Are you scheduled for a screening colonoscopy?

If so...

You can help us learn the role of CT colonography (virtual colonoscopy) for cancer screening.

It is estimated that 147,000 Americans will be diagnosed with colorectal cancer this year. This is the 2nd most common cause of cancer death in the United States. As most cancers develop from colon polyps, detection and removal of these polyps can prevent colon cancer.

Today, colonoscopy is one of the standard screening exams to check for colorectal cancer. The goal of the National CT Colonography Trial is to discover whether computed tomography (CT) colonography is as effective as colonoscopy in detecting polyps and cancer.

We are looking for more than 2,300 volunteers across North America to take part in the study. Participants will have a CT colonography (free of charge) and a colonoscopy (billed to you or your insurance as usual).

Did you know?

- Colorectal cancer is the second leading cause of cancer death in the United States.
- 90% of the cases are found in people over 50 years of age.
- When colorectal cancer is found early the survival rate is 90%.
- A family history of colorectal cancer, polyps, or inflammatory bowel increases your chance of developing colorectal cancer.

A Message from the American Cancer Society

If you are 50 or older, you are at risk for colon cancer, and the American Cancer Society recommends you get tested at regular intervals. By getting tested, you can prevent colon cancer altogether, or catch it at its earliest, most treatable stage. The American Cancer Society endorses the National CT Colonography Trial, and encourages you to participate and get tested.

Stephen F. Sener, MD
President, American Cancer Society

I think that it is especially important that people from different backgrounds and cultures participate in this study.

Sheena Loth, Mayo Clinic Outreach Coordinator, who had a screening colonoscopy and a CT colonography
Who can be in this study?
You may be able to join this study if:
- you are a man or woman who is at least 50 years old, and
- you are already scheduled for a screening colonoscopy.

Who cannot be in this study?
You cannot join the study if:
- you have had a colonoscopy within the past five years, or
- you have symptoms such as pain in your lower abdomen, have inflammatory bowel disease (IBD), or have had a test that detected blood in your stool (also known as a fecal occult blood test).

What is a colonoscopy?
A colonoscopy involves inserting a long, flexible tube into the colon through which the doctor can see any polyps that are present and remove them. The colonoscopy takes from 30 to 60 minutes and patients are usually sedated during the procedure.

What is a CT colonography?
CT (computed tomography) colonography or "virtual colonoscopy" is a new type of x-ray exam that allows the doctor to see images of the inside of the colon using a computer without having to probe inside the body. The entire procedure takes about 20 minutes.

How much time is required?
Participants will follow the colon cleaning directions required the day before the exams. Both exams will take place on the same day.

The whole procedure is very quick! It's surprising... I am still amazed... You are in and out of there in such a short time!
Gene Hunder after his CT colonography

How are colonoscopy and CT colonography different?
- Both CT colonography and colonoscopy lets the doctor see inside the colon and rectum. CT colonography lets the doctor see other organs too.
- Colonoscopy involves inserting a long tube into the body. CT colonography uses x-rays to create images the colon. Only air enters the colon.
- The doctor will remove polyps or a tissue sample during your colonoscopy. This cannot be done during CT colonography.
- Colonoscopy usually requires sedation. CT colonography does not.
- CT colonography is less expensive than colonoscopy (CT colonography will be free to you for participating in the study).

In this study we are using state-of-the-art equipment and techniques. We are training and testing our participating physicians so that they are all highly skilled in interpreting the CT results. Our goal is to see if CT colonography, which is quicker and less invasive than colonoscopy, can give doctors the information they need to identify problem areas.

C. Daniel Johnson, MD
Study Principal Investigator
Mayo Clinic, Rochester, Minnesota

What will happen if I join the study?
If you join, you will have a CT colonography before your scheduled colonoscopy. To get the best results from both tests, your colon must be empty and clean. The day before your tests, you will have clear liquids for each meal and drink a small amount of barium (to help show any remaining stool in your colon). That night, you will take a strong laxative. Also, you will drink two small glasses of a special contrast material the night before and the morning of your examination. You will have the CT colonography first and then the colonoscopy. You will need someone to drive you home afterward.

See next page for more information about this study.
ACRIN Study 6664: National CT Colonography Trial

The American College of Radiology Imaging Network, known as ACRIN, is a national cancer research organization sponsored and funded by the National Cancer Institute (NCI). It is made up of investigators at over 100 leading medical facilities located in North America and abroad.

The goal of ACRIN is to conduct studies involving diagnostic imaging and image guided therapeutics that will result in the earlier diagnosis of cancer and increase the longevity and improve the quality of life of cancer patients.

My doctor has been urging me to get a screening colonoscopy for the past few years. I decided to participate in the CT colonography study since my sister-in-law recently had surgery for colon cancer and I want to help find an easier way to detect cancer early.

Paul Leverentz

www.acrin.org

The National Cancer Institute is committed to eliminating the suffering and death due to cancer by 2015. This study may lead to a change in the way people are screened for colorectal cancer.

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