How Can We Prevent Colon Cancer?

Hnub No Peb Yuav Kawm Txog Dabtsi?

Peb yuav kawm txog:
• Kheesxaws Hnyuv yog dabtsi
• Yuav ua li cas thiaj tiv thaiv tau
• Cov kev kuaj rau kheesxaws hnyuv uas yuav pab tau koj
• Yuav ua li cas thiaj li mus kuaj tau kheesxaws hnyuv

What Will We Learn Today?

By the end of this gathering, we will learn:
• What colon cancer is.
• How to prevent it.
• Colon cancer tests that can save your life.
• How to get colon cancer screening.

Why Should Hmong Be Concerned About Colon Cancer?

• For Hmong, colon cancer is the second most common cancer in both men and women.
• You can prevent colon cancer!

Leej Twg Thiaj Li Yuav Mob Kheesxaws Hnyuv?

Kheesxaws hnyuv no pib muaj rau thaum neeg laus zuj zus.
Feem ntau cuv muaj rau yav noob nyoo 50 xyo rov saud.
*Feem ntau cuv muaj tus mob kheesxaws hnyuv tsis muaj mob dabtsi tuas yog lawv lub noob nyoo laus lawm xwb.
Who Can Get Colon Cancer?

• Anyone! Both men and women can get colon cancer!
• As you get older, the risk continues to increase (more common in those who are 50 and over).
• Most people who get colon cancer have no other risk factor besides their age.

What Are Other High Risk Factors?

• Most people who get colon cancer have no other risk factor besides their age.
• Some other high risk factors for colon cancer are:
  - Has colon polyps.
  - Has diseases such as Crohn's or Ulcerative Colitis.
  - Has parents, siblings, or other close blood relatives with colon cancer.

Talk to your doctor about these risk factors. If you have any of these other risk factors, you have to talk to your doctor.

Where Is The Colon Located And What Does It Do?

• The colon is the lower part of the digestive tract. It is located in the belly 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 water, vitamins and minerals from digested food.
  2. To receive and store food waste.
  3. To remove food waste from the body.

Kheesxaws Hnyuv Yog Dabtsi?

• Tsoj hnyuv nyob ntawm qab plab mog.
• Tsoj hnyuv mos ntawm ntawm lub qab plab, tsoj hnyuv laus ntawm ntawm ntawm hnyuv mos, tsoj hnyuv laus mam li tawm, tsoj hnyuv laus rau tsoj hnyuv nqes qhov quav rau lauub rau rau tsoj hnyuv quav.

3 tsoj hauv li tawm tsoj hnyuv laus:
1. Pab nqub cov dej thiab as ham zoo los ntawm cov khoum peb noj
2. Tzais los li tawm hauv cov zaub mov zoo uas peb noj kem nyob rau haum peb lub cev
3. Pab tahem tawm leem yam zaub mov tis zoo los tis siv cia mus uas qhov

Puas Muaj Dua Lwm Yam Kev Muaj Feem Ua Rau Yus Muaj Tus Mob No?

• Feem ntaw cov neeg muaj tus mob kheesxaws hnyuv tis muaj liw noj mob dabtsi tsaus yag lawv lub noob nyoog laus.
• Cov kev muaj feem uas rau koj mob tus kheesxaws hnyuv yog: muaj qoq nyob ntawm tsoj hnyuv laus thiab hnyuv nqes qhov quav, tsoj tus mob Crohn's los ulcerative colitis (mob hnyuv kiav txhab), los yag yam tag los, ib tug neeg hauv kip kip yuav tsum nrog koj tus kws kho mob tham.

• Nrog koj tus kws koo mob tham txoj cov kip kuy neeg.

Who Can Get Colon Cancer?

• Anyone! Both men and women can get colon cancer!
• As you get older, the risk continues to increase (more common in those who are 50 and over).
• Most people who get colon cancer have no other risk factor besides their age.

Leej Twiaj Li Yuav Mob Kheesxaws Hnyuv?

• Poj niamb ticv neej puv leej muaj feem mob tau kheesxaws hnyuv!
• Qhov kev muaj feem uas loj tshaj rau cov neeg mob kheesxaws hnyuv yog lub noob nyoog laus tshaj 50 xyoo rov saud.
• Feem ntaw cov neeg muaj tus mob kheesxaws hnyuv tis muaj mob dabtsi tsaus yag lawv lub noob nyoog laus lawm xwb.
What Is Colon Cancer?

- Colon cancer begins as an abnormal growth in the colon which can turn into a tumor, called a "polyp."
- A polyp is not cancer.
- However, over time, some colon polyps can become cancerous.
- If a polyp can be found early and removed, then colon cancer is prevented.

Colon Cancer Can Spread To Other Parts In Your Body 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.

What Are The Symptoms Of Colon Cancer?

"Many people with colon cancer do NOT have symptoms."

However, when symptoms appear, they are:

- Blood in stool;
- Change in usual bowel movements, such as new constipation, diarrhea, or thinner stools;
- Weight loss without reason;
- Belly pain that does not go away; or
- Feeling tired all the time without reason.

Ask your doctor about other symptoms of colon cancer. Please note that having any of these symptoms does not mean that you have colon cancer.

Yuav Ua Li Cas Peb Thiaj Tiv Thaiv Tau Tus Mob Kheesxaws Hnyuv?

"Txoj kev uas zoo thawj los pab kov tiv thiav kheesxaws hnyuv ces yog mus kuaj kheesxaws hnyuv kom raws sijhawm. Tsis txhob tos kom kov tis mob loj."

-- Kash Nyajhauvtsua Vang, MD
* Hospitalist
* Primary Care Provider
How Can We Prevent Colon Cancer?

The best way to prevent colon cancer is to get colon cancer tests regularly. Don't wait until you are sick or have symptoms.

• Colon polyps usually cause no symptoms.
• Colon cancer testing can:
   Find colon polyps and remove them before they become colon cancer.
   Find colon cancers at early stages so that they can be treated and even cured.

What Are Colon Cancer Screening Tests?

There are 2 recommended tests for colon cancer screening:
1. Fecal Occult Blood Tests
2. Endoscopy Tests

– Don Ng, MD
Internist, UCSF

What Are Colon Cancer Tests?

“There are 2 types of recommended tests for colon cancer. Let us discuss the types of tests.”
1. Fecal Occult Blood Test or FOBT, of which there are two types, Guaiac Test and Fecal Immunochemical Test.
2. Endoscopy, of which there are two types:
   Sigmoidoscopy
   Colonoscopy

Usually, we just need one of the tests. But sometimes, a doctor may recommend more than one test.

What Is FOBT?

• Fecal Occult Blood Test or FOBT checks for blood that we cannot see in the stool.
• There are two types of FOBTs:
  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 of liquid.
• Both tests can be done at home.
• FOBT is the simplest and easiest among all the colon cancer tests.
What Is The Guaiac Test?

Once a year

Qhov Kev Kuaj Guaiac Test No Ua Zoo Li Cas?

• Qhov Guaiac Test ua nyob rau tom tsev thiab siv 3 daim ntawm los mus kuaj nhawv saib psauj ruay hauv cov quav
• Tus kwel khu moh yuav qhia kom peb gav zywm mob-nj los tej yam thiaj 2 hnuj uk me hjeb yuav kuaj quav.
• Poh yuav siv li bgu pas so lb qhov quav. Ib zaug tag nej tawm moh yuav tsum so lb zaug, yuav ual li no peb zaug rau 3 lub nivhawm uas nej tawm tsoj.
• Tom gav ub li ntawm tag peb qhia li xa koo hoom siv kuaj ntawm ruay qab mus rau kij tus kwel khu moh los yuav hauv uas muaj nyob ntawm luab hauv ruin.
• Yog kuaj tsoj tuab, tsoj kuaj dua, tom yuav yam muaj tsoj. Yib kwel khu moh yuav siv qhov kev kuaj colonoscopy.
• Yib xyoo twg peb yuav tsum kuaj qhov Guaiac Test no lb zaug.

How Do We Do The Guaiac Test?

The Guaiac Test is done at home using a set of three cards to find whether there is blood in the stool.

• The doctor will tell us to stop certain types of food and some medications 3 days before the test.
• We use a wooden stick to smear a little bit of stool on a card. We do this for 3 consecutive bowel movements.
• When done, we return all 3 cards in the envelope to our doctor’s office or laboratory.
• If the result is normal, we do not need another test until next year.
• If the result is abnormal, the doctor will follow up with a colonoscopy.
• We should do a Guaiac Test every year.

What Is The Fecal Immunochemical Test?

Once a year

Qhov Kev Kuaj Fecal Immunochemical Test No Ua Zoo Li Cas?

• Qhov Fecal Immunochemical Test ua nyob rau tom tsev thiab siv lb hujy me me, los mus kuaj nhawv saib psauj ruay hauv cov quav
• Tsis tuab hauv day siv laub mus kuaj nhawv saib puas muaj ntshav kuaj hauv cov quav.
• Siv tus pab ntawm lub hwj me me, los mus kuaj nhawv saib seb puas muaj quav.
• Ntxiv mus, muab tus pas uas so tau quav ntawd ntsaws rov qab rau hauv lub hwj es kaws luab hauv lub hwj kom caen.
• Thiau siv kuaj li li tawm, muab lub hujy kwel rau luab hauv rub hauv ntawm saiv mus rau kuaj kwel khu moh los yuav hauv nhawv klub.
• Yog kuaj tsoj tuab, tsoj kuaj dua, tom yuav yam muaj tsoj.
• Yog kuaj tsoj tuab hwj me me, los mus kuaj nhawv saib seb puas muaj quav.
• Ib xyoo twg peb yuav tsum kuaj qhov Fecal Immunochemical Test no lb zaug.

How Do We Do The Fecal Immunochemical Test?

• The Fecal Immunochemical Test is done at home using a small bottle of liquid to find whether there is blood in the stool.
• We do not need to stop any food or medication for this test.
• We use the tip of the stick (attached to the cap) to get a little bit of stool from only one bowel movement.
• Next, we put the stick with the stool into the bottle and close the cap tightly.
• When done, we return the bottle in the envelope to our doctor’s office or laboratory.
• If the result is normal, we do not need another one until next year.
• If the result is abnormal, the doctor will follow up with a colonoscopy.
• We should get a Fecal Immunochemical Test every year.

What Are Endoscopy Tests?

Endoscopy tests use a flexible thin tube with a camera to look into the colon to find polyps, cancers, or other changes.

• There are two endoscopy tests that look directly into the colon.
  1. One test is called “Sigmoidoscopy.”
  2. The other test is called “Colonoscopy.”
• Both tests have to be done in the doctor’s office.

What Are Endoscopy Tests?

Endoscopy tests use a flexible thin tube with a camera to look directly into the colon to find polyps, cancers, or other changes.

1. Sigmoidoscopy
2. Colonoscopy

Kev Siv Teeb Tsom Xyuas Txoj Hnyuv Ua Zoo Li Cas?

Kev siv teeb tsom xyuas txoj hnyuv sib lb txoj yas me uas muaj lb lus koob yees duab.

Muaj ob yam kev kuaj tsom saib txoj hnyuv:

1. Sigmoidoscopy (SIG-moy-DAW-skuh-pee)
2. Colonoscopy (koh-luh-NAW-skuh-pee)

Kev Kuaj Sigmoidoscopy Yog Ua Zoo Li Cas?

Kev Kuaj Sigmoidoscopy Yog Ua Zoo Li Cas?

Kev Kuaj Colonoscopy Yog Ua Zoo Li Cas?
• We should get a Sigmoidoscopy every 5 years.
• If a polyp or abnormality is found during the exam, the doctor will biopsy it and may remove it.
• We can go home by ourselves after the test.
• This test can be done in the doctor's office or a clinic in about 15 minutes.
• Before the test, we need to partially cleanse the colon by using an enema (a cleansing liquid squirted into the anus).

What Is Sigmoidoscopy?

• Most health insurance plans cover at least one test, but how much you pay depends on your plan.
• The FOBT costs a few dollars, sigmoidoscopy several hundred dollars, and colonoscopy about a thousand dollars.
• We can do the FOBT at home, but the sigmoidoscopy and colonoscopy are done in the doctor's office, clinic, or hospital.
• We may have to change our diet or medication for the FOBT, do a partial cleansing for the sigmoidoscopy, or a total cleansing for the colonoscopy.
• FOBT is done every year, sigmoidoscopy every 5 years, and colonoscopy every 10 years.

What Are The Differences Among These Tests?

• We should get a Colonoscopy every 10 years.
• If a polyp or abnormality is found during the exam, the doctor will biopsy it or remove it.
• We need someone to take us home after the test.
• Medication is given through your vein to make you sleepy during the test.
• This test has to be done at a hospital or clinic and takes about 30 minutes.
• Before the test, we need to cleanse the entire colon by drinking a cleansing liquid.

What Is Colonoscopy?
Which Test Should We Ask For?

• If we have never been tested before, we only need one test.
  • The easiest test to start with is a FOBT.
  • If the result is normal, then we do not need to be tested for another year.
  • If the result is abnormal, then we will need follow-up with a colonoscopy.
  • If we have been tested for colon cancer before, be sure our testing is up-to-date.
  Depending on your situation, your doctor may recommend one test over another, so talk to your doctor.

If We Are Not At High Risk, Consider Starting With the FOBT

Because:
  • It is the easiest test.
  • The preparation is simple.
  • We can do it in our own home and on our own time.
  • It is inexpensive.

-- Elisa Tong, MD
Internist, UC Davis
You can do even more to prevent colon cancer. The most effective thing you can do to prevent colon cancer is to get colon cancer testing regularly. Eating healthy foods is certainly good for your health and lowers your risk of getting cancer, but even so, you can still get colon cancer.

Many People Believe That…

“Many People Believe That… 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.”

“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.”

Koj xav li cas?

Nws zoo heev uas tham koj mus tso quav los kuj. Kuv xav hais tias rau ntawm kuv tus kheej, tej kuv kuv yuav tis kaj tus mob kheesxaws hnyuv.

What Else Can You Do To Lower Your Risk Of Getting Colon Cancer?

The following may help you not get colon cancer, but you still need to get tested to make sure you do not have it:

- Eat healthy food
- Avoid alcohol
- Do not smoke
- Exercise

Talk to your doctor about other prevention options including:

- Taking aspirin
- Regular colon cancer testing can find and remove any polyps and abnormal changes in the colon before they become cancers.

What do you think?

Koj xav li cas?

“People who get colon cancer tests may live longer. Regular colon cancer tests can find and remove any polyps and abnormal changes in the colon before they become cancers. So, to be sure that you do not have colon cancer, get colon cancer testing.”

It is good to have normal bowel movements. Drinking liquids is good for your digestion and bowel movements.

What do you think?

Koj xav li cas?

“Many People Believe That…”

“Feem Ntau Tib Neeg Ntseeg Hais Tias…”

“Kuv tis haus cawv los haus luam yeeb, thiab kuv noj zaub mov zoo li tej zaub xws, kuv ntseeg hais tias kuv muaj tis tus kheesxaws hnyuv no.”

“Kuv lub plab zom zaum moo, kuv hauz kua zaub tsuag thiab haus dej ntau heev. Kuv mus tso quav los kuj zoo. Kuv xav hais tias rau ntawm kuv tus kheej, tej kuv kuv yuav tis kaj tus mob kheesxaws hnyuv.”

“Kuv tiv thaij tau tus mob kheesxaws hnyuv vim kuv siv tshaj ntsab los pab ntxhuv kuv lub plab hnyuv.”
Many People Believe That…

"I can prevent colon cancer by taking traditional herbal or Hmong medicine or eating special foods to cleanse my digestive system."

What do you think?

• Traditional herbal or Hmong 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 colon cancer testing regularly.

Many People Believe That…

"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.
• At this time, the best way to know whether you or your family have colon cancer is to get colon cancer testing.
• You can set a good example for your family by getting colon cancer testing regularly.

Many People Believe That…

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

What do you think?

• It is good that you feel healthy, but colon cancer can still develop in people who are feeling well.
• The older you get, the higher your chances are of getting colon cancer.
• One proven way to stay healthy after age 50 is to get colon cancer testing regularly.
Many People Believe That…
"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 do not have colon cancer, getting tested now will give you peace of mind.
• Even if you do get colon cancer, regular colon cancer testing can find it early enough to treat it effectively and save your life.

--- Rose Xiong, Board President Hmong Women’s Heritage Association

How Do We Ask Our Doctors For Colon Cancer Testing?
• We have a right to be healthy.
• We can ask our doctors respectfully about colon cancer tests.
• Bring the brochure to our doctors and ask:
  "Have I had regular colon cancer testing?"
• If our doctors say we have not had regular testing, ask:
  "Can you help me get regular colon cancer testing?"
• If we have had testing, ask:
  "When am I due for my next test?"

--- Huy N. Trinh, MD

Peb Yuav Nug Peb Tus Kws Kho Mob Txog Cov Kev Kuaj No Li Cas?
• Nqa daim ntawv nrog koj thiab nug: "Kuv puas tao kuaj tiv thaiv tus mob kheesxaws hnyuv raws caij nyoog?"
• Yog tis tao kuaj, nug: "Koj pab xa kuv mus kuaj tiv thaiv kheesxaws hnyuv puas tao?"
• Yog twb kuaj tag lawm, nug: "Thaum twg mam txog caij rau kuv rov kuaj dua?"
Prevention Is Better Than Treatment.
Colon Cancer Testing Leads To 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 tested!

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WITH THANKS TO
HWHA Staff; HWHA Senior groups; Rose Xiong; Dr. Kash Nyajhauvtsua Vang, MD; Kia Chue Xiong; Women’s Health Specialist; Albert Yu, MD; Don Ng, MD; Barbara Mak, FNP; Huy N. Trinh, MD; Lisa Chan; Ching Tse; Tai-Yee Leung; Hy Lam; and iarte design.

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