

You won't know what hit you

That's the last thing I remember the nurse saying this morning before my 'little medical procedure'. The next thing I knew I was back in the 'staging' area. I'm not sure what they gave me, but the procedure was relatively painless.

I wish I could say the same thing about the pre-surgery preparation. I can't. If there is anything that would prevent me from seeing a Dr. again, it would be this preparation.

I was able to find someone much better with words than I am to tell you about the procedure. Mine was the non-Abba version.

[Dave Barry's colonoscopy.](#)

Funny read, but serious stuff.

Have No Fear, Polyp Man Is Here!

You heard read me right – I did say Polyp Man. Found this amusing picture in the newspaper the other day and I couldn't resist posting it:



It's a little goofy, but hey, whatever works to raise awareness to help people detect and combat colon cancer. If Polyp Man saves lives, more power to him. I do have a little sympathy for the guy in the Polyp Man suit though; he looks like he feels ridiculous. Is being Polyp Man a resumé builder I wonder?