

## Why should you be concerned about colorectal cancer?

For Chinese Americans, colorectal cancer is one of the most common cancers in both men and women.

***Colorectal cancer can cause death!***

## How does colorectal cancer start?

Colorectal cancer begins as a growth (polyp) in the colon and rectum. Some polyps can become cancer.

## What are the symptoms of colorectal cancer?

**Many people with colorectal cancer do NOT have symptoms.**

When symptoms appear, they could be:

- Blood in stool
- Change in bowel movements
- Weight loss without clear cause
- Persistent abdominal pain
- Constant fatigue

***Don't wait for symptoms when it may be too late!***

## Who gets colorectal cancer?

Having any of the following can raise the risk of getting colorectal cancer:

- Older age (45 years or older)
- Colon polyps
- Family history of colorectal cancer
- Obesity, alcohol or cigarette use, or inflammatory bowel diseases

## Can you prevent colorectal cancer?

Yes! The proven way to prevent colorectal cancer is to get regular screening tests. Doctors can find and remove polyps or early cancer.

***Get colorectal cancer screening starting at age 45 (earlier if you have a family history)!***

## Which colorectal cancer screening test should you get?

There are 2 common proven tests.

You only need to do one. Watch a video to learn about FOBT/FIT and colonoscopy at [www.Smiles999.org](http://www.Smiles999.org).

## Fecal Occult Blood Test (FOBT/FIT)

Your doctor gives you a kit. You collect a little stool at home and then return it to your doctor or lab.

***FOBT/FIT should be done once a year!***

## Colonoscopy

Your doctor uses a soft lighted tube to look for polyps or signs of cancer inside your colon and rectum. This is done at a hospital or clinic.

***Colonoscopy should be done once every 10 years!***

Other proven tests are sigmoidoscopy, CT colonography, and FIT-DNA.

***Ask your doctor for the right test for you. If unsure, ask for FOBT/FIT!***

## Is there another way to prevent colorectal cancer?

Chinese Americans may think that these habits are good for the colon:

Be physically active; eat fruits, vegetables, and fiber; drink more water; have regular bowel movements; and keep a positive attitude.

These are good habits but not proven to prevent colorectal cancer.

***Colorectal cancer screening is PROVEN to prevent colorectal cancer or find it early so it can be cured!***

## Do you have these concerns?

- The FOBT/FIT is messy and dirty.  
**It is not that much messier than going to the bathroom.**
- Colonoscopy is time consuming and uncomfortable.  
**Peace of mind and long life are worth a little discomfort once every 10 years.**  
**FOBT/FIT is a simpler option.**
- Fear of finding cancer.  
**If colorectal cancer is found early, it is curable.**

**Remember, colorectal cancer can be prevented and, if found early, cured!**

Produced by effort of the Colorectal Cancer Prevention Project from Chinese Community Health Resource Center, University of California, San Francisco, and NICOS Chinese Health Coalition.

This brochure is funded by the UCSF Prevention Research Center (PRC), which is funded by the Centers for Disease Control and Prevention through Cooperative Agreement Number 5U48DP004998

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## 如何預防大腸癌 專為華人而設的指引

### How to Prevent Colorectal Cancer A Guide for Chinese Americans



大腸癌預防從您開始。  
今天就採取行動要求您的醫生給  
您做大腸癌檢查。

Preventing colorectal cancer starts  
with you. Take action by asking  
your doctor for colorectal cancer  
screening today!

若獲取更多資訊, 請瀏覽以下網址:

Learn more at:

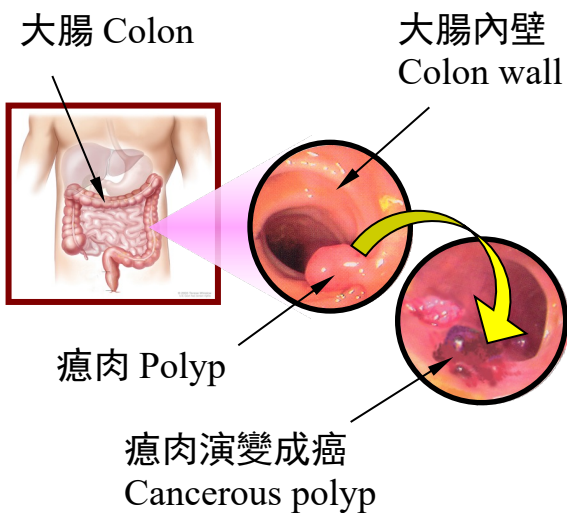
[www.Smiles999.org](http://www.Smiles999.org)

## 為什麼要關心大腸癌？

大腸癌是華裔男女最常見的癌症之一。  
大腸癌可以致命！

## 大腸癌是如何形成？

大腸癌始於大腸及直腸內的腫塊，稱為瘻肉。有些瘻肉會演變為大腸癌。



## 大腸癌有什麼症狀？

很多患有大腸癌的人仕都沒有任何症狀。

但當症狀出現時，可能有以下幾種：

- 糞便有血
- 排便有改變
- 無緣故的體重減輕
- 持續性腹痛
- 長期疲倦

不要等待症狀出現，否則便會太遲！

## 什麼人會患上大腸癌？

有以下因素的人會有較高的風險患上大腸癌：

- 年齡增長（45歲或以上）
- 大腸有瘻肉
- 家族有大腸癌的病史
- 肥胖
- 使用酒精或香煙
- 有炎症性腸病

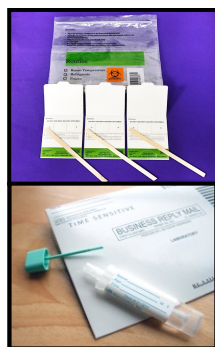
## 大腸癌是否能預防？

大腸癌是可以預防的！定期做大腸癌檢查是證實為最有效預防大腸癌的方法。醫生可以發現和切除瘻肉並早期發現大腸癌。大腸癌檢查應從45歲開始（如果您的家族有大腸癌病史應當更早開始）！

## 您應該做那一種大腸癌檢查？

大腸癌檢查有兩種常見有效的方法。您只須要做其中一種。請瀏覽網址 [www.Smiles999.org](http://www.Smiles999.org) 觀看影片，了解有關大便潛血及大腸鏡檢查的更多信息。

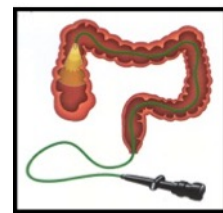
## 大便潛血檢查 (FOBT/FIT)



醫生會給您一個大便收集樣本信封。在家中收集少量大便樣本後，將樣本入信封，然後寄給醫生或化驗所。

大便潛血檢查應該每年做一次。

## 大腸鏡檢查 (Colonoscopy)



醫生會用一條附有燈光的幼細軟管檢查大腸和直腸是否有瘻肉或癌的跡象。此檢查會在醫生診所或醫院內進行。

大腸鏡檢查應該每十年做一次。

其他有效的檢查包括：乙狀結腸鏡檢查，CT 大腸掃描和 FIT-DNA 檢查。

請詢問您的醫生哪一種大腸癌檢查最適合您。如不確定，請要求做大便潛血檢查！

## 有其他方法預防大腸癌嗎？

華裔認為以下對大腸有益處：經常鍛煉身體；多吃水果，蔬菜和含纖維的食物；多喝水；排便有規律及保持積極的態度。

這些都對您的健康有益處，但在科學上沒有證實這些生活方式能夠預防大腸癌。

做大腸癌檢查是被證實為能夠預防或早期發現大腸癌的最有效方法，並能使大腸癌及時獲得治癒！

## 您有這些顧慮嗎？

- 大便潛血檢查是骯髒和麻煩的。  
答：大便潛血檢查不會比上廁所更骯髒。
- 做大腸鏡檢查費時間並且不舒服。  
答：每十年一次，忍受一點不舒服可以換取安心和長壽是值得的。大便潛血檢查也是一項比較容易做的選擇。
- 害怕發現自己有大腸癌。  
答：如果及早發現，大腸癌是可以治癒的。



**請記住**  
大腸癌是可以預防的，若及早發現，大腸癌是可以治癒的！

預防大腸癌計劃

Colorectal Cancer Prevention Project  
華人社區健康資源中心 ◆ 三藩市加州大學 ◆ 華人健康組織聯會  
CCHRC UCSF NICOS