detection and treatment can save your life. If diagnosed at a localized stage, when the polyps are still localized to one area in the colorectal region, colorectal cancer has a survival rate of 90%. Quick diagnosis and removal of polyps can give you a better chance at a full and healthy life.

At Huntington Colorectal Surgeons, our highly-experienced team of Pasadena colorectal surgeons has immense experience treating colorectal polyps at various stages of severity. We have a fully-equipped lab with state-of-the-art medical equipment that makes diagnosis and surgery quick and safe.

We start the diagnosis by scheduling a CT colonography, which is a CT scan of the colorectal region. If we don't get sufficient visualization of the polyps, we will schedule a colonoscopy. You will be provided local anesthesia so you don't experience any pain during the procedure.

If the polyps are found in the colon or rectal region, we schedule a biopsy. Our board-certified surgeons specialize in robotic surgery, which is minimally-invasive and can be done with an endoscope.

Once you are under sedation, a small incision is made at the location where the polyps were identified. We then use a specialized tool to resect the entire growth from the biopsy site. We do this instead of just removing a small sample like in other biopsies because there is no way to know if polyps have turned cancerous, without conducting tests on them. By removing the polyps completely, we ensure they don't spread further.

After the biopsy tissues are removed, we conduct exhaustive medical checks to rule out any possibilities of cancerous tissues. If the biopsy reveals a cancerous polyp, we create a bespoke treatment plan to treat cancer.

Can we prevent polyps from recurring?

For many, colorectal polyps don't recur once they are removed. However, in 30% of the patients, colorectal polyps often develop in another colon and rectum region. We can prescribe specific steroids or medications which can reduce your vulnerability to polyps. We will first analyze your medical history to ensure that your body is compatible with these pharmaceuticals.

Multiple researchers have also found that diets high in specific vitamins and minerals can also reduce your susceptibility towards colon and rectal polyps. Our highly-experienced Pasadena colorectal surgeons can prescribe the right diet changes that are beneficial for you.