



LAKES

ON ELDRIDGE

Volume 10, Issue 6
June 2011

Official Newsletter
www.lakesoneldridge.net

LOE EASTER EGG HUNT



The young children of Lakes on Eldridge and their families enjoyed a fun filled morning at the annual Easter Egg Hunt held in front of the clubhouse on March 27, 2011. The children collected colored filled plastic eggs, enjoyed refreshments and had their picture taken with the Easter Bunny.

It takes many volunteers to make this event possible for our Lakes on Eldridge families with small children. Many have volunteered for the past several years and their willingness to continue is sincerely appreciated. The hunt would not be possible without their help!

Therefore, many thanks to:

The Lakes on Eldridge Social Committee for hosting this event, particularly, to Georgia Shotwell for organizing, purchasing refreshments, printing flyers and putting up signs!

Gus Lester, for being such a good sport and playing "Mr. Bunny" and to Deborah Dunaway for delivering "Mr. Bunny".

Georgia Shotwell, Kristin Lyons, Angela Hammond, Melissa Hunzeker, Julie Applegate, Deborah Dunaway, Ellen Havlik, Eleanor Liney, Rosa Clay, Kim Knobles, Sheryl Henke and Wendy Craven for distributing the flyers throughout the neighborhood.

In addition, special recognition goes to:

Wendy Craven, Kristin Lyons, Rosa Clay, Deborah Dunaway, Georgia Shotwell and Ellen Havlik for being the egg collectors. Not only did they allow their homes to be used as drop off sites, but they also delivered the eggs early on Saturday morning.

(Continued on Page 2)



Lakes on Eldridge

IMPORTANT NUMBERS

AMI	713-932-1122
Gate Attendant.....	713-937-8825
Waterfowl, Betty Burkett.....	713-302-9929
Sheriff - (non-emergency).....	713-221-6000
Cy-Fair Fire Department - (emergency).....	281-466-6161
(non-emergency)	281-550-6663
Poison Control	1-800-764-7661
Texas DPS.....	713-681-1761
Waste Management	713-695-4055
(trash collection Mondays & Thursdays)	
SouthWest Water Company	713-405-1750
Harris County Tax Office	713-224-1919
Reliant Energy.....	713-207-7777
CenterPoint (gas)	713-659-2111
Center Point (street light).....	713-207-2222
(give pole # of street which is out)	
Comcast	713-341-1000
Houston Chronicle	713-220-7211
Metro Transit Info.....	713-635-4000
Kirk Elementary.....	713-849-8250
Truitt Middle School.....	281-856-1100
Cy-Falls High School	281-856-1000
Cy-Ridge High School	281-807-8000
Newsletter Publisher	
Peel, Inc.	advertising@PEELinc.com, 888-687-6444

LOE Board Of Directors

To contact a member of the Board of Directors, call Richard Lowstetter with AMI at 713-932-1122. Leave the number where you can be reached. Your message will then be forwarded onto one of the following board members:

Bronson Clay	President
Carlton Thorpe.....	Vice President
Heather Von Sternberg.....	Secretary
Cory Hammond	Treasurer
David King	At large

Visit the Association Website:
www.lakesoneldridge.net

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LOE Easter Egg Hunt- (Continued from Cover Page)

Angela Hammond, Tiffany Dimaano, Mary Jane Dimaano, Shaun Spiers, Lee Mueller, Georgia Shotwell, Ross Craven, Wendy Craven, Kristin Lyons, Erin Lyons –Decur, Bronson Clay and Rosa Clay for setting up, hiding the eggs and above all, cleaning up after the event.

Bronson Clay for photographing the event. We are posting pictures on the community intranet, accessible by clicking “Resident Login” at www.lakesoneldridge.net (first time users will need to set up their account). Please sign on and download the pictures of your friends and family.

Charles and Adrienne Lyons for donating the “Special Prize” eggs And last but not least, thanks goes to Georgia Shotwell and Kristin Lyons with Keller Williams Realty Memorial for donating over 800 candy filled eggs!

If you are one of the families that enjoyed the hunt, please extend your hand of thanks to the many volunteers that make this event possible. Keep in mind that in order to host these great events for our residents to enjoy, The Lakes on Eldridge Social Committee needs more willing volunteers. If you are interested in volunteering or would like more information, please contact Rosa Clay at rosa.clay@prudential.com or Georgia Shotwell at gshotwell@sbcglobal.net.

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Lakes on Eldridge

JUNE YARD OF THE MONTH CALLOWAY / CORNELIUS GOOD NEIGHBOR PROGRAM

WINNER

CARMEN & ERNEST ROMAN, 5607 LAKE PLACE DR.



Rain, rain, come to us, then we will not make a fuss! Even though we have had NO rain, the yards are looking well maintained. Imagine how well all the yards would look if we did have rain! So many of you are using colorful flowers & plants now in your gardens. They look just beautiful!

Following are names, addresses and photos of our two winners, and names and addresses of our two honorable mentions for June:

HONORABLE MENTION

AL & BETH COFFEY,
12543 CHERRY CREEK BEND

HONORABLE MENTION

'NAME NOT GIVEN'
5310 EMERALD BROOK

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Lakes on Eldridge

TIMELY TIPS FOR JUNE GARDENERS

From Calloway's Nursery

Planting a Butterfly garden is fun for all ages. First, choose a location with plenty of sun and protection from strong winds. Add a supply of dark rocks or mass of dark pebbles to collect the morning sun for the butterflies to rest and warm up. Sink a container full of sand or gravel into the ground and keep it moist. This will serve as a resting spot for some to drink and obtain minerals.

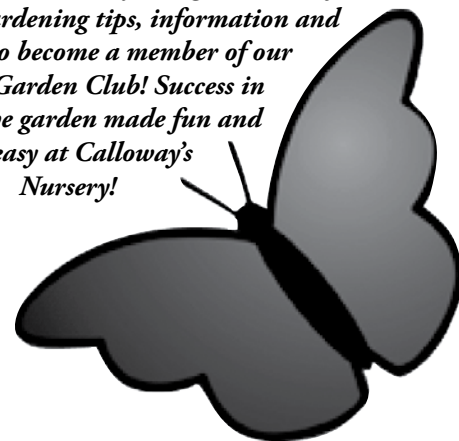
Attracting butterflies to your garden is easy. Select foliage plants as food for the larvae or caterpillar, and flowering plants to provide nectar for adults. Butterflies are attracted by fragrance, flower-shape and color. They are mostly active in mid and late summer, so you should make sure that you have lots of nectar-rich plants and flowers blooming by then. If you plant large sections of flowers of the same color, it will

make it easier for them to find your garden. You should plant flowers that will bloom at different times of the year and ones that bloom even at different times of the day and night, this way, you will always have something in bloom and they will always be attracting butterflies.

Our free clinic on June 12 at 10:15 am will go into more details about planting a Butterfly Garden! Calloway's Nursery is dedicated to educating young and old alike in being better stewards of our earth. Our weekly Saturday clinics are designed to provide gardening information for adults. Last summer we offered several children clinics during the week and had a great response! This summer we will offer the "Callie's Kids Summer Series" the first and third Wednesday in June, July, and August

at 9:30. Kids will plant, color, learn and explore plants and nature with one of our garden experts. Go to www.mytexasgarden.com/index.php/events/callies-kids for more details.

Visit www.mytexasgarden.com for more gardening tips, information and to become a member of our Garden Club! Success in the garden made fun and easy at Calloway's Nursery!



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LAKES ON ELDRIDGE SWIM TEAM NEWS



Time goes by fast when you are having fun! It's hard to believe but the season is half over already! The good news is that there is a lot more fun ahead for all involved. Please come to our meets and cheer for all our wonderful swimmers! The meets start at 8 am and continue until the early afternoon. You won't believe how exciting it is!

To the right is a calendar reminder for the rest of the season, for easy reference. As always, for the latest information go to our website www.loedolphins.org and click on 'Meets and Events'. For the complete calendar, click on 'Team Basics' and then on 'Calendar'.

JUNE 5.....Away Meet(*) – Jersey Village
JUNE 11.....Away Meet(*) - Windsong
JUNE 18.....Home Meet(*) - Copperfield
JUNE 25.....Away – Divisionals
JUNE 28.....Banquet (Tentative Date)
JULY 1-2.....Away - Red, White & Blue Invitational
JULY 2-3.....Away – Ponderosa Invitational
.....(*)*Pep Rally at the LOE Pool the evening before!*

After the season is over we will be offering once again a Fall Swim Program, consisting of ten weeks of conditioning and stroke development starting in late August! Please check on our website www.loedolphins.org around June 15 for more information. From our website you can also send us questions or comments regarding the LOEST and the 2011 Season by clicking on the 'Contact' link.

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Lakes on Eldridge

BOOK CLUB

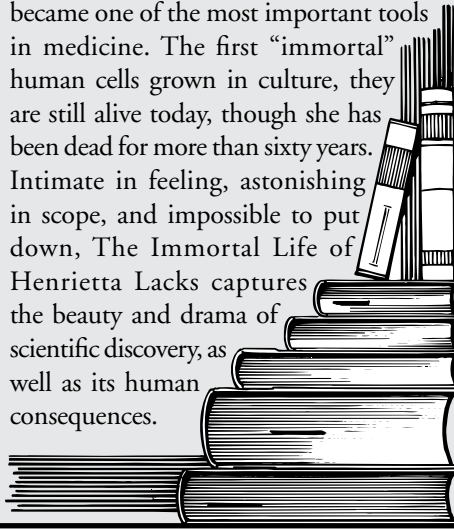
We have a good mix of topics in the books coming up. Some are best sellers, others classics that have been around for a while. Book Club tries to cover a wide variety of topics so we each get out of our comfort zone and read something different. Each book is available through the Harris County Library. Consider joining us to discuss them! We meet on the 4th Monday of each month at a member's home. Call Celeste at 713-896-6942 for location or additional information. Also, if you have a book recommendation please drop her a note at celeste.fritz@gmail.com

UPCOMING BOOKS

- **MAY 23 - *The Handmaid's Tale* by Margaret Atwood.** In this Orwellian dramatization, religion becomes a tool of repression and social control to force women into the roles of stay-at-home wives, domestic staff, prostitutes, or surrogate mothers. They have no rights to their bodies or property and are completely dependent upon men. Those women who have had at least one child find themselves forced into the role of breeding machine, producing children for childless couples.
- **JUNE 27 - *Cleopatra: a Life* by Stacy Schiff.** Famous long before she was notorious, Cleopatra has gone down in history for all the wrong reasons. Shakespeare and Shaw put words in

her mouth. Michelangelo, Tiepolo, and Elizabeth Taylor put a face to her name. Along the way, Cleopatra's supple personality and the drama of her circumstances have been lost. In a masterly return to the classical sources, Stacy Schiff here boldly separates fact from fiction to rescue the magnetic queen whose death ushered in a new world order. Rich in detail, epic in scope, Schiff's is a luminous, deeply original reconstruction of a dazzling life.

- **JULY 25 - *The Immortal Life of Henrietta Lacks* by Rebecca Skloot.** Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells taken without her knowledge became one of the most important tools in medicine. The first "immortal" human cells grown in culture, they are still alive today, though she has been dead for more than sixty years. Intimate in feeling, astonishing in scope, and impossible to put down, *The Immortal Life of Henrietta Lacks* captures the beauty and drama of scientific discovery, as well as its human consequences.



BIBLE STUDY *Out to Lunch Bunch*

Through the summer months the Lakes on Eldridge Bible study group only meets once a month for lunch so we can stay in touch and keep up with praises and prayers. In May we journeyed to Brookwood Community in Brookshire, Texas to eat, shop, and catch up. In June we met at Veneto Italian Grill on Hwy 6. On July 5 we will meet at Captain Rudy's Seafood on FM 529. If you would like to join us to get acquainted before the Fall session begins, please email Stephanie at mrstjl10179@gmail.com or call her at 713-560-0042 so we can make reservations. We look forward to meeting you!

CY-RANCH HIGH SCHOOL VIPS

If your son or daughter will be attending Cy-Ranch High School next school year, and you would like to get on the email list of VIPS (Volunteers in Public Schools), please email the VIPS Coordinator at cypressranchvips@gmail.com to request it. Please include what grade(s) your child(ren) will be in. "See ya down at the Ranch!"

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Lakes on Eldridge



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Lakes on Eldridge

NOTES FROM THE APRIL BOARD MEETING

DIRECTORS PRESENT

Bronson Clay, President
Carlton Thorpe, Vice President
Cory Hammond, Treasurer
David King, Director

IN ATTENDANCE

Seventeen homeowners,
representing the Kirk Cell Tower issue
Richard Lowstetter,
representing the managing agent,
Association Management, Inc.

HOMEOWNER FORUM

Clay Jeanson spoke as a representative of the group opposed to the T-Mobile cell tower that was installed during Spring Break at Kirk Elementary School adjacent to Lakes on Eldridge. He informed the Board that he has sent letters to Cypress Fairbanks Independent School District, has spoken directly to Superintendent Dr. Anthony and to the Principal of Kirk Elementary. Richard Lowstetter informed the group that the Lakes on Eldridge LTD referred to in the Deed of Trust to the school district was not the LOE HOA, that it was a separate corporation formed by the developer, Ryko Development and was still a corporation with good standing with the State of Texas. Mr. Lowstetter also told the group that he had been in contact with Ryko to see if the ARC had been kept by them, assigned to the HOA or assigned to the CFISD, and is awaiting an answer from them. Mr. Lowstetter also said that the HOA Attorneys had advised the Board that the HOA could not help with a law suit financially, and would support their efforts, but would not join in any law suits.

COMMITTEE REPORTS

- **Architectural Control:** Cory Hammond reported there has been one ARC application since the last meeting which was approved. He also stated that a letter has been sent to a homeowner who installed artificial grass, and that situation was being monitored.

- **Access Control:** David King reported that all the gates were working as of the date of the meeting.
- **Parks & Pools:** Bronson Clay reported that signs are on order for the tennis courts as there has been confusion over court numbering. Drapes for the clubhouse should be installed soon.
- **Landscape:** Carlton Thorpe advised that the mulching would be done in May, and all seasonal colors would be installed within the next few weeks.
- **Lakes & Wildlife:** The repair of the front irrigation pump is complete; it was just an electrical relay. The repair was originally thought to be much more extensive.
- **Communication:** Cory Hammond reported that Peel was forwarding all articles submitted directly to Peel through their website on to the communications committee. This does create some additional work in organizing articles, but also allows the committee to preview all articles and assign a priority since there is limited space.
- **Social/Events:** Bronson Clay reported there were about 150 kids at the Easter Egg Hunt and that there were over 1,000 eggs. He has also completed plans for all social events for 2011. The next event will be the 4th of July party, to be held the morning of Monday, July 4th. The next social committee meeting will be held on Saturday May 7th at the pool area.

FINANCIAL REPORT

- **Financial Statements:** The Board reviewed the financial statements for the month ending March 31, 2011. The Association had a balance of \$681,865.36 in the Operating Fund and \$422,767.95 in the Replacement Fund. The Fund Balance for the year showed that income had exceeded expenses by \$44,919.51. The financials were accepted.

- **Accounts Receivable:** The Board reviewed the Accounts Receivable report and instructed the managing agent to proceed with the collection of the outstanding monies in accordance with the established policy. The Accounts Receivable report was accepted. As of April 20, 2011 there were 43 homes that owed the association money. The Board instructed AMI to turn all delinquent accounts over to Optio Solutions on May 1, 2011 (with the exception of accounts already with our attorney), and then to Red Rock Financial if Optio fails to collect.

ADMINISTRATION

- **Use of Clubhouse:**
There was no other discussion.
- **Miscellaneous:**
There was no other discussion.

PHYSICAL PROPERTY

- **One Liner Report:** The Board was given the one-liner report for April. The board asked the managing agent to continue to monitor the home with the artificial turf.
- **Citations Report:** The managing agent gave the Board a copy of the latest Citation Report for their review. The Board asked the Managing Agent to contact ISSC and make sure the patrol officers operate in accordance with the rules that have been established. All residents are to receive citations for traffic violations as outlined in the procedures document. The first citation received acts as a warning (no fine will be issued by AMI). Subsequent citations will receive a fine.

ADDITIONAL BUSINESS

There was no additional business

SCHEDULE NEXT MEETING

The next regular meeting of the Board of Directors is to be held on May 17 at 6p.m.

ADJOURNMENT

There being no further business, the meeting adjourned.

TOP 50 REASONS

To Use My Real Estate Expertise in LOE & LOEN!

12015 Bolero Point Lane
12010 Bolero Point Lane
12010 Costa Del Rey Ct.
12019 Bolero Point Lane
5726 Ballina Canyon Ln
12144 Arroyo Verde
12007 Bolero Point
12011 Bolero Point
12122 Summerland Ridge Ln
12302 Sienna Rosa
5810 Ballina Canyon
5907 Mesa Brook
12203 Cabo Blanco Ct.
5702 Sapphire Vista
5803 Santa Fe Springs
6203 Ballina Canyon
6019 Sandia Lake

5918 Solar Point
12206 Cabo Blanco
5934 Solar Point Ln
6006 Serrano Terrace
5811 Serrano Terrace
6226 Ballina Canyon
12419 Sonata Canyon Ln.
Saratoga Springs Ln.
12219 Laguna Terrace Dr.
5606 Heather Rup
12411 Aliso Bend Ln.
12015 Arcadia Bend Ln.
6106 Ballina Canyon
12111 Ember Isles
6319 Tierra Lake Ct.
12403 Sandia Cove
5927 Serrano Terrace

6003 Isla Vista Ct.
12450 Lago Bend Ln.
5911 Sandia Lake Ln.
5904 Solar Point
6518 Grand Flora
12019 Arcadia Bend
12210 Cabo Blanco
6134 Sienna Arbor Ln
12019 Terraza Cove
5418 Sterling Brook
12518 Aliso Bend
6206 Cibola Park
6203 Paloma Park Ct.
12414 Calico Falls Ln.
12710 Wilbury Park
5802 Ballina Canyon



DANIELLE GEBARA

Resident of Lakes on Eldridge North

832-788-6002

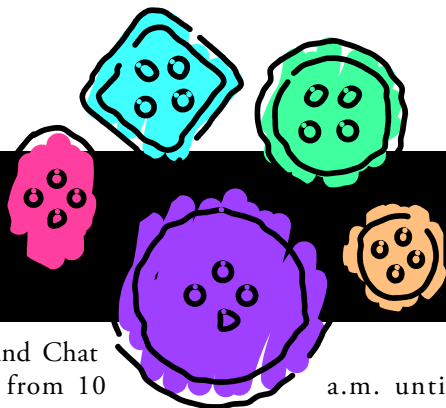
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Lakes on Eldridge

STITCH & CHAT



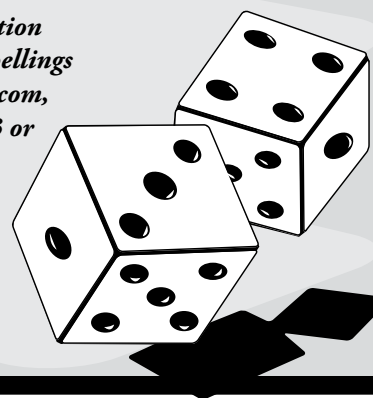
Members of Stitch and Chat meet every Thursday from 10 a.m. until 12 noon at the LOE Beach Club House. We knit, crochet, do needle point, embroidery, and counted cross stitch, plus mend items and sew on buttons that we have put off much too long. We make quilts for family members, shawls for cancer patients, and caps for newborn babies. We would love to have you join us for coffee and conversation. We would be happy to help you get started on any project that you have always wanted to do.

You do not have to be a resident of Lakes on Eldridge to join us. For more information contact: Catherine Spellings at CTSpellings@aol.com, or call 713-628-7083 or 713-896-1652.

BUNCO JUNKIES

Members of Bunco Junkies meet & play at the LOE Beach Club House on the 1st Thursday of each month from 12 noon until 2 pm. We must have 12 players each month to be able to play. Please speak to your friends & neighbors and ask them to join us in this easy and fun game. Players do not have to be residents of Lakes on Eldridge to play.

*For more information
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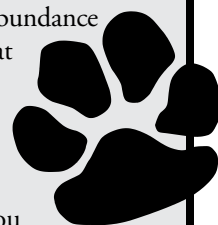
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Please Clean After Your Dog

One of the best things about LOE is the abundance of sidewalks, footpaths and beautiful views that make taking walks an easy and very pleasant break from our frenetic lives. It is a real pity then to come across spots that are starting to look like doggy restrooms...

Please be a good neighbor! When you take your dog for his or her constitutional, bring a bag along and don't leave anything behind, whether it is on a neighbor's lawn or on one of the public areas. We are all counting on each other to keep LOE beautiful!



Article Submissions

If you would like to submit an article or any information for the Lakes on Eldridge Newsletter you may do so by sending the information to news@lakesoneldridge.net. This information should include your name. All information should be received no later than the 9th of the month and is subject to editorial approval as well as space limitations.

FINANCIAL FOCUS

Know Your Investment Risks — and How to Respond

When you invest, you take some risks. While you can't totally avoid these risks, you can take steps to help reduce their impact and increase your comfort level. And the more comfortable you are with your investments, the easier it will be to follow a long-term strategy that can help you meet your goals.

Let's look at the most common types of risk related to investing, along with some suggestions on helping to reduce these risks:

Losing principal — This type of risk is most closely associated with investing. For example, when you purchase a stock, you know that its value could go up or down. If it drops below your purchase price, and you then sell your shares, you will lose some of your principal.

Your response — You can't eliminate the risk of losing principal, but by owning a mix of stocks, bonds, government securities and other types of investments, you can help reduce the impact of volatility on your portfolio. Keep in mind, though, that diversification, by itself, can't guarantee a profit or protect against loss.

Losing value when interest rates change — This type of risk primarily affects fixed-income investments, such as bonds. If you purchase a bond that pays, say, a 4% interest rate, and the market rate goes up to 5%, then the value of your bond will drop because

no one will be willing to pay you the full price for it when newer, higher-yielding bonds are available.

Your response — You can combat, or even ignore, interest rate risk by holding your bonds until they mature. By doing so, you'll get your full principal back, provided the issuer doesn't default, and you'll continue to receive regular interest payments unless the bonds are "called," or repurchased by the issuer. (You can help protect against this by purchasing bonds that have some degree of "call protection" and by owning bonds with different maturities.)

Losing purchasing power — This risk largely applies to fixed-rate investments such as certificates of deposit (CDs). To illustrate: If you purchase a CD that pays 2%, and the inflation rate is 3%, you are actually losing purchasing power.

Your response — Despite their vulnerability to inflation, CDs can offer you some valuable benefits, such as preservation of principal. Yet if you are concerned about fighting inflation, you may want to look for investments that have the potential to offer rising income, such as dividend-paying stocks. In fact, you can find stocks that have increased their dividends for many consecutive years. (Be aware,

(Continued on Page 14)



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Financial Focus - (Continued from Page 13)

though, that companies can reduce or eliminate dividends at any time. Also, an investment in stocks fluctuates, and you could lose your principal.)

Apart from these individual techniques to reduce investment-related risk, you should also save early and save often — because the more money you accumulate, the greater your ability to follow a long-term strategy that reflects your personal risk tolerance. That's why it's a good idea to contribute as much as possible over the years to your IRA and 401(k) or other employer-sponsored retirement plan.

By understanding the different types of investment risk, and by acting to help lessen them, you can reduce much of the stress sometimes associated with investing — while you increase your prospects for achieving your objectives.



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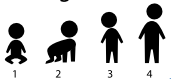
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Splash into Lake Travis for the Red Licorice Events Open Water Swim at the Mansfield Dam on June 26. The swim benefits Colin's Hope and you can choose from 800m, 1.2 mile or 2.4 mile options. Visit www.redlicoriceevents.com for more information.

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Lakes on Eldridge



Do kids need sports drinks?

Although children may request sports drinks, they offer little advantage over cool water, say nutritionists at Baylor College of Medicine (BCM) in Houston and the USDA/ARS Children's Nutrition Research Center at Baylor and Texas Children's Hospital. Sports drinks are designed to benefit athletes engaged in continuous, high-intensity aerobic workouts that last for 90 minutes or more.

But, if the availability of sports drinks encourages your kids to drink, consider making your own. Combine caffeine-free herbal tea, a little sugar, a pinch of salt, a few ounces of orange juice, and chill in individual bottles. Active kids need to fill up on fluids to prevent dehydration. Children should be encouraged to drink before heading outside and every 15 to 30 minutes during playtime activities.

Combination of limes, sun can result in 'margarita dermatitis'

Adding a slice of lime to a favorite summer drink is nice to cool off with, but it could leave your skin burning, say dermatologists at Baylor College of Medicine.

The condition, called phytophotodermatitis, happens when a certain plant compound comes in contact with the skin, making that one area light sensitive. During the summer, lime juice is the common cause for this condition, which is why some doctors call it 'margarita dermatitis.' The reaction usually looks like a sunburn, or a poison ivy rash, with redness and sometimes swelling and blistering, says Dr. Rajani Katta, associate professor of dermatology at BCM. It can be itchy and painful, and leave behind skin discoloration.

Treatment is similar to treating a poison ivy rash. Cool compresses and hydrocortisone creams along with oral antihistamines are used. Severe cases could require steroid pills. Preventative action is best. Be aware of what plant products you come in contact with and wash the area thoroughly before going out in the sun. As always, make sure to apply sunscreen and stay in shaded areas to maintain good skin health.

(Continued on Page 19)

A graphic for a social networking skills promotion. It features two large puzzle pieces, one black and one grey, with a large white 'P' logo on the black piece. The text 'HOW ARE YOUR SOCIAL NETWORKING SKILLS?' is written in large, bold, black letters across the bottom. Below this, it says 'Follow Peel, Inc. Community Newsletters on Facebook & Twitter' and provides the website 'www.peelinc.com/Facebook' and the Twitter handle 'www.twitter.com/Peel_Inc'. There are also Facebook and Twitter social media icons in the bottom right corner.

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Health Briefs - (Continued from Page 18)

Physical activity keeps Parkinson's at bay

The management of Parkinson's disease is much more effective when regular exercise is included, say experts at Baylor College of Medicine (BCM) in Houston. "There's no doubt that people who have a positive attitude and exercise generally cope with the disease much better than those who don't," said Dr. Joseph Jankovic, professor of neurology and director of BCM's Parkinson's Disease Center and Movement Disorders Clinic.

"Exercise is clearly a positive force in dealing with Parkinson's."

Jankovic said that a regular exercise program, tailored to the needs of the individual patient, is critical for continued well being. Exercises for Parkinson's patients should be designed to improve strength (through the use of free weights, weight machines, and elastic bands) and overall fitness (by walking and swimming). Swimming and water exercises have the additional advantage in that there is very little stress on the joints and the resistance improves muscle strength.

Traditional colonoscopy recommended over virtual method

The option for a "virtual" colonoscopy is now available but doctors at Baylor College of Medicine recommend sticking to traditional methods when screening for colon cancer.

A virtual colonoscopy is a CT scan image of the colon and does not require the use of an endoscope - a thin, flexible device that is inserted into the colon.

"While a virtual colonoscopy may sound less invasive than traditional methods, it isn't always as accurate," said Dr. Waqar Qureshi, associate professor of medicine and chief of endoscopy at BCM. "A scan is more likely to miss small precancerous growths, and catching those polyps early is the key to preventing progression to colon cancer."

Studies have shown that polyps smaller than 6 mm are frequently missed by CT scanning, Qureshi said. For someone who is at high risk for colon cancer, missing a polyp can be deadly. Almost all instances of colon cancer begin as polyps, which are easily detected and removed during a colonoscopy.

Many times a virtual colonoscopy must be followed by the traditional method, he added, and both procedures require the same preparation, which includes laxatives, diet restrictions and in some cases certain medications must be stopped.

Colon cancer screening should take place every 10 years starting at age 50. If colon cancer runs in a family, testing should begin earlier and be performed more often.

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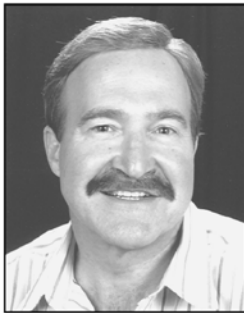


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