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## Colon Polyp Prevention

	<b>Effective</b>	<b>Risk</b>
Maintain normal body weight:	yes	none
Obesity is a risk factor for having polyps and for polyp recurrence		
Not smoking:	yes	none
Regular exercise:	yes	none
Normal serum vit D levels	probably	none
Regular use of ASA or NSAID and regular Ca supplement effective but some risk (30 to 40% reduction) even low dose ASA 81mg (more effect on the right colon)		
(risks include ulcers and bleeding for ASA or NSAID, constipation and kidney stones form Ca++)		
	Yes	some
Statins	yes	only if indicated for lipid disorder
Selenium supplements ? effective	possibly	not in excess
High fiber diet	No	some (other benefits)

### **All Patients:**

**Decisions to use any of these therapies should be discussed with your gastroenterologist and primary care provider as there may be significant risks or reasons why you should not take a particular medicine even if this medicine is not a prescription**