



Verdugo Hills  
HOSPITAL

News  
For Immediate Release

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**“Colorectal Cancer is Preventable,” Says Dr. Beart**

(GLENDALE, CA – March 20, 2008) – Community members gathered at Verdugo Hills Hospital (VHH) on March 11 to hear world-renowned colorectal surgeon Dr. Robert W. Beart talk about colorectal cancer, including the anatomy of the colorectal system, the importance of early screening and available treatment options. The kickoff lecture, titled “Colorectal Cancer: The Cancer YOU Can Prevent,” was part of VHH’s Physician Lecture Series.

The most important predictor of colon cancer, the second leading cause of cancer deaths in the United States, is genetics, said Dr. Beart. “Genetics has a big role today in the management of colon cancer,” he said. “If a patient has risk factors, such as a family history of cancer, they need to be especially attentive to getting these tests done early.”

“This disease is preventable,” said Dr. Beart. “There is no other organ that is more accessible than the colon. If there is any tumor we can prevent, then this is the one. We have a precursor lesion called a polyp (a non-cancerous growth) – no other cancer has this, so it is preventable.” According to Dr. Beart, colon cancer is the only cancer with a long pre-clinical period since it takes between eight and nine years for a polyp to evolve into a tumor.

Five-year colon cancer survivor Jackie Rovick of Glendale said the lecture was very educational. “I thought Dr. Beart was very informative and it was encouraging,” she said.

Recommendations for colorectal cancer screening begin at age 50 for the average risk population, and at 40 years of age (or younger) for higher risk groups.

Dr. Beart was appointed to VHH’s medical staff in October of 2007, bringing more than three decades of experience to VHH. He performs colorectal surgeries at the community hospital. Dr. Beart is Chairman of the Department of Colorectal Surgery at the University of Southern California, where he is also a tenured Professor of Surgery.

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**About the Hospital:**

VHH is a 158-bed nonprofit primary care facility nestled in the foothills between Glendale and La Cañada Flintridge. The hospital features all private rooms, 24-hour emergency services, comprehensive inpatient and outpatient diagnostic and treatment facilities, and a family birthing center. It is the only independent, free-standing hospital in the greater Foothills community and was voted “Foothill’s Best Hospital” for 2007 by readers of the *Glendale News-Press*. Several physicians on staff also received recognition as the best in the community, including: Dr. Scott W. Beeve, Foothills Best Ophthalmologist; Dr. Allan W. Perry, Jr., Foothills Best Plastic Surgeon; Dr. Richard L. Rupp, Foothills Best Podiatrist; Dr. William F. Schubert, Foothills Best Family Physician; Dr. Jane S. Wada, Foothills Best Dermatologist; and Dr. Ronald D. Woodard, Foothills Best Obstetrician/Gynecologist. For more information, please visit [www.vhhospital.org](http://www.vhhospital.org).

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