

Hyperplastic Polyps

A Practical Guide For Patients



GastroDoxs
— defenders of the digestive system —

**A Patient Guide to Understanding
Hyperplastic Polyps**

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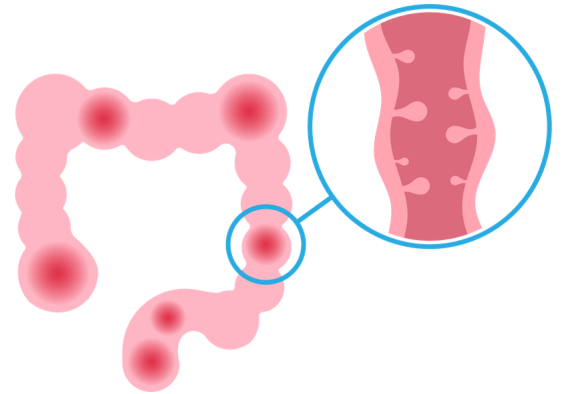


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Introduction: Hyperplastic Polyps

Hyperplastic polyps are small, noncancerous growths that form on the lining of the colon or rectum. They are one of the most common types of colon polyps and are usually discovered during routine colonoscopy.

While they are generally considered harmless and rarely turn into cancer, their presence may indicate an increased likelihood of other types of polyps, such as adenomas, which can be precancerous. Regular screenings help ensure early detection and proper management.



Key Takeaways

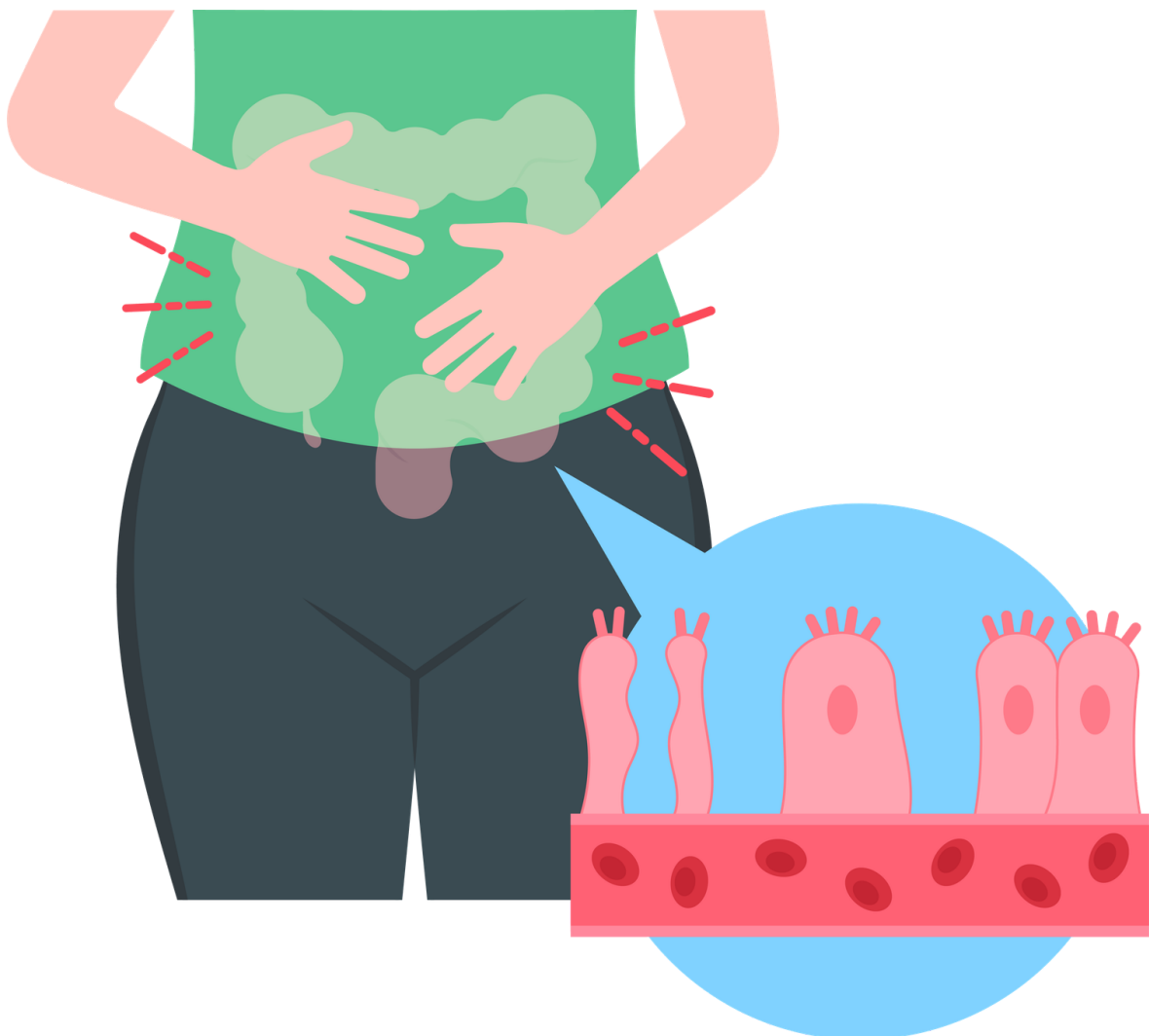
- Small, benign growths in the colon or rectum.
- Usually discovered during routine colonoscopy.
- Rarely develop into colorectal cancer.
- Often associated with other types of polyps.
- Regular screening is important for prevention.



What Causes Hyperplastic Polyps?

Known Causes:

These polyps form when the lining of the colon grows more quickly than normal, leading to tissue overgrowth. The exact cause is unclear, but factors include age, family history of colon polyps, chronic inflammation, poor diet, and lifestyle habits such as smoking, obesity, or physical inactivity.



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Common Signs & Symptoms

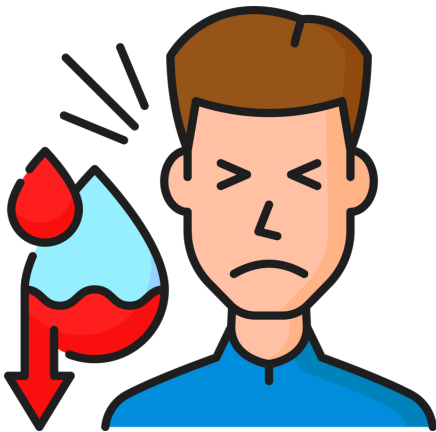
Most hyperplastic polyps cause no symptoms. Larger ones may occasionally cause rectal bleeding, mucus in stool, or changes in bowel habits.

Core Symptoms Include:

- Usually asymptomatic
- Rectal bleeding in some cases
- Mucus in stool
- Change in bowel movements
- Abdominal discomfort (rare)



Severe cases can also cause:



- Larger polyp growths
- Hidden blood loss leading to anemia
- Increased risk of other polyp types
- Rare chance of cancer if associated with serrated polyps



Diagnosis & Medical Testing

Hyperplastic polyps are diagnosed through colonoscopy, often with biopsy to rule out precancerous or cancerous changes. Imaging may be used in follow-up evaluations.

Diagnostic Tools:

- **Colonoscopy** – Detects and removes polyps
- **Biopsy** – Confirms benign nature
- **CT colonography** – Virtual colonoscopy imaging
- **Stool blood test** – Detects hidden bleeding
- **Pathology analysis** – Determines polyp type



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A diet rich in fiber, fruits, and vegetables supports colon health. Limiting red meat, processed foods, and alcohol may reduce polyp development risk.

Key Insights:

- **Eat high-fiber fruits and vegetables**



- **Choose whole grains**



- **Include lean protein sources**

- **Avoid processed and red meats**

- **Limit alcohol intake**



- **Stay hydrated**



Medications & Treatment Options

Most hyperplastic polyps require no medication. Removal during colonoscopy is usually sufficient, followed by routine monitoring for recurrence or new polyps.

Treatment Options

- **Polypectomy** – Removal during colonoscopy
- **Surveillance colonoscopy** – Regular monitoring
- **Lifestyle changes** – Diet, exercise, no smoking
- **Aspirin/NSAIDs (research use)** – May reduce polyp risk
- **No specific drug therapy** – Usually not needed



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Advanced Therapies & Procedures

Advanced care may be required for large or serrated polyps. Endoscopic resection or surgery is considered if there is suspicion of precancerous transformation.

Therapy Options:

- **Endoscopic mucosal resection (EMR)**
- **Endoscopic submucosal dissection (ESD)**
- **Surgical removal of suspicious lesions**
- **Genetic counseling if multiple polyps present**
- **Regular follow-up screenings**



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Coping With Hyperplastic Polyps

Coping involves maintaining a healthy lifestyle, following screening schedules, and reducing risk factors through diet, exercise, and avoidance of smoking or alcohol.

Practical Strategies

- **Follow colonoscopy screening advice**
- **Eat a colon-healthy diet**
- **Exercise regularly**
- **Avoid smoking and alcohol**
- **Track any new digestive symptoms**
- **Keep follow-up appointments**



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Q1: Are hyperplastic polyps cancerous?

A: No, they are usually benign, but may indicate risk of other polyp types.

Q2: Do hyperplastic polyps need removal?

A: Yes, most are removed during colonoscopy for safety.

Q3: Can lifestyle changes reduce risk?

A: Yes, diet, exercise, and avoiding smoking lower polyp risk.

Q4: How often should I get screened?

A: Screening intervals depend on your risk level and doctor's recommendation.



Take Action

If you experience **Hyperplastic Polyps**, don't ignore them. Early diagnosis and treatment can prevent complications. Schedule a consultation with **GastroDoxs** for expert guidance on managing your digestive health.

For additional resources, visit GastroDoxs.com.

**Your health starts with knowledge.
Take the first step today!**

SCHEDULE AN APPOINTMENT



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