

## Diagnosis, management and prevention of colon polyps

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### Abstrak

Colon polyps can be a predisposing factor for colon cancer; they should be immediately removed once they are found. Most of colon cancer arises from adenoma. Most adenoma cases are asymptomatic. It is frequently detected at the first time when someone undergoes screening for colorectal cancer with the imaging modalities in the medical check-up. Approximately, 10-40% of patients without any symptoms with the positive result of occult blood test suffer from adenoma. By using colonoscopy, we can detect for adenoma cancer and adenoma polyps, so colonoscopic procedure is recommended for individuals with the high risk for colorectal cancer. Excision and polyp removal during colonoscopy is a treatment choice to lower the risk for developing colon cancer. Surgical intervention is usually required in the management of adenoma polyps for those with an extremely large size which cannot be resected through endoscopy. There are some suggestions for preventing of adenoma growing such as vegetable and fruit diet, limit intake of meat and fatty food. And finally do physical activities regularly and stay away from alcohol and cigarettes