

# Controlling Inflammation to Reduce Colon Cancer Risk in IBD

March is National Colon Cancer Awareness Month—a time dedicated to educating communities about prevention, early detection, and proactive care. Colon cancer remains one of the most common cancers worldwide, yet it is also one of the most preventable with proper screening and risk management. For individuals living with inflammatory bowel disease (IBD), including Crohn's disease and ulcerative colitis, this month serves as an especially important reminder to stay vigilant. Chronic inflammation in the colon can increase the risk of developing colon cancer over time, making disease control a critical part of long-term health.

Inflammation is the driving force behind IBD. When the immune system mistakenly attacks the digestive tract, it can cause persistent irritation, ulceration, and tissue damage. Over many years, ongoing inflammation may lead to cellular changes in the colon lining known as dysplasia, which can progress to cancer if left unchecked. This is why maintaining remission is more than just symptom relief—it is a cancer prevention strategy.

Advanced biologic medications have transformed how IBD is managed. Therapies such as Remicade® (infliximab), Entyvio® (vedolizumab), Skyrizi® (risankizumab), Tremfya® (guselkumab), Tyruko® (natalizumab-sztn), and Stelara® (ustekinumab) target specific pathways in the immune system responsible for inflammation. By calming this overactive immune response, these medications promote mucosal healing, reduce flare-ups, and help patients maintain sustained remission. When inflammation is controlled effectively, the colon has the opportunity to heal, reducing the long-term risk of precancerous changes.

Receiving biologic therapy in a professional infusion setting can make a meaningful difference in treatment

success. At Sage Infusion, patients receive their prescribed medications in a comfortable, medically supervised environment. Experienced clinical staff monitor each infusion, manage potential side effects, and coordinate closely with referring gastroenterologists. This structured approach supports medication adherence, which is essential for preventing flares and minimizing cumulative inflammation.

Consistency is key. Skipping doses or delaying treatment can allow inflammation to resurface, increasing the risk of complications. By staying on schedule with biologic infusions at Sage, patients reduce their likelihood of hospitalization, steroid dependence, and progressive bowel damage—supporting a healthier colon over time.

National Colon Cancer Awareness Month also highlights the importance of routine screening. Even when symptoms are well managed, individuals with IBD should follow their gastroenterologist's recommended colonoscopy schedule. When combined with effective biologic therapy at Sage, regular screening creates a comprehensive prevention strategy: control inflammation and monitor proactively.

In addition to medical therapy and screening, healthy lifestyle habits—such as avoiding tobacco, maintaining a balanced diet, exercising regularly, and managing stress—can further support colon health. However, for those with moderate to severe IBD, advanced medical treatment remains the cornerstone of risk reduction.

This March, take the opportunity to prioritize your digestive health. For patients with IBD, staying committed to prescribed biologic infusions at Sage Infusion is more than symptom management—it is a proactive step toward protecting long-term health.