



# 我們如何預防大腸癌？

How Can We Prevent Colon Cancer?

# 今天聚會的目的是甚麼？



# 今天聚會的目的是甚麼？

藉著今天的聚會你將瞭解：

- 甚麼是大腸癌
- 如何預防大腸癌

華埠公共衛生局保健教育部  
馮梨珍主任

## WHAT IS THE PURPOSE OF OUR GATHERING TODAY?

By the end of today, you will learn:

- What colon cancer is
- How to prevent it

-- Ms. Lei-Chun Fung, MPH, MSW  
Health Educator, Chinatown Public Health Center

今天聚會的目的是甚麼？

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下一页

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- 大腸癌是華裔男女中第二常見的癌症
- 你可以預防大腸癌！



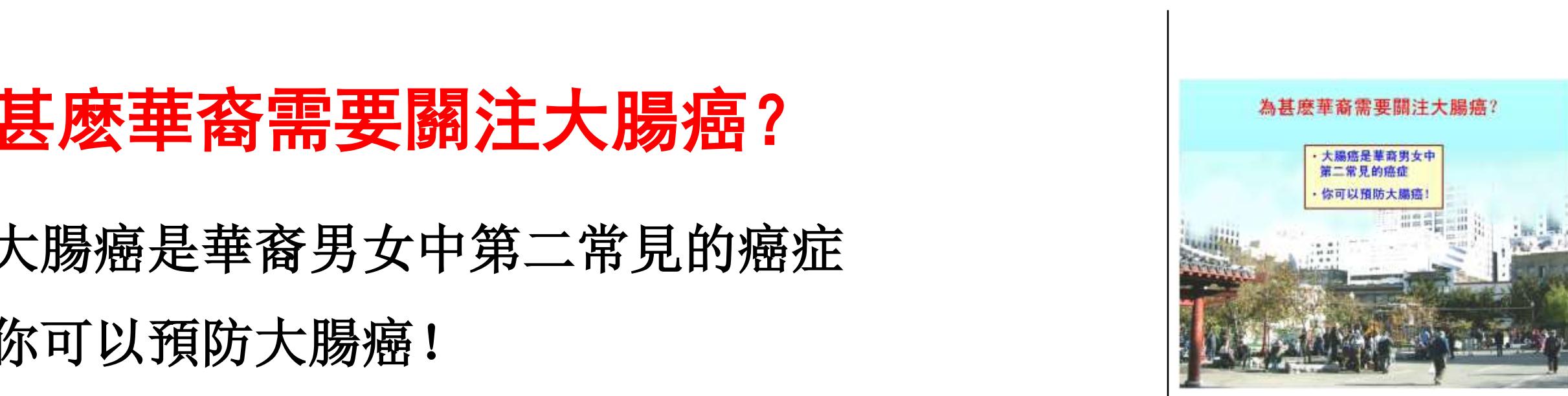
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## WHY SHOULD CHINESE AMERICANS BE CONCERNED ABOUT COLON CANCER?

- For Chinese Americans, colon cancer is the second most common cancer in both men and women
- You can prevent colon cancer!



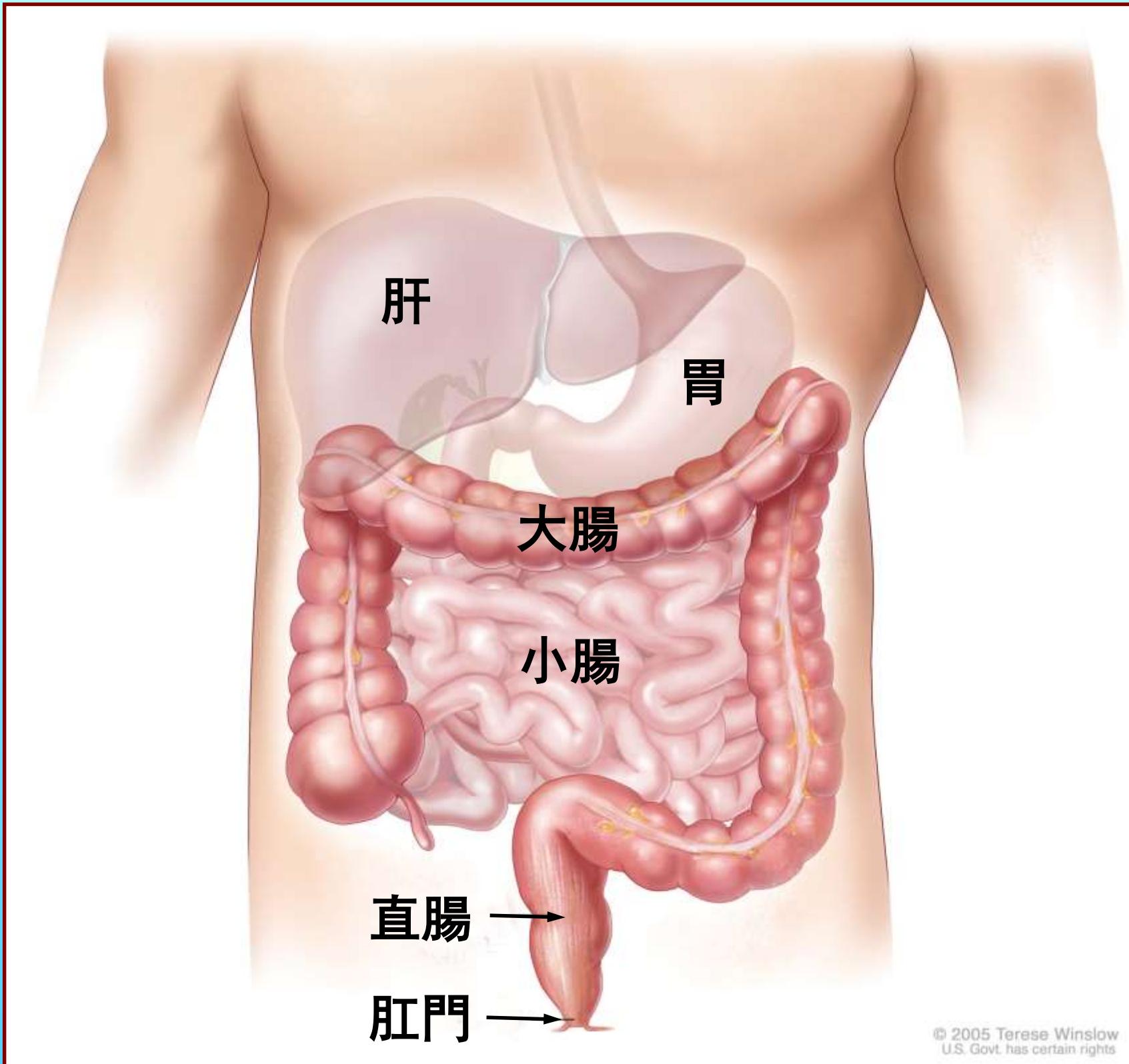
## 大腸在身體的那個部位，它有甚麼功能？



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# 大腸在身體的那個部位，它有甚麼功能？



# 大腸在身體的那個部位，它有甚麼功能？

- 大腸就是消化系統的末端。它位於胃部的下方
- 大腸的上端連接小腸，下端則連接肛門
- 大腸有三個主要的功能：
  1. 吸收消化後食物中剩餘的水分，維生素和礦物質
  2. 接收並儲存不能消化的廢物
  3. 將廢物排出體外

## WHERE IS THE COLON LOCATED AND WHAT DOES IT DO?

- The colon is the lower section of the digestive tract. It is located in the abdominal cavity below the stomach
- The top of the colon connects to the small intestine. The bottom of the colon connects to the anus
- Three main functions of the colon are:
  1. To absorb the remaining water, vitamins and minerals from digested food
  2. To receive and store indigestible waste
  3. To eliminate waste from the body

大腸在身體的那個部位，它有甚麼功能？

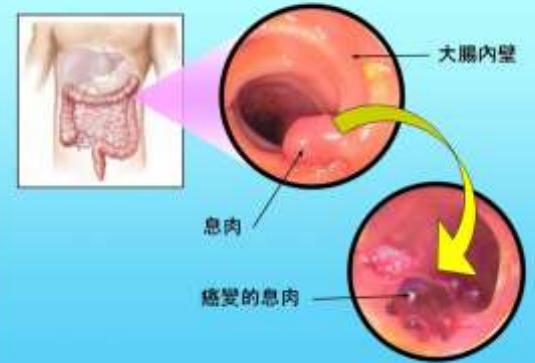


WHERE IS THE COLON LOCATED AND WHAT DOES IT DO?

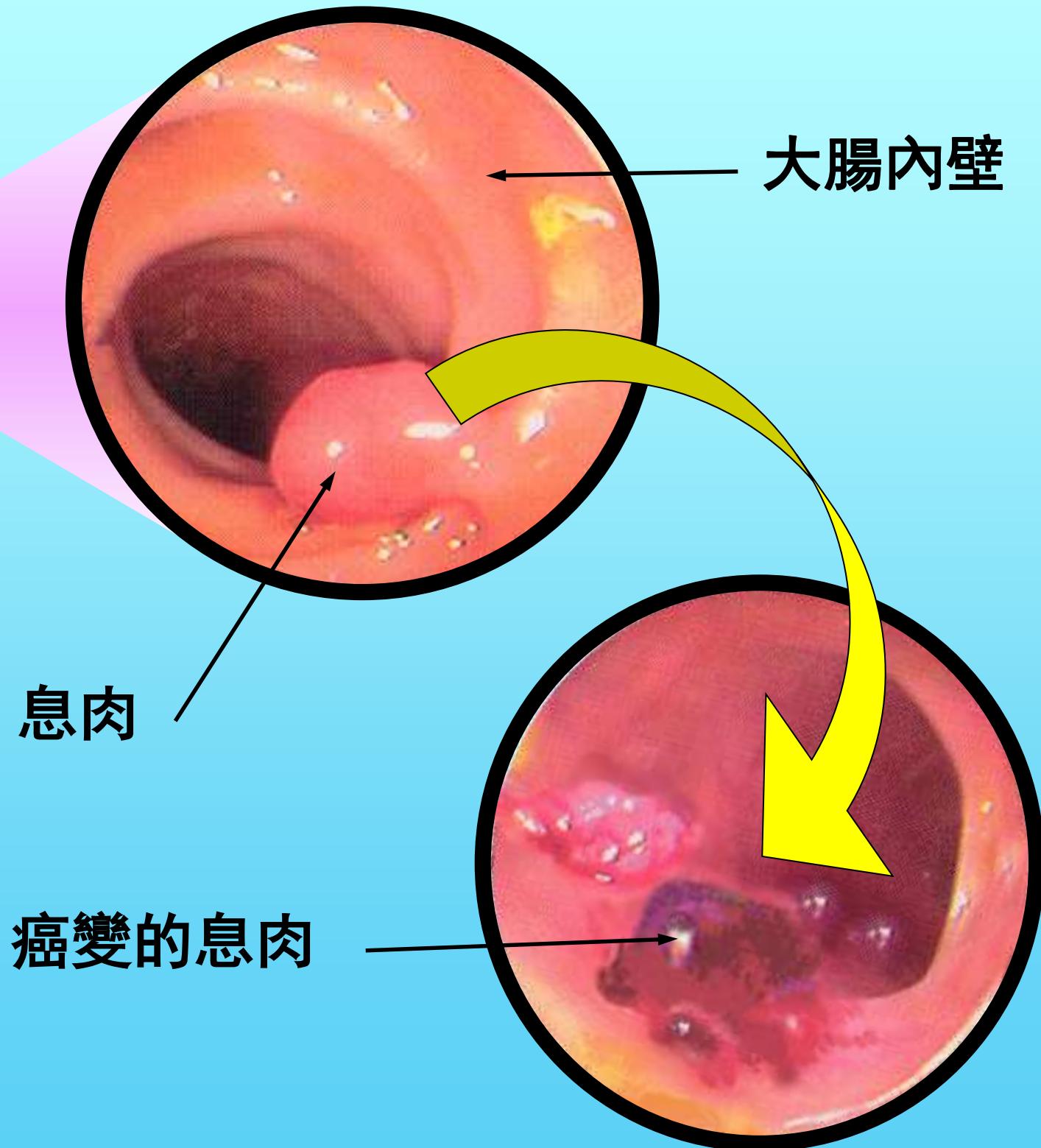
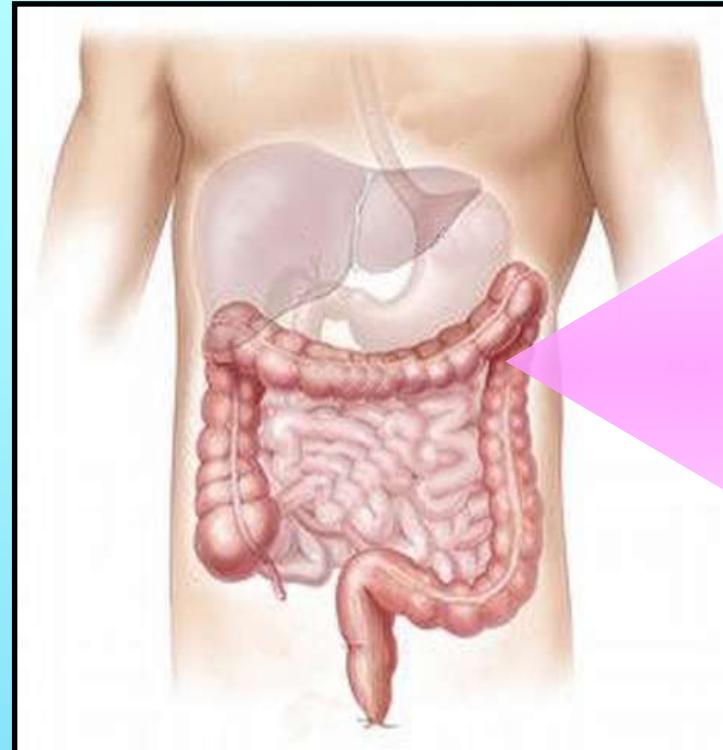
- Stomach
- Small intestine
- Colon
- Rectum
- Anus



甚麼是大腸癌？



# 甚麼是大腸癌？

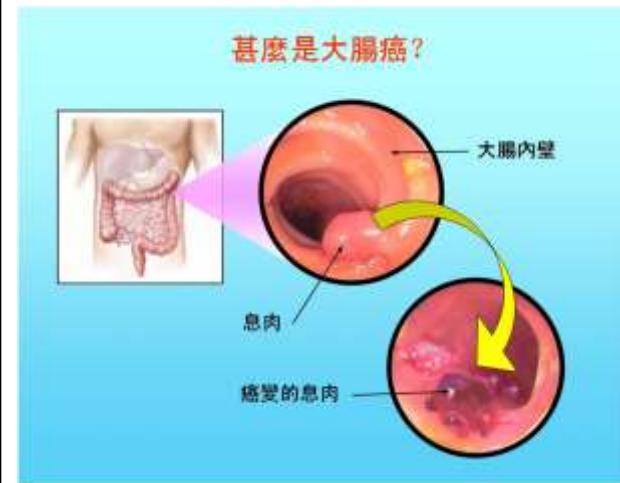


# 甚麼是大腸癌？

- 大腸癌是由大腸細胞的異常生長開始
- 這種異常的生長會演變成腫瘤，叫做“息肉”
- 息肉不是癌症
- 經過一段時間，一些息肉可能演變成癌，這就是“大腸癌”
- 如果能及時發現息肉，並將其切除，大腸癌就可以避免

## WHAT IS COLON CANCER?

- Colon cancer begins as an abnormal growth in the colon
- This abnormal growth turns into a tumor, called a “polyp”
- A polyp is not cancer
- Over time, however, some colon polyps can become cancerous. We then call them “colon cancers”
- If a polyp can be found early and removed, then colon cancer is prevented

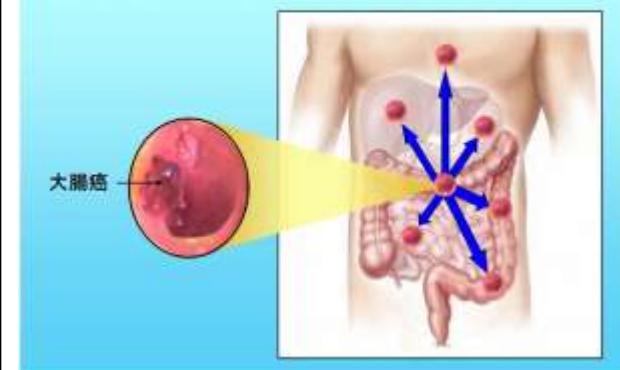


## WHAT IS COLON CANCER?

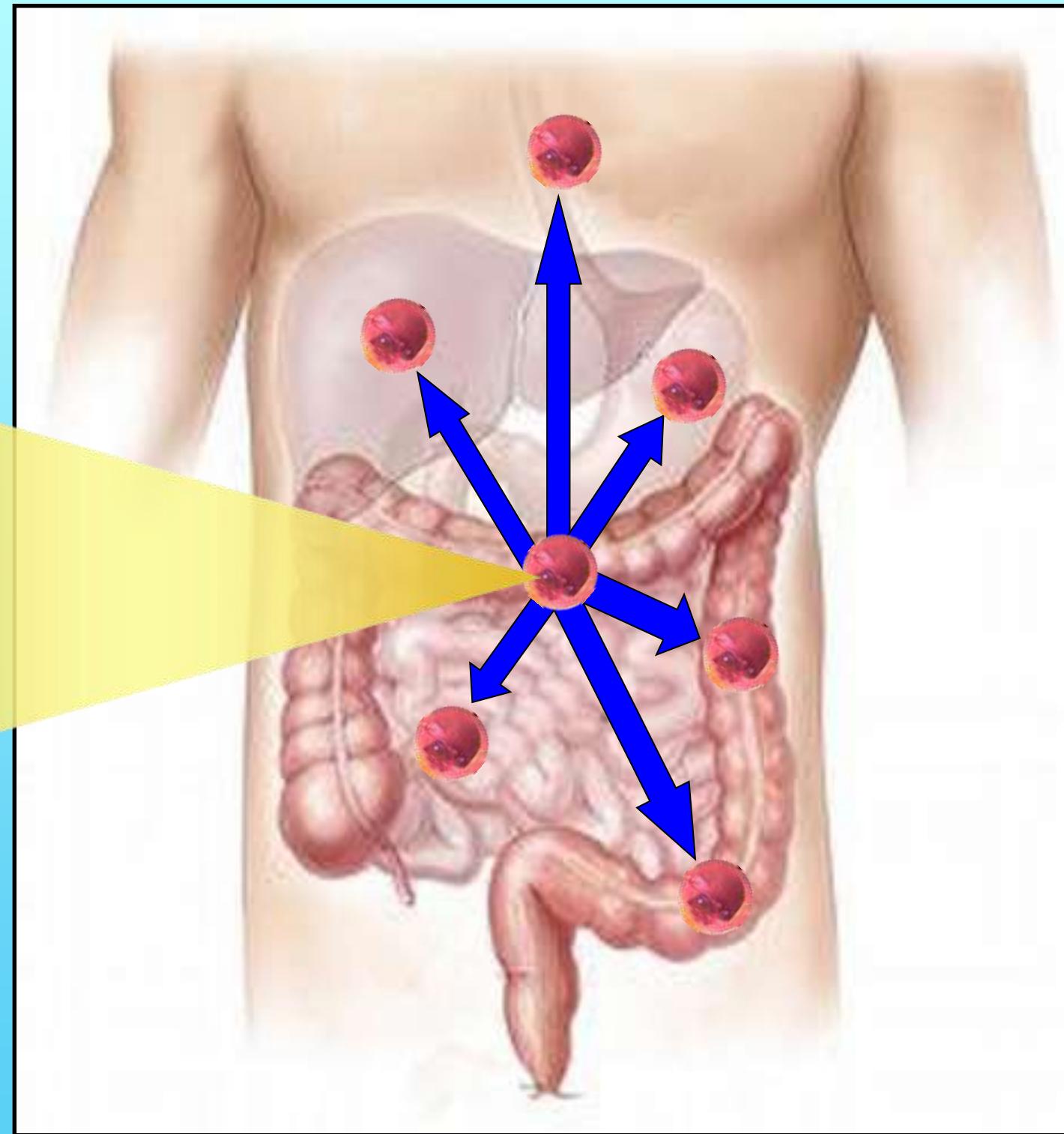
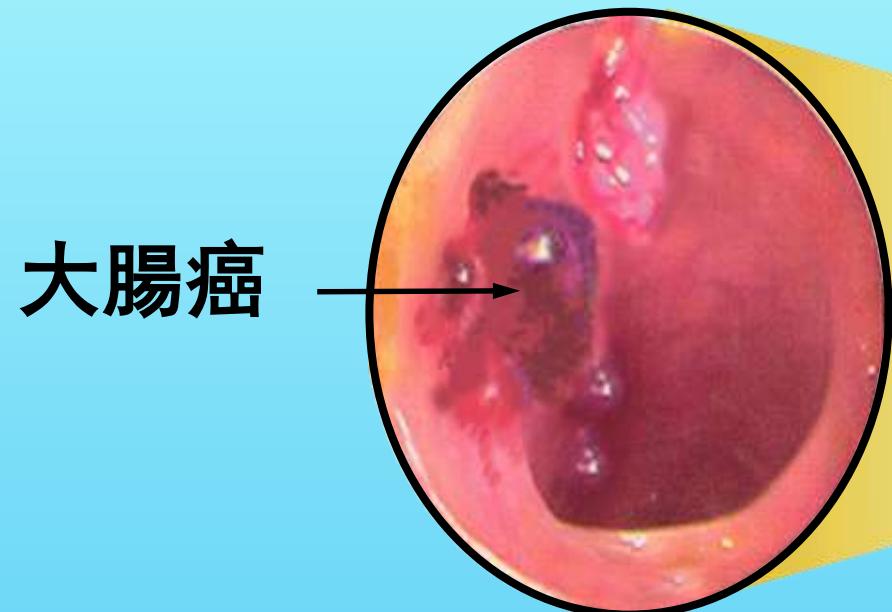
- Colon wall
- Polyp
- Cancerous polyp



大腸癌可能擴散及致命



# 大腸癌可能擴散及致命

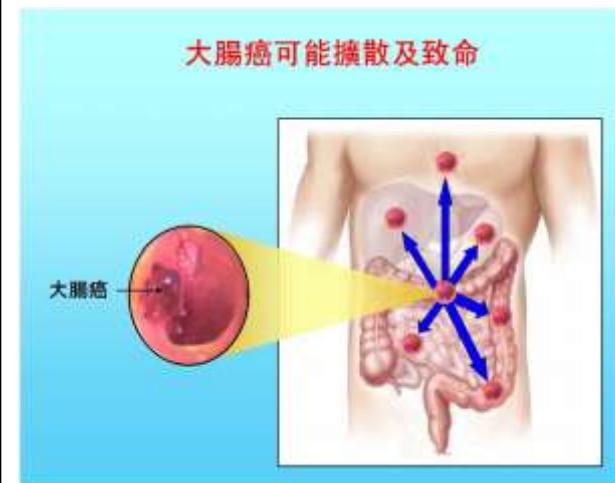


# 大腸癌可能擴散及致命

- 最初，大腸癌只存在於大腸內
- 但經過一段時間，癌細胞增大並可能擴散至其他器官
- 大腸癌可以致命

## COLON CANCER CAN SPREAD AND CAN CAUSE DEATH

- At first, colon cancer is only in the colon
- But over time, the cancer grows bigger and can spread into other organs
- Colon cancer can cause death



COLON CANCER CAN SPREAD  
AND CAN CAUSE DEATH

- Cancer



# 那些人會患上大腸癌？

## 男女均可能患上大腸癌

任何人仕如有以下因素，患大腸癌的風險較高：

- 五十歲或以上，或
- 患有大腸息肉，或
- 患有炎症性腸病，或
- 直系親屬患有大腸癌



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男女均可能患上大腸癌。

任何人仕如有以下因素，患大腸癌的風險較高：

- 五十歲或以上的人仕(九成的大腸癌發生在五十歲以上的人仕)，或
- 有大腸息肉，或
- 有某些炎症性腸病，或
- 父母或兄弟姊妹患有大腸癌

## WHO CAN GET COLON CANCER?

Both men and women can get colon cancer.

A person with the following risk factors is more likely to get colon cancer:

- Age 50 years or older-- 90% of colon cancers occur in people over age 50, or
- Has colon polyps, or
- Has certain inflammatory bowel diseases, or
- Has parents or siblings with colon cancer



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## 大腸癌有甚麼症狀？

「很多患上大腸癌的人仕均沒有任何的症狀。」

但當症狀出現時，最常見的包括：

- 黃便有血
- 排便有改變
- 體重下降
- 下腹絞痛
- 長期疲倦



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但當症狀出現時，  
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- 排便有改變
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華埠公共衛生局局長  
余英強醫學博士

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但當症狀出現時，最常見的包括：

- 粪便有血
- 排便有改變，糞便幼細如鉛筆
- 無原故的體重下降
- 持續性下腹絞痛
- 無原故的長期疲倦

## WHAT ARE THE SYMPTOMS OF COLON CANCER?

*“Many people with colon cancer do NOT have symptoms.”*

-- Albert Yu, MD, MPH, MBA  
Director, SF Chinatown Public Health Center

However, when symptoms appear, they are:

- Blood in stool
- Change in bowel movements, with long, thin, pencil-like stool
- Weight loss without obvious reason
- Persistent abdominal pain
- Constant fatigue without obvious reason

大腸癌有甚麼症狀？

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下一頁

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「預防大腸癌最好的方法是定期做大腸癌檢查。」

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- 大腸癌檢查可以在息肉未變成癌之前及早發現，並即時取出
- 大腸癌檢查也可發現早期的大腸癌，並及時進行治療，甚至可以治愈

## HOW CAN WE PREVENT COLON CANCER?

“The best way to prevent colon cancer is to get colon cancer screening tests regularly.”

-- Edward A. Chow, MD  
Health Commissioner, SF Department of Public Health

- Colon cancer screening can find colon polyps and remove them before they become colon cancer
- Colon cancer screening can also find colon cancers at early stages so that they can be treated and even cured

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甚麼是大腸癌檢查？



大腸癌檢查最好的三種方法：

- 大便潛血檢查
- 結腸鏡檢查
- 大腸鏡檢查

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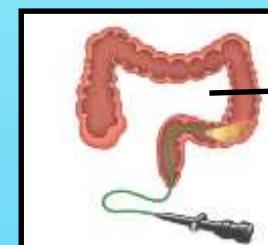


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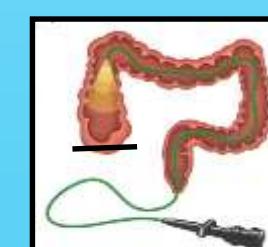
- 大便潛血檢查



- 結腸鏡檢查



- 大腸鏡檢查



# 甚麼是大腸癌檢查？

大腸癌檢查最好的三種方法：

- 大便潛血檢查
- 結腸鏡檢查
- 大腸鏡檢查

普遍來說，你只需要做其中一種檢查。但有時，你的醫生也可能會建議您做多過一種的檢查。

三藩市加州大學  
吳卓讚醫學博士

## WHAT ARE COLON CANCER SCREENING TESTS?

There are 3 recommended tests for colon cancer screening:

- Fecal Occult Blood Tests
- Sigmoidoscopy
- Colonoscopy

Usually, you just need one of the three tests. But sometimes, your doctor may recommend more than one test.

-- Don Ng, MD  
Internist, UCSF

甚麼是大腸癌檢查？



大腸癌檢查最好的三種方法：

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甚麼是大便潛血檢查？

大便潛血檢查分兩種：



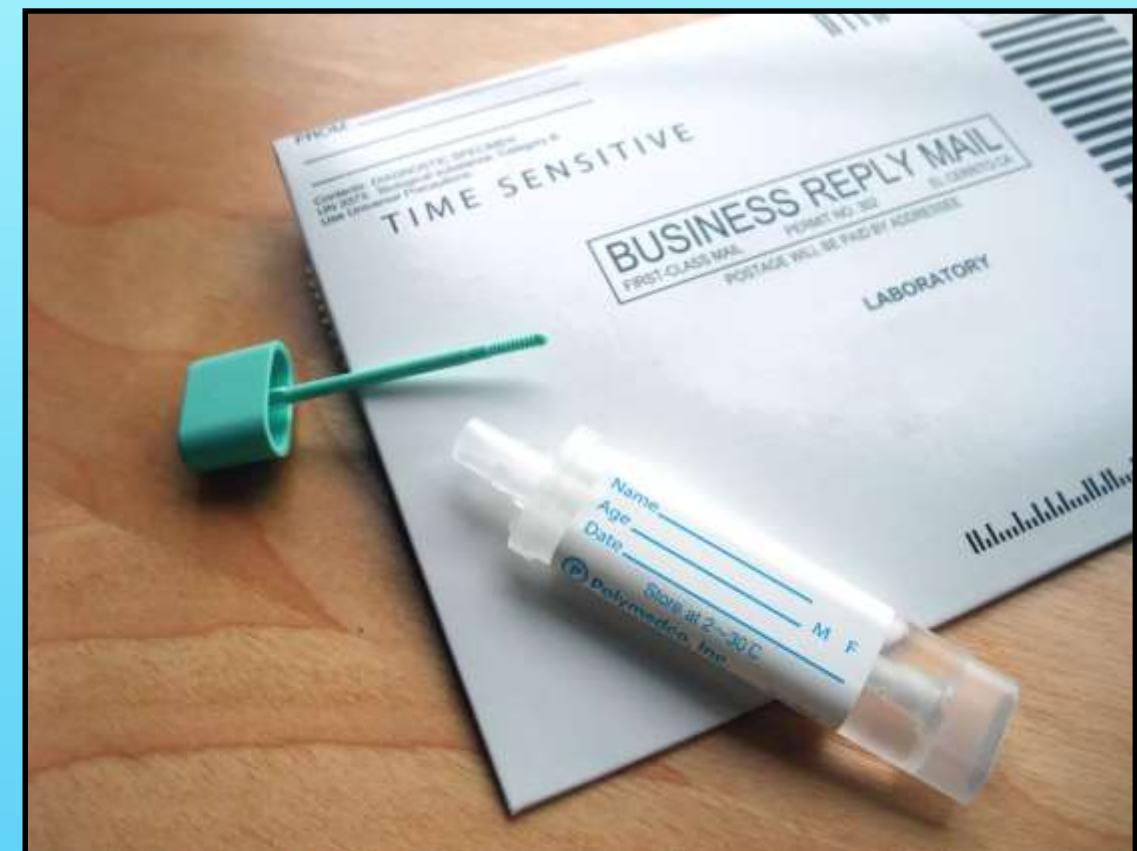
# 甚麼是大便潛血檢查？

大便潛血檢查分兩種：

## 1. 愈創木脂測驗



## 2. 大便免疫化學測驗



# 甚麼是大便潛血檢查？

- 大便潛血檢查英文簡稱 FOBT，是所有大腸癌檢查中最簡單和最容易的一種檢查
- 大便潛血檢查分兩種：
  1. 一種是愈創木脂測驗（用三張測試卡）
  2. 另一種是大便免疫化學測驗（用一個小瓶）
- 兩種測試有相同目的，檢測大便是否有血
- 兩種測試均可在家中進行
- 你應該每年定期做一次大便潛血檢查

## WHAT ARE THE FECAL OCCULT BLOOD TESTS?

- Fecal Occult Blood Test is abbreviated FOBT in English. It is the simplest and easiest among all the tests
- There are two types of Fecal Occult Blood Test:
  1. One type is called the Guaiac Test, it uses three cards
  2. The other is called the Fecal Immunochemical Test, it uses a small vial
- Both tests have the same purpose: to determine whether there is blood in the stool
- Both tests can be done at home
- You should get a Fecal Occult Blood Test once a year

甚麼是大便潛血檢查？

大便潛血檢查分兩種：

1. 愈創木脂測驗

2. 大便免疫化學測驗



## WHAT ARE THE FECAL OCCULT BLOOD TESTS?

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1. Guaiac Test
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甚麼是愈創木脂測驗？



# 甚麼是愈創木脂測驗？



# 甚麼是愈創木脂測驗？

- 愈創木脂測驗可在家中進行，用三張卡來測試糞便是否有血
- 醫生會建議我們在檢查前三日停止進食某些食物或藥物
- 在三次不同的大便中，每次我們用一支小木棒取小量的糞便抹在測試卡上
- 完成後，把這三張測試卡放入信封，交給醫生或郵寄去化驗所
- 如果檢查結果正常，你只需一年後再作檢查
- 如果檢查結果異常，你的醫生會要求你進行大腸鏡檢查
- 你應該每年定期做一次愈創木脂測驗

## WHAT IS THE GUAIAC TEST?

- The Guaiac Test is done in your home using a set of three cards to determine whether the stool contains blood
- The doctor will advise you to stop eating certain types of food and some medications three days before the test
- You use a wooden stick to smear a little bit of your stool on a card from 3 separate bowel movements
- After completion, you return the envelope to your doctor's office or mail it to a laboratory to be tested
- If the test result is normal, you don't need another one until next year
- If the test result is abnormal, your doctor will follow up with a colonoscopy
- You should get a Guaiac Test done once a year

甚麼是愈創木脂測驗？



## WHAT IS THE GUAIAC TEST?

Once a year

下一頁

甚麼是大便免疫化學測驗？



# 甚麼是大便免疫化學測驗？



每年做一次

# 甚麼是大便免疫化學測驗？

- 免疫化學測驗也可在家中進行，用一小瓶液體來測量你的大便是否帶血
- 但你不需要在測試前停止進食任何食物或藥物
- 你只需用瓶蓋的小棒收集一次性小量的糞便，放入瓶內，將瓶蓋蓋緊
- 完成後，將小瓶放入信封，交給醫生或郵寄去化驗所
- 如果檢查結果正常，你只需一年後再作檢查
- 如果檢查結果異常，你的醫生會要求你進行大腸鏡檢查
- 你應該每年定期做一次免疫化學測驗

## WHAT IS THE FECAL IMMUNOCHEMICAL TEST?

- The Immunochemical Test is also done in your home using a small bottle of liquid to determine whether the stool contains blood
- You don't need to stop eating any types of food or stop taking any medications before the test
- You use the tip of the stick (attached to the cap) to get a small stool sample from only one bowel movement and then place the stick with the sample back into the bottle, and close the cap tightly
- After completion, you put the bottle into the envelope provided and return it to the doctor's office or laboratory
- If the test result is normal, you don't need another one until next year
- If the test result is abnormal, your doctor will follow up with a colonoscopy
- You should get a Fecal Immunochemical Test once a year

甚麼是大便免疫化學測驗？

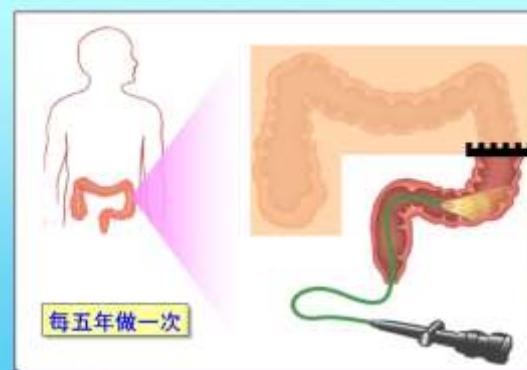


## WHAT IS THE FECAL IMMUNOCHEMICAL TEST?

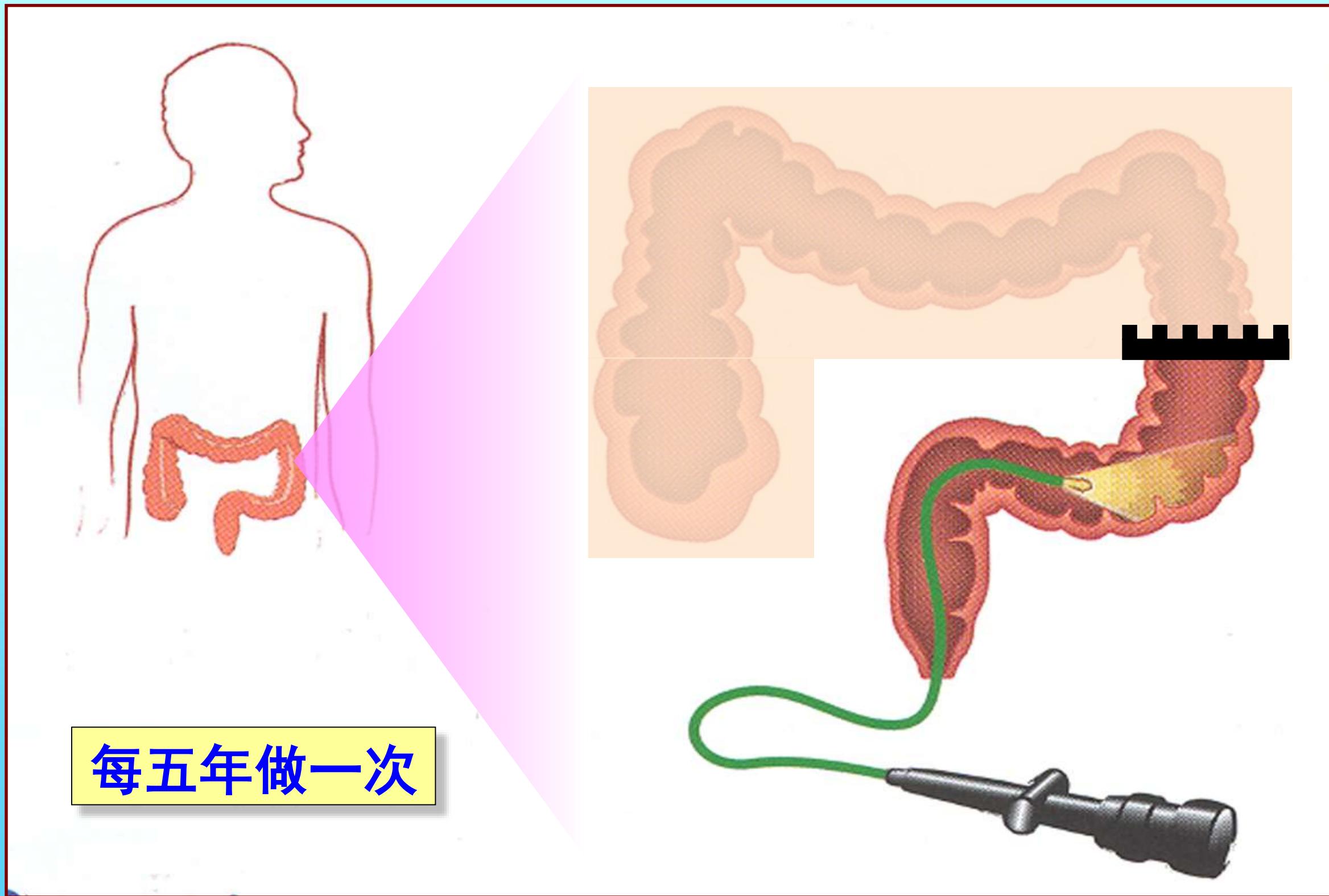
Once a year



甚麼是結腸鏡檢查？



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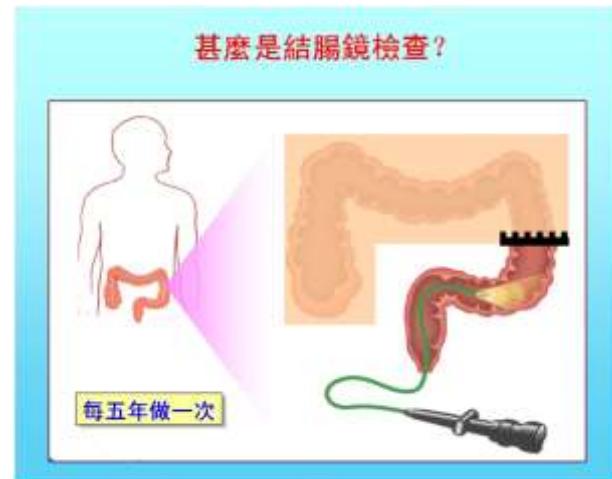


# 甚麼是結腸鏡檢查？

- 醫生用一條附有燈光及攝影鏡頭的幼軟管放進直腸裡，以觀看直腸及小部份的結腸
- 檢查之前，你需要清腸
- 結腸鏡檢查只需十五分鐘，可以在醫生的診所進行
- 檢查後，你可以自行回家，並繼續日常活動
- 在檢查過程中如發現息肉或不正常的變化，醫生通常會將息肉切除或做切片檢查
- 你應該每五年定期做一次結腸鏡檢查

## WHAT IS SIGMOIDOSCOPY?

- Sigmoidoscopy is a test in which the doctor uses a thin lighted tube with a camera to examine your rectum and the lower section of your colon
- You need to cleanse your bowels before you go for the test
- This test can be done in the doctor's office or a clinic in about 15 minutes
- You can go home by yourself and resume regular activities after the test
- If a polyp or abnormality is found during the exam, the doctor will remove it or biopsy it
- You should get a Sigmoidoscopy done every 5 years

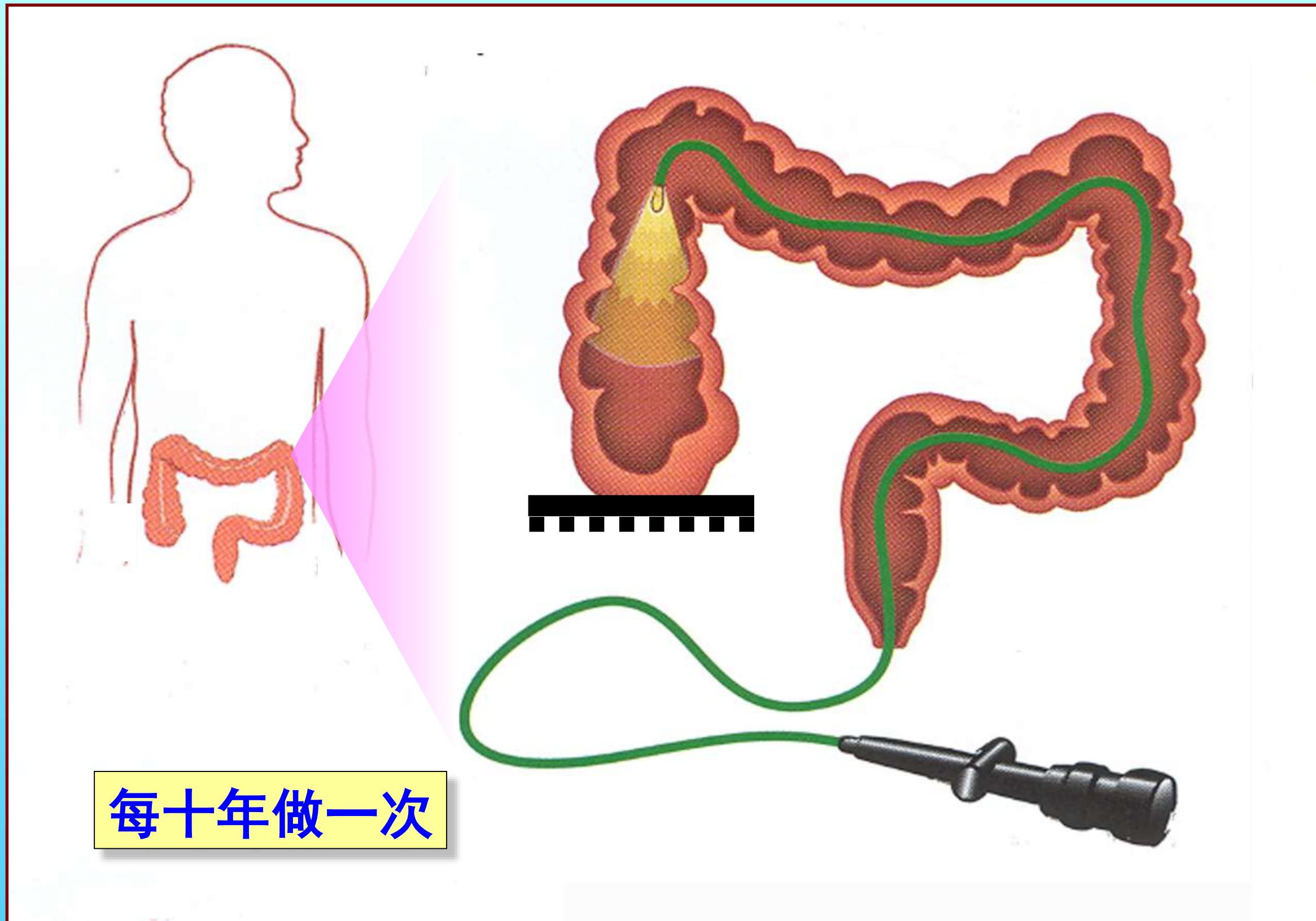


## WHAT IS SIGMOIDOSCOPY?

Every 5 years



# 甚麼是大腸鏡檢查？



# 甚麼是大腸鏡檢查？

- 大腸鏡檢查與結腸鏡檢查相似，醫生用一條較長的幼管來觀看全部的大腸
- 檢查之前，你需要清腸
- 大腸鏡檢查需要大約三十分鐘，檢查需要在醫院或診所進行
- 在檢查過程中，如發現息肉或不正常的變化，醫生通常會將息肉切除或做切片檢查
- 在接受大腸鏡檢查時，需使用靜脈注射藥物使你入睡
- 由於這個原因，檢查後需要有人接送你回家
- 你應該每十年定期做一次大腸鏡檢查

## WHAT IS COLONOSCOPY?

- Colonoscopy is similar to sigmoidoscopy, except the doctor uses a longer tube to check the entire colon
- You need to cleanse your bowels before you go for the procedure
- This test takes about 30 minutes and needs to be done at a hospital or a clinic
- If a polyp or abnormality is found during the exam, the doctor will remove it or biopsy it
- Medication is given through an intravenous line to make you sleepy during the test
- You need someone to take you home after the test
- You should get a Colonoscopy done every 10 years

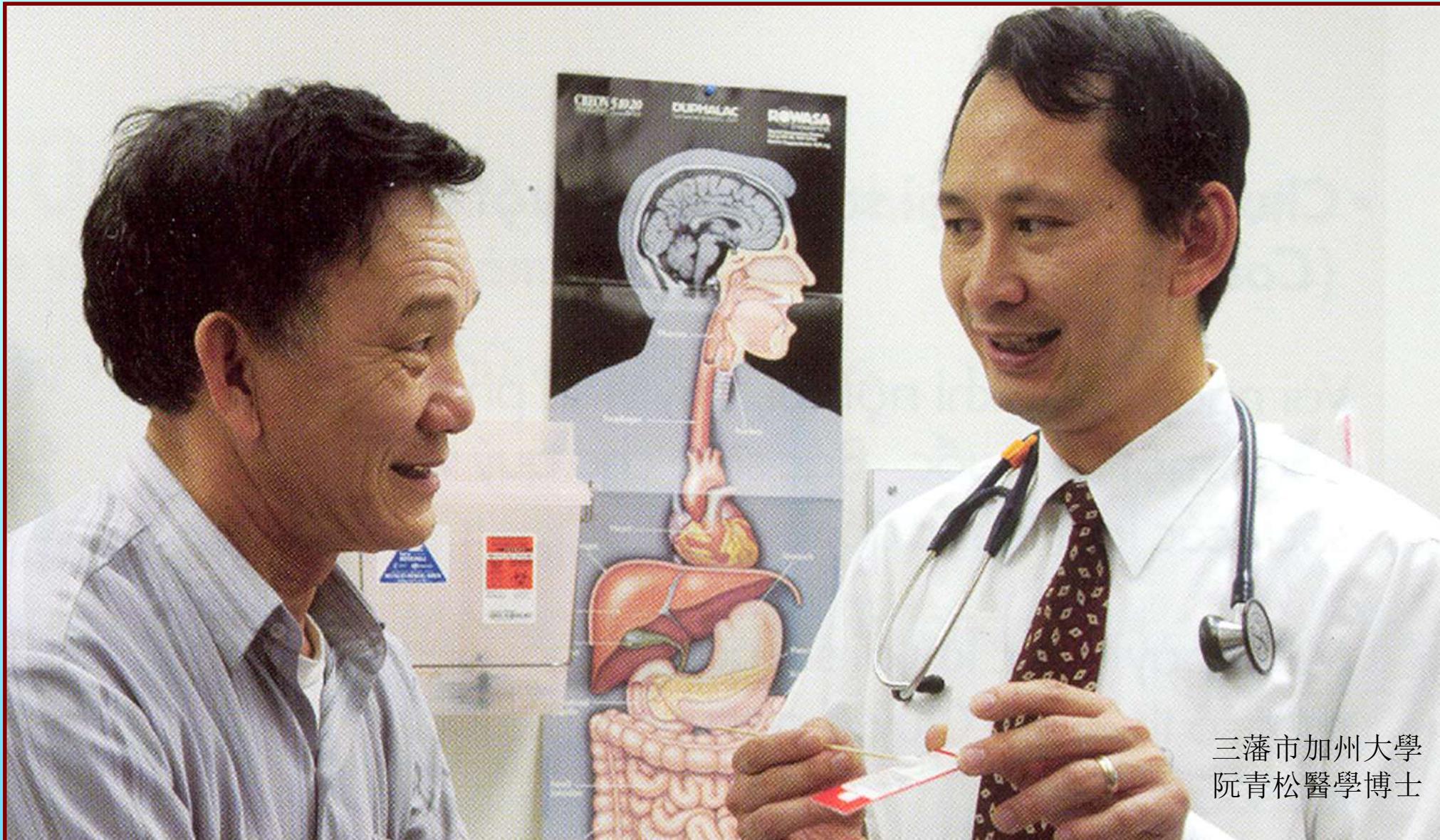


## WHAT IS COLONOSCOPY?

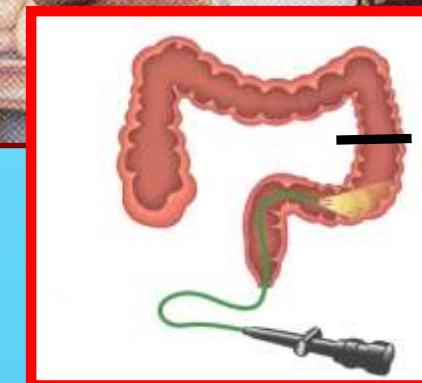
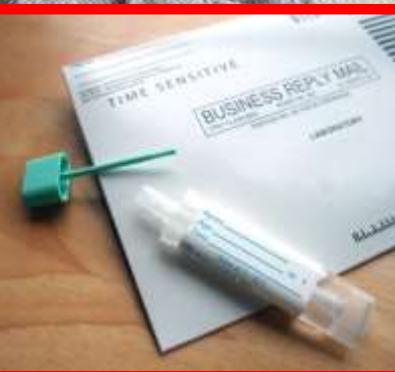
Every 10 years



# 你應該要求那種檢查？



三藩市加州大學  
阮青松醫學博士



大便潛血檢查？

結腸鏡檢查？

大腸鏡檢查？

# 你應該要求那種檢查？

- 如果你從未做過任何大腸癌檢查，你只需要做其中一種
- 最簡單方便的檢查是大便潛血檢查(FOBT)
- 如果大便潛血檢查的結果正常，你只需一年後再作檢查
- 如果大便潛血檢查的結果異常，你的醫生會要求你進行大腸鏡檢查
- 如果你曾經做過大腸癌檢查，你應該繼續保持定期檢查

三藩市加州大學  
阮青松醫學博士

## WHICH TEST SHOULD YOU ASK FOR?

- If you have never been screened before, you only need one of these tests
- The easiest test to start with is a Fecal Occult Blood Test, or FOBT
- If the FOBT result is normal then you don't need to be tested for another year
- If the FOBT result is abnormal then you will need follow-up with a colonoscopy
- If you have been screened for colon cancer before, be sure your screening is up-to-date

-- Tung Nguyen, MD.  
Internist, UCSF



## WHICH TEST SHOULD YOU ASK FOR?

- Fecal Occult Blood Test?
- Sigmoidoscopy?
- Colonoscopy?

-- Tung Nguyen, MD.  
Internist, UCSF



# 爲甚麼你應首先做大便潛血檢查？

因爲：

- 大便潛血檢查容易
- 準備程序簡單
- 你可以在家中按照自己的時間做
- 便宜



戴維斯加州大學  
鄧若麗醫學博士

# 爲甚麼你應首先做大便潛血測驗？

因爲：

- 大便潛血測驗容易
- 準備程序簡單
- 你可以在家中按照自己的時間做測驗
- 而且很便宜

## WHY SHOULD YOU START WITH THE FECAL OCCULT BLOOD TEST?

Because:

- It's the easiest test
- The preparation is simple
- You can do it in your own home and on your own time
- It's inexpensive

-- Elisa Tong, MD  
Internist, UC Davis

爲甚麼你應首先做大便潛血檢查？

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鄧若麗醫學博士



爲甚麼你應該定期做大腸癌檢查？



「你應該定期做大腸癌檢查，因爲大腸息肉或癌可能會在一段時間內長成。所以如果能及早發現息肉或早期的大腸癌，並及時或進行治療：大腸癌是可以治愈。」

三藩市華埠社區衛生局  
第三社區衛生網

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麥王秋雲醫護師

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## WHY SHOULD YOU GET SCREENED REGULARLY?

“Colon cancer screening tests need to be done regularly because colon polyps and cancer can develop over time. Therefore, if colon polyps or cancers are found at early stages, they can be removed or treated and even cured.”

-- Ms. Barbara Mak, Nurse Practitioner  
Chinatown Public Health Center

爲甚麼你應該定期做大腸癌檢查？



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下一页

你應該每隔多長時間做一次檢查？

你應做：

一年一次的大便潛血測驗



或

五年一次的結腸鏡檢查



或

十年一次的大腸鏡檢查



# 你應該每隔多長時間做一次檢查？

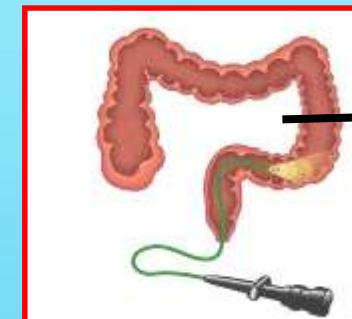
你應做：

一年一次的大便潛血測驗



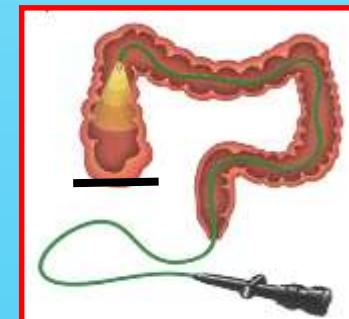
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# 你應該每隔多長時間做一次檢查？

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- 一年一次的大便潛血測驗，或
- 五年一次的結腸鏡檢查，或
- 十年一次的大腸鏡檢查

### HOW OFTEN DO YOU NEED REGULAR SCREENING?

You should get:

- FOBT every year, or
- Sigmoidoscopy every 5 years, or
- Colonoscopy every 10 years

你應該每隔多長時間做一次檢查？

你應做：

一年一次的大便潛血測驗



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下一页

要減低患上大腸癌的機會

我們可以做些甚麼？

只有定期做大腸癌檢查才能預防大腸癌。

以下各項也可減低患上大腸癌的機會，但並不能完全預防大腸癌：



飲食健康



不要吸煙



運動

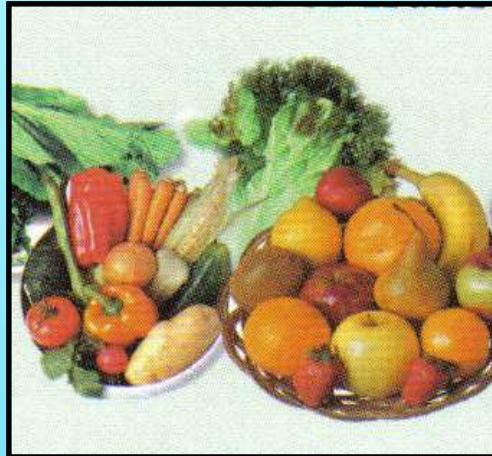


服用阿斯匹靈

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服用阿斯匹靈

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只有定期做大腸癌檢查才能預防大腸癌。

以下的各項也可減低患上大腸癌的機會，但並不能完全預防大腸癌：

- 選擇健康的飲食，包括低脂肪食物，多吃水果及蔬菜
- 不吸煙

你也可向你的醫生諮詢以下預防方法：

- 運動
- 服用阿斯匹靈

## WHAT ELSE CAN YOU DO TO LOWER YOUR CHANCE OF GETTING COLON CANCER?

Only regular colon cancer screening can prevent colon cancer.

The following may lower your chance of getting cancer, but they do not completely prevent it:

- Eat a healthy diet: eat more fruits and vegetables and less fatty foods
- Don't smoke

You can also consult your doctor about these preventive options:

- Exercise
- Taking aspirin

要減低患上大腸癌的機會  
我們可以做些甚麼？

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服用阿斯匹靈

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下一页

## 常見的想法

「我既不吸煙又不飲酒，而且我又有健康的飲食習慣，如進食大量蔬菜素食，我相信我不會患上大腸癌。」



# 常見的想法

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你的看法如何？

- 有健康的飲食習慣確實對你的身體有益處並減低患癌症的機會，但並不能完全避免患上大腸癌
- 為了更有效地預防大腸癌，你應更進一步做定期大腸癌檢查
- 定期做大腸癌檢查，能及早發現並切除息肉或腸內不正常的變化，避免惡化成為大腸癌
- 定期做大腸癌檢查的人仕會延年益壽

## COMMON BELIEFS

*"I don't drink or smoke, and I eat a fresh and healthy diet such as a lot of vegetarian dishes, so I believe I won't get colon cancer."*  
What do you think?

- Eating a healthy diet is certainly good for your health and lowers your chance of getting cancer, but even so, you can still get colon cancer
- You can do even more to prevent colon cancer. The most effective thing you can do to prevent colon cancer is to get screened regularly
- Regular screening can detect and remove any polyps and abnormal changes in the colon at early stage to prevent them from becoming cancerous
- People who get colon cancer screening regularly may live longer

## 常見的想法

「我既不吸煙又不飲酒，而且我又有健康的飲食習慣，如進食大量蔬菜素食，我相信我不會患上大腸癌。」



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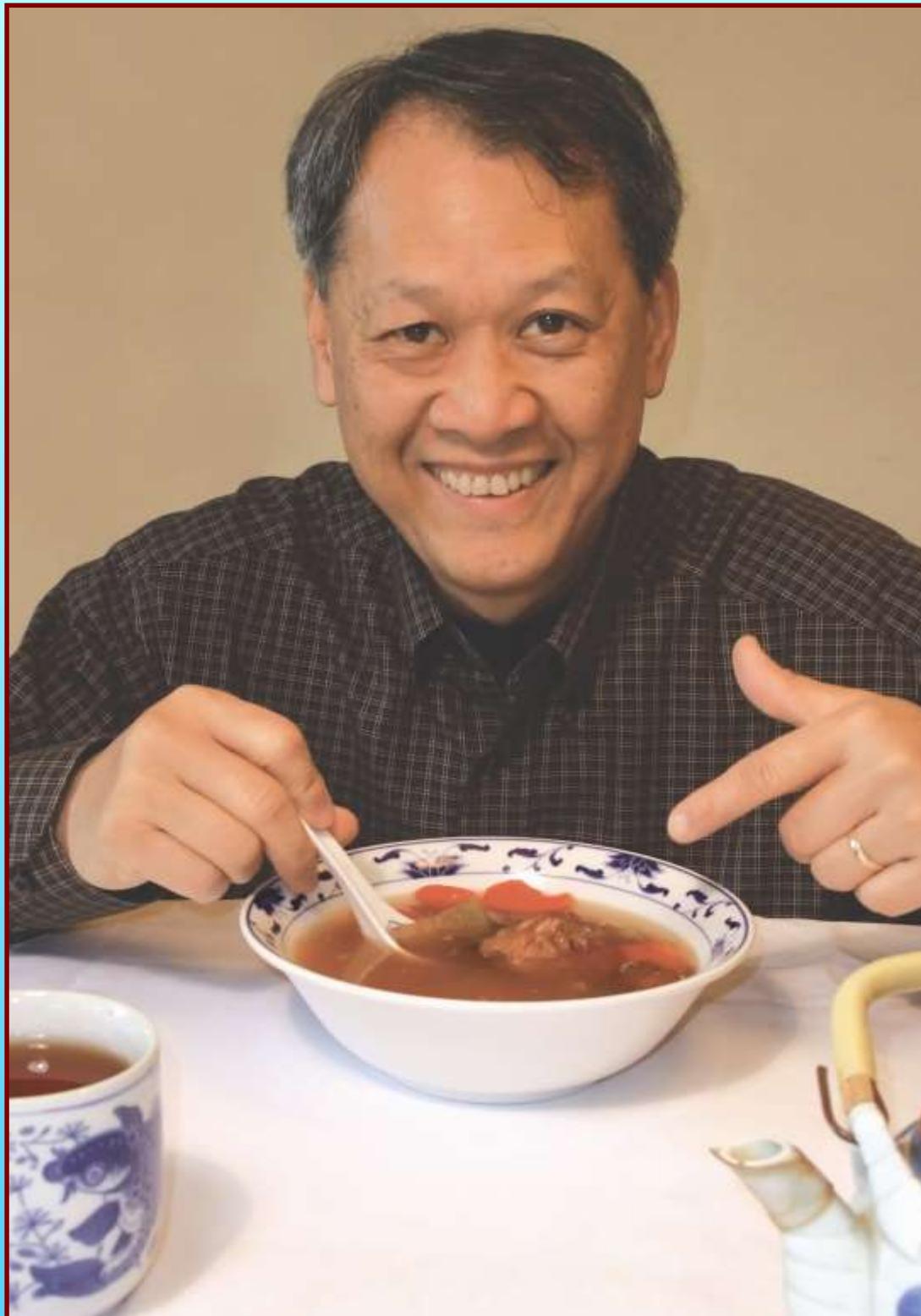


## 常見的想法



「我的腸胃很正常，我的大便一向也很規律。我每天飲用大量的溫水。所以，我相信我可以避免大腸癌。」

# 常見的想法



「我的腸胃很正常，我的大便一向也很規律。我每天飲用大量的湯水。所以，我相信我可以避免大腸癌。」

# 常見的想法

「我的腸胃很正常，我的大便一向也很規律。我每天飲用大量的湯水。所以，我相信我可以避免大腸癌。」

你的看法如何？

- 排便規律是一件好事。喝充足的水有助於促進消化和排泄
- 但是，即使你的大便排泄很規律，你仍有可能患上大腸癌
- 所以，為了確保自己避免患大腸癌，定期做大腸癌檢查

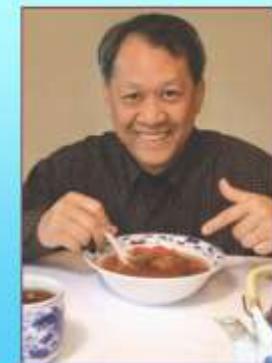
## COMMON BELIEFS

*"My digestion is normal, and my bowel movements are very regular. I also eat lots of soup and drink plenty of liquids. So, in my situation, I don't think I will get colon cancer."*

What do you think?

- It is good to have regular bowel movements. Drinking liquids is good for your digestion and bowel movements
- However, you can still get colon cancer even if you have regular bowel movements
- So, to be sure that you don't have colon cancer, get screened regularly

常見的想法



「我的腸胃很正常，我的大便一向也很規律。我每天飲用大量的湯水。所以，我相信我可以避免大腸癌。」

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常見的想法

「我服用中藥或吃些特別的食物來清一清腸胃，這樣就可以預防大腸癌。」



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# 常見的想法

「我服用中藥或吃些特別的食物來清一清腸胃，這樣就可以預防大腸癌。」

你的看法如何？

- 中藥雖然有它的功用，但並不能完全可以預防大腸癌
- 不過，你可以將中西的保健方法合拼，以達到最好的效果
- 因此，最完善的預防大腸癌方法應包括定期做大腸癌檢查

## COMMON BELIEFS

*"I can prevent colon cancer by taking traditional Chinese medicine or eating special foods to cleanse my digestive system."*  
What do you think?

- Traditional Chinese medicine and special foods can be good for you
- However, you can have the best of both worlds by combining traditional and Western approaches to maintain health
- So, a holistic approach to prevent colon cancer should also include regular screening

## 常見的想法

「我服用中藥或吃些特別的食物來清一清腸胃，這樣就可以預防大腸癌。」



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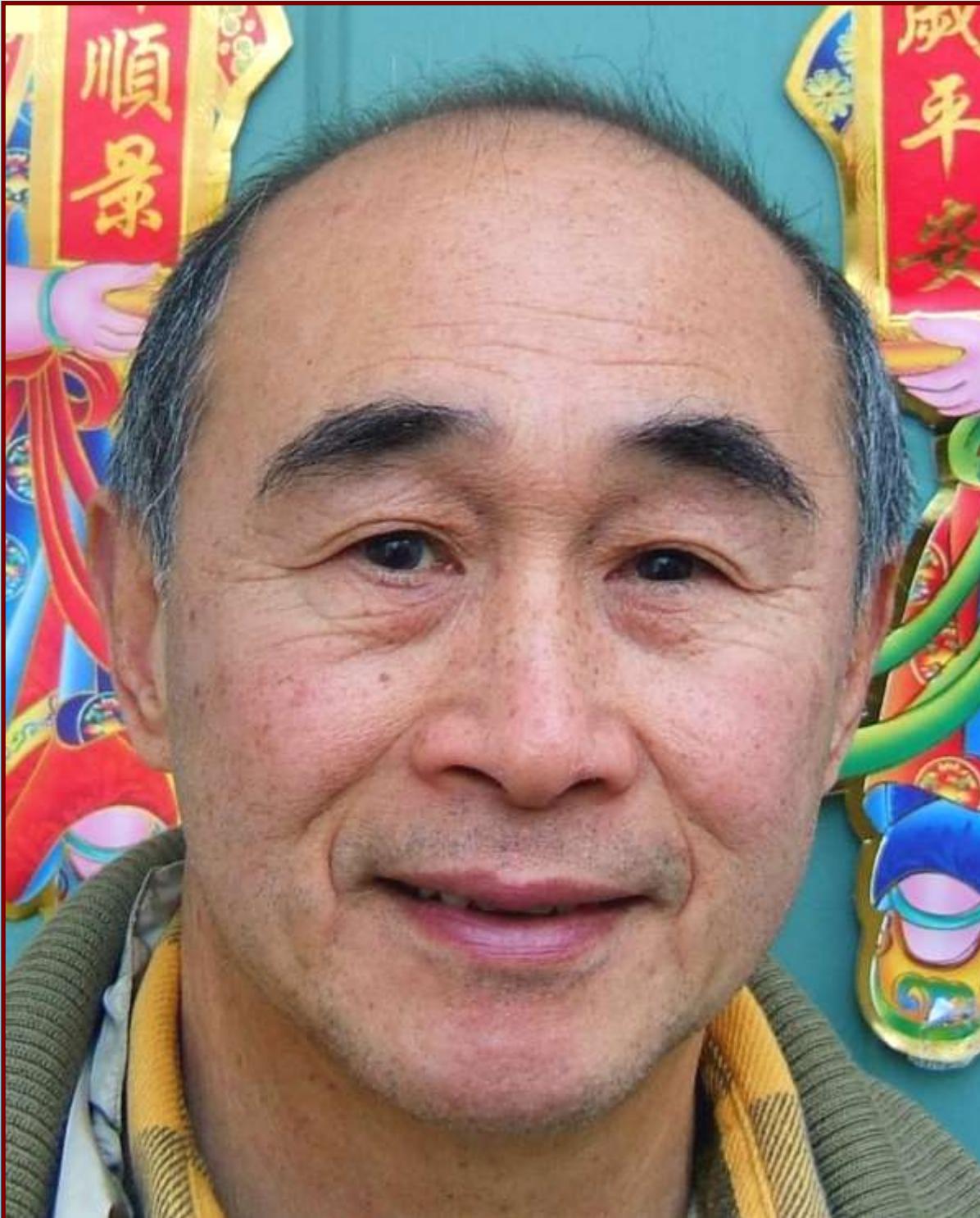


## 常見的想法

「我的家人從未患過腸癌，所以我亦不會患上大腸癌。」



# 常見的想法



「我的家人從未患過腸癌，所以我亦不會患上大腸癌。」



# 常見的想法

「我的家人從未患過大腸癌，所以我亦不會患上大腸癌。」

你的看法如何？

- 雖然大腸癌與家族史有關連，但有很多患上大腸癌的人，他們的家人從未患過大腸癌
- 唯一能夠使你及你的家人不會患大腸癌的方法，是定期做大腸癌檢查，找出息肉或不正常的變化，並將它切除，尤其是年齡超過五十歲的人仕
- 藉著定期做大腸癌檢查，你可以為家人作個好榜樣

## COMMON BELIEFS

*"None of my family members has ever had colon cancer, so I'm sure I don't have it."*

What do you think?

- Sometimes, colon cancer runs in families. However, most people who get colon cancer do not have a family history of it
- The only way to make sure that you and your family do not have colon cancer is for everyone age 50 and older to get screening
- You can set a good example for your family by getting regular screening

## 常見的想法



「我的家人從未患過腸癌，所以我亦不會患上大腸癌。」



## COMMON BELIEFS

*"None of my family members has ever had colon cancer, so I'm sure I don't have it."*



下一页

## 常見的想法



「我很少生病。我雖然已經六十多歲，仍很健康，我不需要做大腸癌檢查。」

# 常見的想法

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「我很少生病。我雖然已經六十多歲，仍很健康，我不需要做大腸癌檢查。」

你的看法如何？

- 你現在很健康是好事，但你應知道，有時即使你感覺健康，大腸癌也有可能在體內生長
- 你們年紀越大，患上大腸癌的機會也越高
- 對於五十歲以上的人仕來說，定期做大腸癌檢查已被醫學證實是能保持健康的最佳方法

## COMMON BELIEFS

*"I hardly ever get sick. Even though I am over 60, I still feel healthy so I don't think I need colon cancer screening."*  
What do you think?

- It's good that you feel healthy, but colon cancer can still develop in people who are feeling well
- The older you get, the greater your chances are of developing colon cancer
- One proven way to stay healthy after age 50 is to get regular colon cancer screening

## 常見的想法



「我很少生病。我雖然已經六十多歲，仍很健康，我不需要做大腸癌檢查。」

## COMMON BELIEFS

*"I hardly ever get sick. Even though I am over 60, I still feel healthy so I don't think I need colon cancer screening."*



## 常見的想法

「如果我命中註定有大腸癌，我現在做甚麼也沒有用。」



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# 常見的想法

「如果我命中註定有大腸癌，我現在做甚麼也沒有用。」

你的看法如何？

- 其實對於大腸癌來說，你不是無能為力的。你每日的行動會影響到你的健康
- 如果你沒有患大腸癌，現在做檢查可以使你放心無憂
- 即使你已患上大腸癌，定期做檢查可以及早發現癌症，立即治療，挽救你的生命

## COMMON BELIEFS

*"I can do nothing now about whether or not I will get colon cancer."*

What do you think?

- Actually, you are not powerless when it comes to colon cancer. Your daily actions can protect your health
- If you don't have colon cancer, getting screened now will give you peace of mind
- Even if you do get colon cancer, regular screening can find it early enough to treat it effectively and can save your life

## 常見的想法

「如果我命中註定有大腸癌，我現在做甚麼也沒有用。」



## COMMON BELIEFS

*"I can do nothing now about whether or not I will get colon cancer."*



我現在應該做甚麼？

NICOS  
Chinese Health Coalition  
華人健康組織聯會

就在這星期  
打電話預約你的  
醫生，詢問有關  
大腸癌的檢查。

仁

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華人健康組織聯  
胡國立行政主任

# 我現在應該做甚麼？

「就在這星期打電話預約你的醫生， 詢問有關大腸癌的檢查。」

華人健康組織聯會  
胡國立行政主任

- 如果你有私人健康保險， 加州醫療保險(Medi-Cal) 或者聯邦醫療保險(Medicare):

你應該聯絡你的家庭醫生或診所做大腸癌檢查。  
大多數健康保險計劃都會承保大腸癌檢查的費用

- 如果你沒有健康保險：

你可以與本地公共健康診所聯絡， 詢問有關大腸癌的檢查。我可以為你提供這些診所的名單

## WHAT SHOULD I DO NOW?

*“Call your doctor this week for an appointment to discuss your colon cancer screening options.”*

-- Mr. Kent J. Woo, MSW  
Executive Director, NICOS

- If you have private health insurance, Medi-Cal or Medicare:  
You should contact your family doctor or your clinic for colon cancer screening. Most insurance plans pay for the cost of colon cancer screening
- If you do not have health insurance:  
You can contact your local county health clinics and ask for colon cancer screening. I will give you a list of such clinics



## WHAT SHOULD I DO NOW?

*“Call your doctor this week for an appointment to discuss your colon cancer screening options.”*

-- Mr. Kent J. Woo, MSW  
Executive Director, NICOS



預防勝於治療  
大腸癌檢查能令我們健康及長壽



預防勝於治療

大腸癌檢查能令我們健康及長壽



福

祿

壽

# 預防勝於治療

## 大腸癌檢查能令我們健康及長壽

請記住：

- 患上大腸癌會很痛苦甚至死亡，並使家人難受
- 如果大腸癌太遲發現，治療會很困難並需要昂貴的費用
- 但若及早發現，大腸癌會較容易治療，也有可能治愈
- 為使你能健康，快樂和長壽，你應定期做大腸癌檢查！

PREVENTION IS BETTER THAN TREATMENT  
COLON CANCER SCREENING PROMOTES GOOD HEALTH AND LONGEVITY

Please remember:

- Colon cancer can cause pain, suffering, and death
- If found late, it can be very difficult and expensive to treat
- However, if found early, colon cancer can be easily treated and even cured
- To have longevity, prosperity and happiness, get screened!

預防勝於治療  
大腸癌檢查能令我們健康及長壽



PREVENTION IS BETTER THAN  
TREATMENT

COLON CANCER SCREENING  
PROMOTES GOOD HEALTH  
AND LONGEVITY

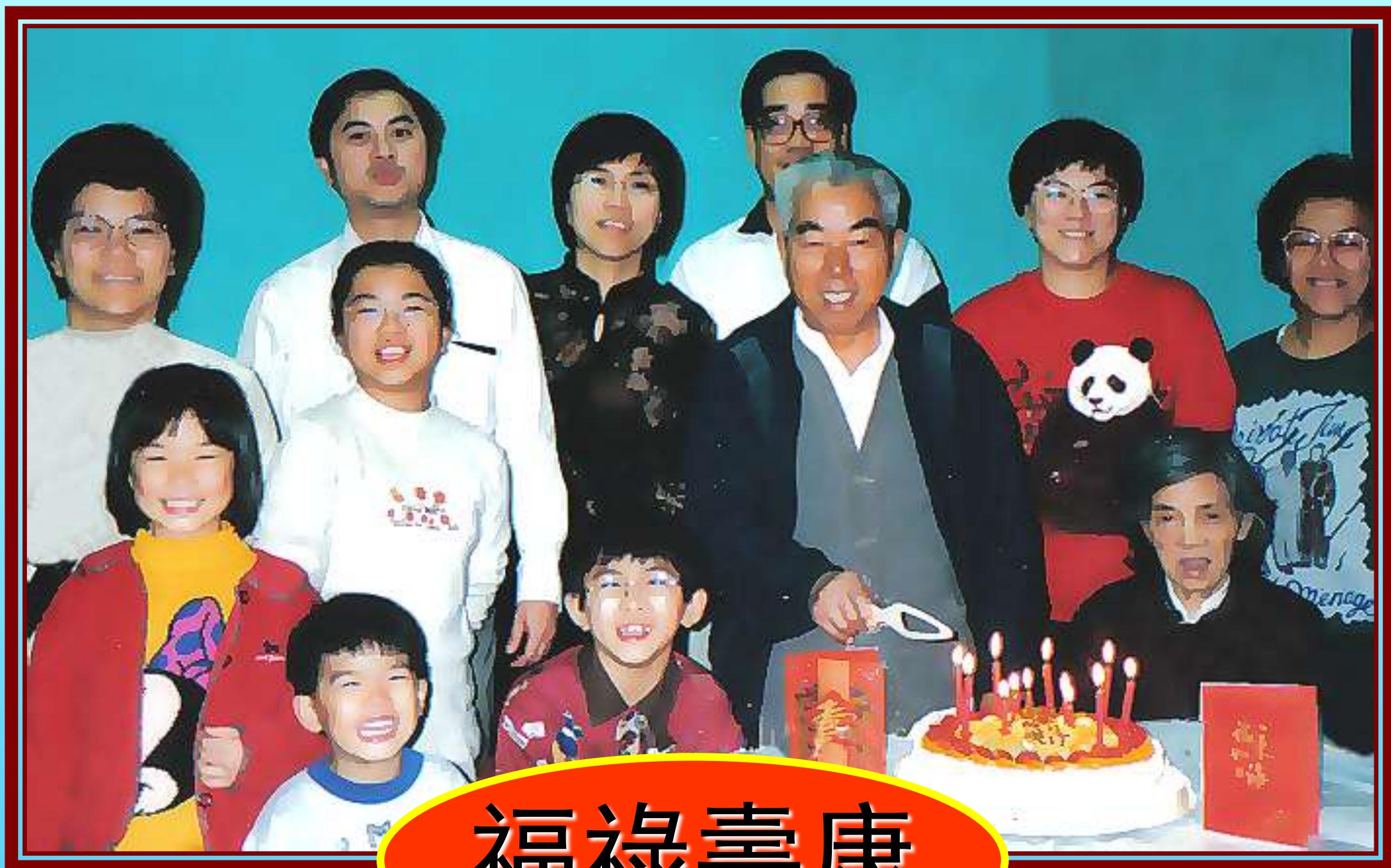
Happiness  
Prosperity  
Longevity



健康是人生最重要的!  
請即決定做大腸癌檢查

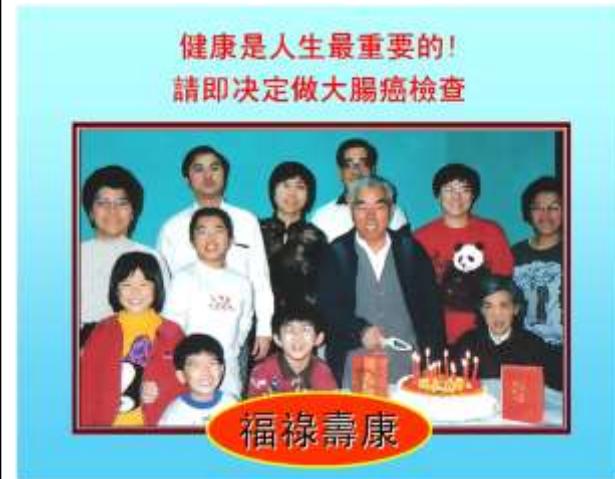


**健康是人生最重要的！  
請即決定做大腸癌檢查**



# 健康是人生最重要的！ 請即決定做大腸癌檢查

- 做大腸癌檢查並不如我們所想像中那麼困難和複雜
- 現在你已經具備了預防大腸癌的知識和能力
- 為甚麼要冒風險？請即決定做檢查
- 預防大腸癌，擁有健康和長壽，與家人一起享受快樂時光！



GOOD HEALTH IS VERY  
IMPORTANT IN LIFE!  
YOU CAN PREVENT COLON  
CANCER

Happiness  
Prosperity  
Longevity  
Health



## 問題解答

GOOD HEALTH IS THE MOST IMPORTANT IN LIFE!  
YOU CAN PREVENT COLON CANCER

- Getting colon cancer screening is easier than you think
- You now have the knowledge and the power to prevent colon cancer
- Why take a chance? Please go get screened right away to prevent colon cancer, so you can live a long and healthy life and enjoy your family!

Question and Answer

做大腸癌檢查時  
可能會遇到的一些障礙

**做大腸癌檢查時  
可能會遇到的一些障礙**

# 做大腸癌檢查時可能會遇到的一些障礙

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做大腸癌檢查時  
可能會遇到的一些障礙

POTENTIAL BARRIERS  
ENCOUNTERED WHEN  
GETTING COLON CANCER  
SCREENING



下一页

障礙

1. 大便潛血檢查(FOBT)很骯髒而且很麻煩

Potential barriers encountered when getting colon cancer screening

A list of 13 barriers with page numbering.

# 障礙

1. 大便潛血檢查(FOBT)很骯髒而且很麻煩

# 1. 大便潛血檢查(FOBT) 很骯髒而且很麻煩

- 大便潛血檢查收集封套有很清楚的指示，並有工具使你避免用手接觸糞便
- 若你閱讀指示後，仍然覺得做大便潛血檢查很骯髒及麻煩，但你應知道，你的健康比一點麻煩更為重要
- 大便潛血檢查是盡早發現大腸癌的最簡便，最快的檢查方法，你在家中就可以自行操作。而且，你只需一年做一次檢查即可
- 如果你還是因怕骯髒而不願意做大便潛血檢查，你可以要求做結腸鏡或大腸鏡檢查

障礙

1. 大便潛血檢查(FOBT) 很骯髒而且很麻煩

POTENTIAL BARRIERS  
ENCOUNTERED WHEN  
GETTING  
COLON CANCER  
SCREENING

1. Fecal Occult Blood Test (FOBT) is dirty and messy



障礙

2. 我不想因為要做大便潛血檢查(FOBT)而改變飲食習慣或停止服藥

## 1. Fecal Occult Blood Test (FOBT) is dirty and messy.

- The FOBT kit has very clear instructions and what you need to keep you from touching the stool with your bare hands
- Even if you still think that doing the FOBT is dirty and messy after reading the instructions; please remember, your health is much more important than a little messiness
- The FOBT is the simplest, quickest, and most convenient test that you can do at home for detecting signs of colon cancer early. Besides, you only need to do an FOBT once a year
- If you still do not want to do the FOBT because of the messiness, you can ask for a sigmoidoscopy or a colonoscopy

# 障礙

2. 我不想因為要去做大便潛血檢查 (FOBT) 而改變飲食習慣或停止服藥

## 2. 我不想因為要做大便潛血檢查(FOBT)而改變飲食習慣或停止服藥

- 請記住，大便潛血檢查有兩種，只有愈創木脂測驗(guaiac)才需要你避免一些食物和轉換藥物
- 現在很多醫生使用大便免疫化學測驗(FIT)，這種測驗不需要改變飲食習慣或停止服藥。其效果是跟愈創木脂測驗一樣
- 你的醫生會解答有關你服用的藥物，飲食以及大腸癌檢查的疑問
- 不要讓你的憂慮或少許不便阻礙你做這個簡單的檢查，因這檢查能有效地幫助你預防大腸癌

### 2. Do not want to change diet and stop taking medication for a Fecal Occult Blood Test (FOBT)

- Please remember, there are two types of Fecal Occult Blood Test, only the guaiac test requires you to avoid a few foods and change some medications
- Many doctors are now using the Fecal Immunochemical Test, a type of FOBT which does not require changes in your diet or medications, and it is just as good as the guaiac test
- Your doctor can answer all your concerns about medications, diet, and colon cancer screening
- Don't let your concern or a little inconvenience keep you from doing a simple test that can effectively prevent colon cancer

障礙

2. 我不想因為要做大便潛血檢查(FOBT)而改變飲食習慣或停止服藥

### BARRIERS

2. Do not want to change diet and stop taking medication for a Fecal Occult Blood Test (FOBT)



障礙

3. 做大腸鏡檢查前的準備工夫很複雜

# 障礙

3. 做大腸鏡檢查前的準備程序很複雜

### 3. 做大腸鏡檢查前的準備程序很複雜

- 這並不如大多數人所想像那麼複雜。不要使你的憂慮阻礙你做這能保護生命的檢查
- 你將會得到很清楚和詳細的說明，指示你在做大腸鏡檢查前所需要做的準備
- 這檢查是值得的，因為醫生能徹底檢查你的全部大腸，確診你是否患有大腸癌。別忘記，你只需每十年才做一次大腸鏡檢查
- 大腸鏡檢查是很普遍，成千上萬五十歲以上的華裔及其他族裔都接受了定期的檢查
- 如果你仍然不願意做大腸鏡檢查，你可以向醫生要求做大便潛血檢查(FOBT)

#### 3. Preparation for colonoscopy is complicated

- It is not as complicated as most people think. Do not let your worry keep you from getting a test that may save your life
- You will be given very clear step-by-step instructions on what you need to do to prepare for the test
- This is worth it because this allows the doctor to examine your entire colon to be sure that you do not have colon cancer. Don't forget, you only have to do this once every 10 years
- Colonoscopy is a commonly done test, and thousands of Chinese and other people age 50 and older have done it routinely without any difficulty
- If you still do not want to get a colonoscopy, you can ask your doctor for a fecal occult blood test (FOBT)

障礙

3. 做大腸鏡檢查前的準備工夫很複雜

#### BARRIERS

3. Preparation for colonoscopy is complicated



障礙

4. 我害怕做結腸鏡或大腸鏡檢查，  
因為我怕痛

# 障礙

4. 我害怕做結腸鏡或大腸鏡檢查，  
因為我怕痛

## 4. 我害怕做結腸鏡或大腸鏡檢查，因為我怕痛

- 有些人會認為這些檢查很不舒服，但大多數人則沒有任何問題
- 做大腸鏡檢查時，醫生使用靜脈注射藥物使你入睡及不會感覺疼痛。別忘記，你只需每十年年才做一次大腸鏡檢查。這是現在最有效，最徹底的預防大腸癌方法
- 做結腸鏡檢查時，你無需服用任何藥物，大多數人只感到腹部有幾分鐘壓力或膨脹的感覺。這種檢查很快就能完成。請記住，你只需每五年才做一次結腸鏡檢查
- 如果你仍然不願意做這些檢查，你可以選擇做大便潛血檢查(FOBT)

### 4. Afraid of pain related to sigmoidoscopy and colonoscopy

- Although some individuals may say that these tests are uncomfortable, many people do not have any problems with these tests
- For the colonoscopy, the doctor will give you a medication that will make you sleepy so you won't feel pain during the procedure. Please remember, you only need a colonoscopy once every 10 years. And this is one of the most thorough and effective tests currently available for preventing colon cancer
- For the sigmoidoscopy, you will not get medication, but most people say only that they feel some pressure or bloating for a few minutes. This test is usually quick. And remember that you only need a sigmoidoscopy once every 5 years
- If you still do not want these tests, you can still get the fecal occult blood test (FOBT)

障礙

4. 我害怕做結腸鏡或大腸鏡檢查，  
因為我怕痛

### BARRIERS

4. Afraid of pain related to  
sigmoidoscopy and colonoscopy



障礙

5. 言語不通，無法與醫生交談  
6. 我沒有交通工具去做大腸癌檢查

# 障礙

5. 言語不通，無法與醫生交談
6. 我沒有交通工具去做大腸癌檢查

## 5. 言語不通，無法與醫生交談

- 根據法律，你有權要求一名翻譯員
- 當預約檢查時，請記得要求一名翻譯員

障礙

5. 言語不通，無法與醫生交談
6. 我沒有交通工具去做大腸癌檢查

## 6. 我沒有交通工具去做大腸癌檢查

- 你可以要求你的親友或鄰居用車送你去做檢查，也可以自行乘搭公共交通工具前往診所
- 你的親友們關心你的健康，他們會支持你做大腸癌檢查的決定

BARRIERS

5. Do not speak the same language as the doctor
6. Do not have transportation to go get colon cancer screening test



障礙

7. 做完大腸鏡檢查後，沒有人陪我回家
8. 我無時間做大腸癌檢查

### 5. Do not speak the same language as the doctor

- By law, you are entitled to an interpreter who speaks your language
- When making your appointment, please remember to ask for one

### 6. Do not have transportation to go get colon cancer screening test

- You could ask your relatives, friends, or neighbors to take you or you could use public transportation to get to your appointment
- Your friends and family will support you for taking care of your health by getting the colon cancer screening test

# 障礙

7. 做完大腸鏡檢查後，沒有人陪我回家
8. 我無時間做大腸癌檢查

## 7. 做完大腸鏡檢查後，沒有人陪我回家

- 如果你實在找不到人陪你回家，你可以要求醫生給你做大便潛血檢查或結腸鏡檢查來代替大腸鏡檢查。這些檢查都很簡便，也能有效地預防大腸癌
- 也許我們可以一起討論如何解決這個問題

障礙

7. 做完大腸鏡檢查後，沒有人陪我回家
8. 我無時間做大腸癌檢查

### BARRIERS

7. Do not have anybody to escort me home after the colonoscopy.
8. Do not have transportation to go get colon cancer screening test.

## 8. 我無時間做檢查

- 「健康就是財富」你的健康極其重要，絕對值得花一點時間來要求醫生做這些能挽救生命的檢查



障礙

### 7. Do not have anybody to escort me home after the colonoscopy.

- If you do not have anyone, you can ask your doctor for colon cancer screening by an FOBT test or a sigmoidoscopy. These are quicker simpler and tests, and are effective in preventing colon cancer
- Perhaps we can discuss this together and come up with some ideas to solve the problem

### 8. Do not have time to do these tests.

"Health is wealth." Your health is very important and it is definitely worth your time to ask your doctor for these potentially life-saving tests

9. 可能負擔不起檢查的費用
10. 不知道應該去那裡做檢查，也沒有家庭醫生

# 障礙

9. 可能負擔不起檢查的費用
10. 不知道應該去那裡做檢查，  
也沒有家庭醫生

## 9. 可能負擔不起檢查的費用

- 如果你有健康保險，大多數健康保險計劃都會承保大腸癌檢查的費用
- 如果你沒有健康保險，你可以申請一項為三藩市居民而設的「健康三藩市」計劃 (Healthy San Francisco)，該計劃能幫助你支付醫療服務費用
- 這裡是一份社區健康資源的資料，以供參考

## 10. 不知道應該去那裡做檢查，也沒有家庭醫生

- 我可以爲你提供一些醫生和診所的名單，你可以打電話預約做大腸癌檢查
- 作為你的社區保健員，我可以與你討論你的選擇

### 9. May not be able to afford the test

- If you have health insurance, colon cancer screening is usually covered by most health plans
- If you do not have health insurance, you should know that all San Francisco residents can apply for Healthy San Francisco, a program to help pay for your health care
- Here is a list of places for your reference

### 10. Do not know where to go to get the test and/or do not have a doctor

- We can provide you a list of doctors and places where you can go to get colon cancer screening tests
- As your lay health worker, we can explore your options on this matter together

障礙

9. 可能負擔不起檢查的費用
10. 不知道應該去那裡做檢查，也沒有家庭醫生

### BARRIERS

9. May not be able to afford the test
10. Do not know where to go to get the test and/or do not have a doctor



障礙

11. 醫生並沒有建議我做大腸癌檢查
12. 情願做清腸治療來清理大腸及排除毒素

# 障礙

11. 醫生並沒有建議我做大腸癌檢查
12. 情願做清腸治療來清理大腸及排除毒素

## 11. 醫生並沒有建議我做大腸癌檢查

- 醫生可能因繁忙而忽略提醒你做大腸癌檢查
- 但是，既然你已經知道定期做大腸癌檢查的重要和如何預防大腸癌，你應該主動要求醫生安排給你做大腸癌檢查
- 帶著這份小冊子與你的醫生討論那種檢查最合適你。醫生也會讚同你有這種積極保持健康的行動

障礙

11. 醫生並沒有建議我做大腸癌檢查
12. 情願做清腸治療來清理大腸及排除毒素

### BARRIERS

11. Doctor has not recommended that I get screened for colon cancer
12. Would rather have a colonic hydrotherapy to cleanse and detoxify my colon instead

## 12. 情願做清腸治療來清理大腸及排除毒素

- 醫學研究並沒有證實清腸治療對預防大腸癌有效
- 預防大腸癌最有效的方法就是定期做大腸癌檢查



障礙

13. 害怕知道自己患上大腸癌，我現在不想面對這個問題

### 11. Doctor has not recommended that I get screened for colon cancer

- Doctors can be busy and forget to tell you to get your regular colon cancer screening
- But now that you know how important it is and how to prevent colon cancer, you should ask the doctor for screening
- Take this pamphlet and ask the doctor to recommend a test for you. Your doctor will be pleased to see that you are taking an active role in caring for your health

### 12. Would rather have a colonic hydrotherapy to cleanse and detoxify my colon instead

- Medical research has not proven that colonic hydrotherapy is effective for colon cancer prevention
- The proven way to prevent colon cancer is to get regular colon cancer screening

# 障礙

13. 害怕知道自己患上大腸癌，我現在不想面對這個問題

# 13. 害怕知道自己患上大腸癌，我現在不想面對這個問題

- 如果你確實是患上了大腸癌，你終歸也要面對現實
- 如果你現在做大腸癌檢查，及早發現，大腸癌是很容易治癒的
- 但如果不做大腸癌檢查，等致病情發現太晚，治療就會很困難而且非常昂貴，甚至會危及生命
- 如果檢查後確實你沒有患上癌症，也能使你放下心頭大石

## 你還有其它的障礙及解決方法嗎？

### 13. Afraid to find out that I have colon cancer-- I don't want to deal with it now.

- If you do have colon cancer, you will have to deal with it eventually
- If you get tested now and find it early, colon cancer can be easily treated and even cured
- But if you do not get tested and the cancer is found late, it can be very difficult and expensive to treat, and it can cause death
- If you do not have colon cancer, knowing this will give you peace of mind

Are there any other potential barriers and solutions that you would like to share with us?

障礙

13. 害怕知道自己患上大腸癌，我現在不想面對這個問題

### BARRIERS

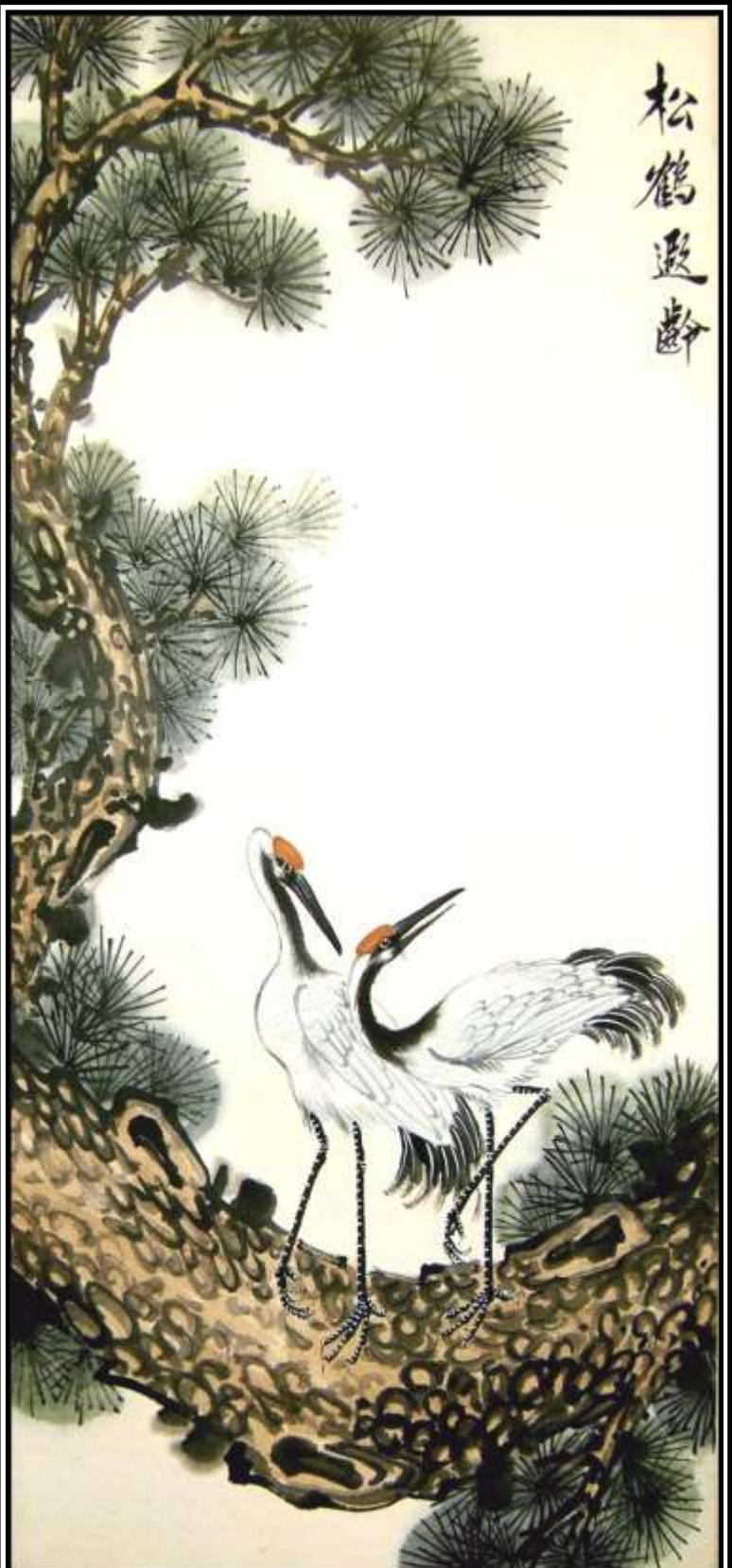
13. Afraid to find out that I have colon cancer-- I don't want to deal with it now

Are there any other potential barriers and solutions that you would like to share with us?



下一页





Suc Khoe la Vang!  
*Health is Gold!*



The Vietnamese Community Health Promotion Project  
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活得健康 保養有方

社區保健員外展計劃

*Healthy Living*

Chinese Lay Health Worker Outreach Project

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