VIM LI CAS THIAJ YUAV TSUM TIV THAIV TUS MOB KHEESXAWS HNYUV?
Kheesxaws hnyuv pib thaum cov noob nqaij hauv txoj hnyuv laus nwa hlv tsi zoo thia bib tzawv bav. Muaj tej zaum cov noob nqaij tis zoo no yuav hloov mus ua ib lub qog hu ua "polyp." Yog cia cov qog no nyob ntev mus, nws kuj muaj peev xwm hloov mus ua kheesxaws. Kheesxaws hnyuv txo tau neeg boj sia.

MOB!
Kheesxaws hnyuv yog tus kheesxaws siab thib ob hnyuv laus, saib seb puas muaj qog los yog kheesxaws los lwv yam txev bav. Qhov kev keaj no uas rau hauv qhov chaw kho mob.

TY UVAU LI CAS PEB THIAJ TIV THAIV TAU TUS MOB KHEESXAWS HNYUV?
Mus muaj ntiuaj kheesxaws hnyuv kom raws sijhawm, los yog mus muab rho los muab lub qog hlais tawm thiaum tseem ntxov uas tis tawm loj.
Yuav tsam mus pib kuj tham muaj 50 xyoo.

KUV YUAV KUAJ YAM KEV KUAJ TIV THAIV KHEESXAWS HNYUV TWG?
- Muaj 2 yam kev kuj thiv kheesxaws hnyuv
- Tej zaum kuj tau yog mus kuj jay xwb
- Nrog kuj tus kws kho mob tham seb yam twg yuav tsam nyog mus kuj

1. Ib xyoo twg yuav tsam kuj qhov FOBT no ib zaug.

Yuav tsam kuj qhov Colonoscopy no 10 xyoo twg kuj ib zaug.

COV KEV PIB MOB NTAWM TUS KHEESXAWS HNYUV YOG MOB LI CAS?
Feem ntau cov neeg mob kheesxaws hnyuv TSIS mob dabtsi. Tiamsis, cov neeg uas muaj kev pib mob, muaj li no:
- Muaj ntihav nyob rau cov quav
- Mus tso quav bawv yav tag los
- Poob phaus tsis muaj mob dab tsi
- Mob ib niqg ntawm lub plab mog tsis bawv zoo
- Tsuaq zog zog zuj zus tsis paub yog vim dabtsi.

LEEJ TWG THIAJ LI YUAV MOB KHEESXAWS HNYUV?
Kheesxaws hnyuv yog tus kheesxaws siab thib ob uas peb cov poy niamb thib txiv neej Hmoob mob ntau tshaj. TXHUA LEEJ TXHUA TUS YEEJ MUAJ FEEM MOBI Qhov kev muaj feem uas loj tshaj rau cov neeg mob kheesxaws hnyuv yog lub noob nyog muaj tshaj 50 xyoo rov saud.

Tej yam uas yuav ua mob tau:
- Muaj qog rau hauv cov hnyuv
- Muaj tus mob Crohn’s los ulcerativ colitis (mob hnyuv kiav tbxb) los
- Yam tag los, ib tug neeg hauv koi tsev neeg twb muaj tus mob kheesxaws hnyuv los lawm.

Yuav uas yog kheesxaws:
- Hoax los, suxweh qog los, yuav tsum noj kom txawj.
- Yuav tsam mus kuj tham muaj 50 xyoo.

2. Kev siv teeb tsom xyuas plab hnyuv: Sigmoidoscopy los colonoscopy

Yuav tsam kuj qhov Sigmoidoscopy no 5 xyoo twg mus kuj ib zaug.

Yuav uav qab mus rau koj:
- Noj zaub mov zoo (Noj txiv hmatch txiv nto thiab zaub ntau. Tej yam muaj roj yuav tsam noj kom tsawg)
- Tsis txhob haus luam yeeb
- Tsis txhob haus cawv

Yuav uav xav saib seb pib keaj:
- Dhia ua si
- Noj aspirin

DAIM NTAIW KHO MOB PUAS YUAV THEM TUS NQIE RAU COV KEV KUAJ KHEESXAWS HNYUV NO?
Feem ntau daim ntawv kho mob them ib qhov kej, tisamis nyob ntawm koj daim ntaww kho mob.

YOG XAB PAUB NTXIV?
Thov Hu Rau:

Hmong Women’s Heritage Association
7275 E. Southgate Dr #306
Sacramento, CA 95823
(916) 394-1405
www.hmongwomenheritage.org

YOG LI YUAV LI CAS?
Hu mus teem sijhawm ntawv no kuj tus kws kho mob los mus tham brog cov kev kjuaj ntawm tus mob kheesxaws hnyuv.

DAIM NTAIW KHO MOB PUAS YUAV THEM TUS NQIE RAU COV KEV KUAJ KHEESXAWS HNYUV NO?
Feem ntau daim ntawv kho mob them ib qhov kej, tisamis nyob ntawm koj daim ntaww kho mob.

Nco Ntsoov...

TXOJ Kev Tiv Thaiv Zoo Dua Kev Kho Mob.
Xav lub tu neez zoo, nyob ib txhiab ib txhiss, tsis muaj kev nyuaj siab, yuav tsam mua tuy kho mob!
WHY PREVENT COLON CANCER?
Colon cancer begins as a growth in the colon called a polyp. If not removed, some polyps can become colon cancer over time. Colon cancer can cause death.

WHAT ARE THE SYMPTOMS OF COLON CANCER?
Many people with colon cancer do NOT have symptoms. However, when symptoms appear, they could be:
• Blood in stool
• Change in usual bowel movements
• Weight loss without obvious reason
• Belly pain that does not go away
• Feeling tired all the time without reason

WHO CAN GET COLON CANCER?
For Hmong, colon cancer is the second most common cancer in both men and women. Anyone can get colon cancer. It is more common in those age 50 and older. Some other high risk factors are:
• Has colon polyps
• Has diseases such as Crohn’s or Ulcerative Colitis
• Has blood relative with colon cancer

HOW CAN WE PREVENT COLON CANCER?
• Get regular colon cancer tests to find polyps or early colon cancer and remove them.
• Colon cancer tests should start at age 50.

WHICH COLON CANCER TEST SHOULD I GET?
• There are 2 types of effective tests.
• You may only need one.
• Talk to your doctor to pick a test.

1. Fecal Occult Blood Test (FOBT) should be done once a year. Your doctor gives you a kit to do this test at home. You collect some stool samples with the kit and mail it back to your doctor or laboratory.

2. Endoscopy: Sigmoidoscopy or Colonoscopy
• Sigmoidoscopy should be done once every 5 years. Your doctor uses a flexible thin tube to look into the rectum and lower part of the colon to find polyps or signs of cancer. This test is done at a doctor’s office or a clinic.
• Colonoscopy should be done once every 10 years. Your doctor uses a longer tube to check the entire colon. This procedure is done at a clinic or hospital.

ARE THERE ANY OTHER WAYS TO PREVENT COLON CANCER?
Regular colon cancer testing is the only proven method to prevent colon cancer. The following may help you not get colon cancer, but you still need to get tested:
• Eat a healthy diet (more fruits and vegetables and less fat)
• Do not smoke cigarettes
• Avoid alcohol
You also can talk to your doctor about:
• Exercise
• Taking aspirin

DOES HEALTH INSURANCE PAY FOR THESE TESTS?
Health insurance and government health programs usually pay for at least one of these tests.

NEED MORE INFORMATION?
Please contact:
Hmong Women’s Heritage Association
7275 E. Southgate Dr #306
Sacramento, CA 95823
(916) 394-1405
www.hmongwomenheritage.org

HOW DO I BEGIN TO PREVENT COLON CANCER?
Call your doctor this week for an appointment to talk about colon cancer testing. If you need an interpreter, ask for one. Don’t delay!
Ask for the test that is best for you. Remember to get regular colon cancer testing throughout your life.

Please write down your appointment and any questions you may have for your doctor. Bring this brochure with you when you go to your doctor’s appointment.

Doctor’s name: ____________________________
Address: __________________________________
Phone: ____________________________
Appointment date: __________ Time: __________

Questions for your doctor:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Please remember…
Prevention Is Better Than Treatment. Colon Cancer Testing Leads to Good Health and Longevity.

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