Colorectal Testing Can Save Your Life!

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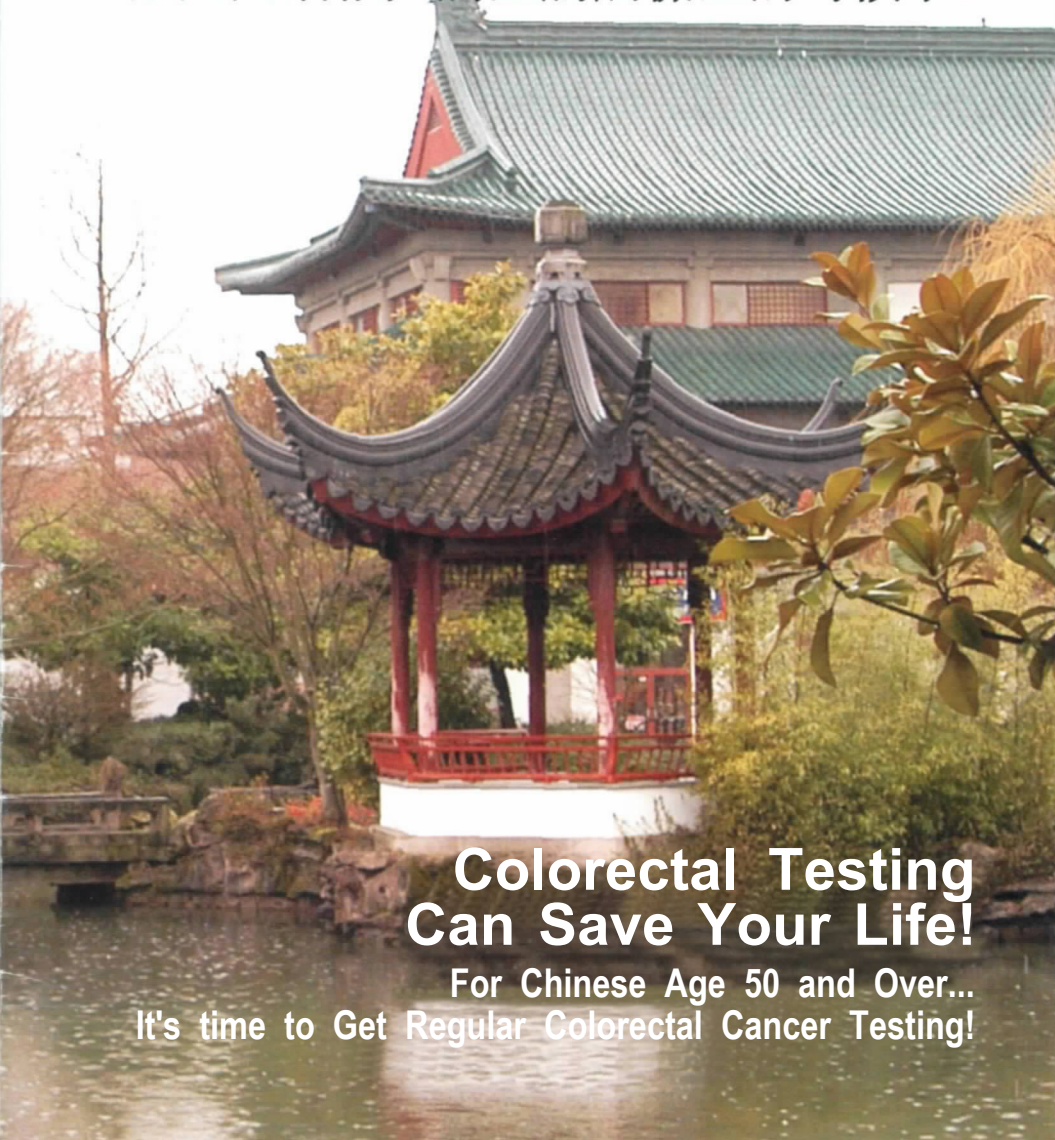
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大腸直腸檢查
能救您的命！

五十歲以上的中國人...
該是定期做大腸直腸癌檢查的時候了！

Colorectal Testing
Can Save Your Life!

For Chinese Age 50 and Over...
It's time to Get Regular Colorectal Cancer Testing!

本冊子目前尚未公開發行

感謝同意其照片用於本冊的人士

This brochure is not currently available for general distribution.

Thank you to the people who kindly agreed to use of their photos for this brochure.

消化系統

Digestive System

Duodenum
十二指腸

Large intestine
or colon
大腸

Stomach
胃

Cecum
盲囊

Appendix
盲腸

Small Intenstine
小腸

Anus
肛門

Sigmoid colon
乙狀結腸

Rectum
直腸
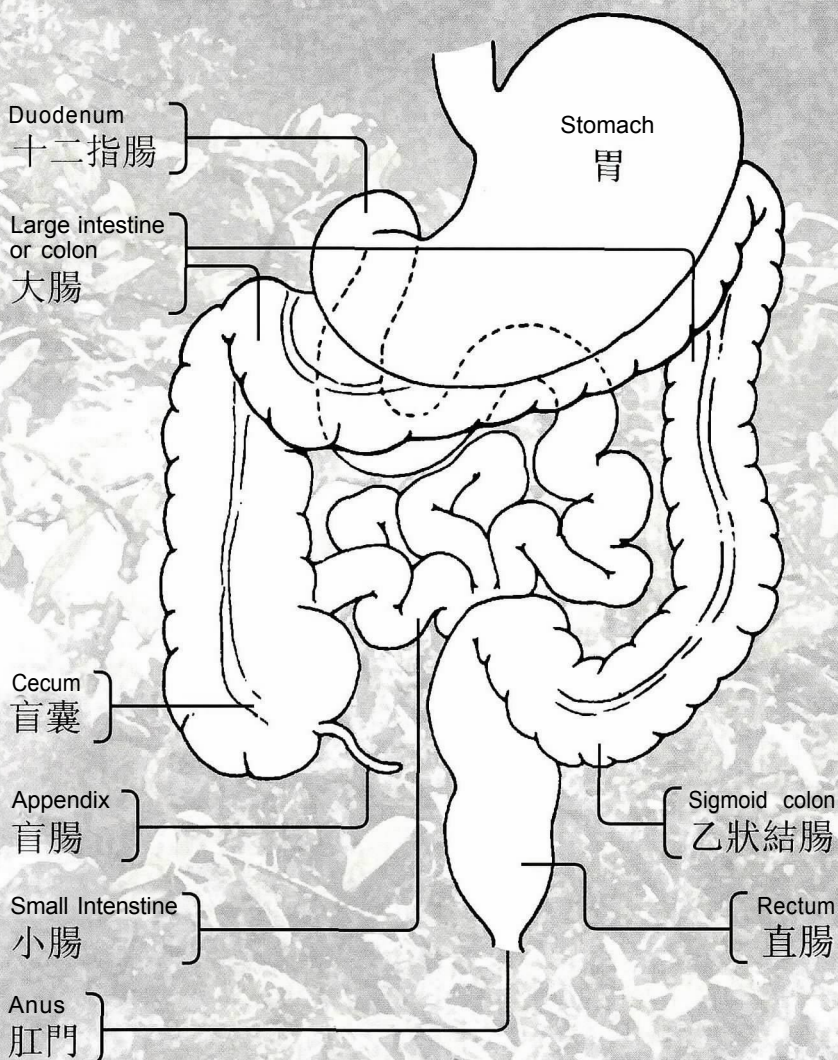
關於大腸直腸癌的事實

大腸直腸癌是可以預防的。定期做大腸直腸癌檢查，對於我們五十歲以上的中國人，是一個重要的保健方法。

事實： 在美國，每年有超過十三萬五千人被診斷出患有大腸直腸癌；而每年有五萬六千人以上死於這種病。這也包括中國人在內，男女都一樣會患上。

事實： 如果能早期發現，治好大腸直腸癌的機會是非常大的。

Facts About Colorectal Cancer

Colorectal cancer is cancer of the large intestine (colon) or rectum.

Colorectal cancer can be prevented. One important way that, we, Chinese age 50 and over, can take care of our health is to get regular colorectal cancer testing.

FACT: Every year more than 135,000 people in the U.S. are diagnosed with colorectal cancer and every year more than 56,000 people die from it. This includes Chinese people. It can affect women as well as men.

FACT: Colorectal cancer is very curable if found in its early stages.

關於大腸直腸癌的事實

事實：　　早期的大腸直腸癌通常沒有任何症狀。其中的一個最早期的跡象是大便裏有隱藏的血跡。之後，大腸直腸癌的症狀可能包括大便習慣的改變，及大腸或直腸流血。

事實：　　大腸直腸癌檢查可以發現大腸直腸癌的早期跡象。越早發現，越容易治好。

事實：　　家族中有大腸直腸癌病例的人應該跟醫生談談這個問題。

More Facts About Colorectal Cancer

FACT: Early colorectal cancer often has no symptoms. One of the first signs can be hidden blood in the stool. Later on, colorectal cancer symptoms can include a change in bowel habits and bleeding from the colon or rectum.

FACT: Colorectal cancer tests can find early signs of colorectal cancer. The earlier it is found, the easier it is to cure.

FACT: People with a family history of colorectal cancer should discuss this with their doctor.

黃先生

我很健康，從來不看醫生。除了小傷風，我也不生病。
為甚麼我沒病也要去找病呢?

事實上：　你那麼健康當然是最好了。身體好是好福氣呀!
　　　　　做大腸直腸癌檢查也是一種保持健康的重要方
　　　　　法。有些人患了大腸直腸癌自己都可能不知道。
　　　　　做檢查可以幫助您早期發現，及早治療，活得更
　　　　　久，更健康。

Mr. Wong

I am healthy. I never see the doctor. I don't get sick except for some small colds. Why should I look for health problems when I don't feel sick?

FACT: It's great you are so healthy. Good health is good fortune. Getting tested for colorectal cancer is also an important way to maintain one's good health. A person can have colorectal cancer without knowing it. Getting tested can help you live a long healthy life by, finding and treating cancer early.

陳太太

我和我先生自己開雜貨店。我們沒有很多時間去看醫生。三年前，我去看醫生的時候做過一次大腸直腸癌檢查。我沒有聽到結果，所以一定是正常囉! 我需要每年都做大腸直腸癌檢查嗎?

事實：　做大腸直腸癌檢查可以儘早在變成癌症前，就把問題找出來。您要問您的醫生您應該要做什麼檢查? 多久做一次? 以及怎樣才能知道檢查結果? 最重要的是您要保持健康，才可以工作和照顧家庭呀!

Mrs. Chen

My husband and I own our own grocery store.
We don't have much time to see the doctor. I had a
colon test three years ago when I went to the doctor.
I didn't hear about the results so they must be normal.
Do I need to get a colorectal cancer test every year?

FACT: Colorectal cancer testing can detect a
problem early – even before it becomes cancer.
Please ask your doctor about which test you
should do, how often you should do the test
and how she/he will give you the test results.
It is important for you to stay healthy in order
to work and take care of your family.

關於大腸直腸癌的事實

事實: 大腸直腸癌檢查有幾種:

1. 大便檢查(英文簡稱 FOBT)可以檢查出隱藏在大便裡的血跡,那可能是大腸直腸癌的一個早期的跡象。

2. 大腸鏡檢查是用一條附有攝影機的長管子來檢查整條大腸,看看有沒有什麼不正常的東西。

3. 乙狀大腸鏡檢查是用一條比較短的管子來檢查,也附有攝影機,但只檢查部分的大腸。

4. 鋇劑灌腸檢查是大腸 X 光檢查。

More Facts About Colorectal Cancer

FACT: There are several types of colorectal cancer tests:

1. A **stool test** called Fecal Occult Blood Test or FOBT can detect hidden blood in the stool that can be an early sign of colorectal cancer.

2. A **colonoscopy** examines the entire colon using a long, thin tube with a camera at the end to see if there are any abnormalities.

3. **Sigmoidoscopy** examines only part of the colon using a shorter tube with a camera at the end.

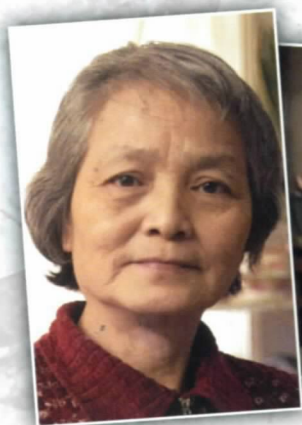4. **Barium Enema** is an X-ray of the colon.

胡太太

我朋友告訴我，說她聽說有人得了大腸直腸癌過世了，因為發現的時候已經太遲了。那個人本來非常健康，所以他們都沒想到她會有什麼毛病。我怕做大腸直腸癌檢查，因為我不想找出問題來，但是我朋友李太太說服我去做。我做了以後覺得很值得，讓我安心多了！我今年七十八歲，安享兒孫福。我現在都定期做大腸直腸癌檢查了。

事實：　　如果能很早就發現的話，治好大腸直腸癌的機會是非常大的。做大腸直腸癌檢查可以讓您不再有不必要的煩惱。

Mrs. Hu

My friend told me that she heard of someone who died of colorectal cancer. By the time they found out it was too late. The person was very healthy so they didn't think she had anything wrong. I was afraid to get colorectal cancer testing because I don't like to find problems. But my friend, Mrs. Lee convinced me to go. After I did the test, I felt it was worth it! It gave me peace of mind. I am now 78 years old and am enjoying my grandchildren. Now I get regular colorectal cancer testing.

FACT: Colorectal cancer can be curable if detected very early. Doing the test can save you unnecessary worry.

葉先生

我太太每天都煮新鮮的健康食物給我們吃。她每個星期還煲湯給我們喝。我不覺得做大腸直腸癌檢查有甚麼重要，但是我的醫生一定要我做，所以我就做了。大便檢查後發現我的大便裏有我看不見的血跡，所以醫生又再做了進一步的檢查，包括大腸鏡檢查。他找到一些小息肉，就把它們切除了。我本來真的很緊張，不過醫生說還好是及早找到這些息肉，把它們切除了；如果遲點發現，那就可能更嚴重了。因為有些息肉可能會變成癌。現在我一定要我太太，我弟弟和他太太每年都去做大腸直腸癌檢查。

事實：　　保持您的健康，是您能為您自己和家人做的最重要的事。一個健康的生活方式是重要的，不過，檢查和早期發現，卻能幫助您和家人避免更嚴重的問題。所以大腸直腸癌檢查是值得您花時間和心力去做的。

Mr. Yip

My wife cooks fresh healthy food for us to eat every day. She even cooks "bou" soups for us every week. I didn't think getting tested for colorectal cancer was important but my doctor insisted so I did the test. The FOBT showed there was some hidden blood in my stool that I could not see myself. So the doctor did some further tests, including a colonoscopy. He found some small polyps and removed them. I was really nervous however the doctor said that it was good these polyps were found early and removed. If they were found later, they could be much more serious. Some of these polyps could have become cancer. Now I make sure my wife and my brother and his wife get tested for colorectal cancer every year too.

FACT: Taking care of your health is the most important thing you can do for yourself and your family. A healthy lifestyle is important. However testing and early detection can help you and your family avoid more serious problems too. Getting colorectal cancer testing is worth your time and investment.

怎樣做大便檢查

這個檢查很簡單。您在準備做這個檢查之前有一些食物和藥物是不能吃的，您應該問您的醫生或護士有甚麼不能吃。

診所會給您一個特別的卡片帶回家。您在卡片上寫您的姓名，用附帶的其中一根木條取出少量的大便，塗在第一個部分的 A 格內；然後用同一根木條，在大便的另一個部分取出少量的樣本，塗在同一個部分的 B 格內。
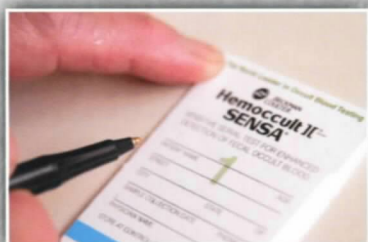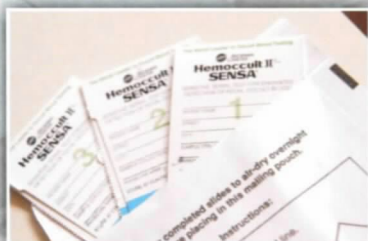
同樣的做法再做兩次(用第二和第三個部分)，然後把卡片放進信封內，寄或交回去給您的醫生或診所。

如果檢查發現有血跡在大便裏，您的醫生會叫您去做其他的檢查，看看血跡是從那裏來的? 大腸內有沒有息肉或不正常的 組織?
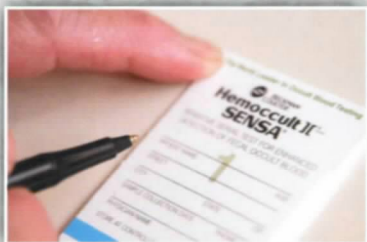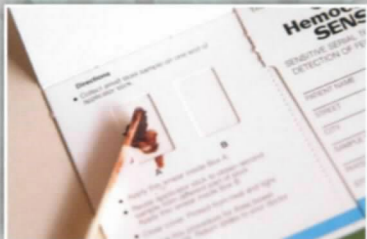
關於大腸鏡檢查和其他檢查的問題，請您問您的醫生。

How to Do the FOBT

This test is simple. You will need to avoid certain foods and medication to prepare for the test. You should ask your doctor or nurse about what to avoid.

You take home a special card that the clinic gives you. Write your name on the card.

Then, use one of the sticks that is provided to take a small amount of stool and smear it on Square A in Section 1. Use the same stick to take another sample from another part of the stool and smear it on Square B in the same section.
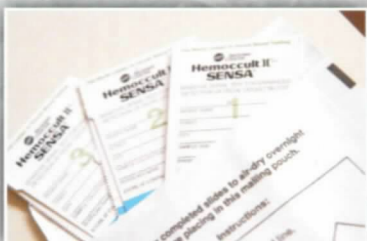
Repeat the procedure for two more days (using Section 2 and 3). Put the card in the envelope. Bring or mail it back to your doctor or clinic.

If the test shows hidden blood in your stool, your doctor may ask you to do other tests to see if the blood is coming from any polyps or abnormal tissues in your large intestine.

請記住

- 健康對您和您的家人是很寶貴的。
- 跟您的醫生談談有關健康的生活方式（健康，均衡的飲食，運動等等）。
- 做大腸直腸癌檢查也是一種非常重要的預防方法。
- 關於大便檢查，大腸鏡檢查和其他大腸直腸癌檢查的問題，請您問您的醫生。
- 一般來說，老人醫療保險，醫療福利券，華州基本健康計劃及大部分的醫療保險都會支付大便檢查的全部或大部分的費用。詳情請問您的診所。
- 五十歲以上的人，建議您定期做大腸直腸癌檢查。

Please Remember:

- Health is very precious for you and your family.
- Talk to your doctor about a healthy lifestyle (a healthy balanced diet, exercising, etc.).
- It is also very important to get tested to prevent colorectal cancer.
- Ask your doctor about the FOBT, colonoscopy and other colorectal cancer tests.
- In general, Medicare, Medicaid, Washington State Basic Health Plan and most medical insurance will pay all or most of the cost of the FOBT. To find out more information ask your clinic.
- Those age 50 and over are recommended to get regular colorectal cancer testing.