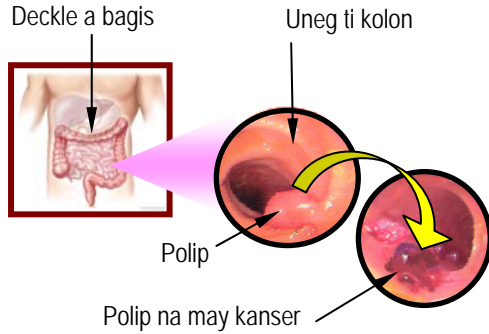


APAY KASAPULAN NGA MALAPPEDAN ITI COLON CANCER?

Ti kolon kanser ket mangrugi a panagdakkel iti sadinuman a paset ti kolon, managanan daytoy ti "polyp". No haan nga maikkat, dagiti dadduma a "polyps" ket agbalin a kanseros. Ti kolon kanser ket mabalin a pakaigapuan iti ipapatay.



ANIA DAGITI SINTOMAS ITI KOLON KANSER?

Adu a tattao nga adda kolon kanserda ket AWAN iti sintomasda. Ngem no agparang iti sintomas, isuda dagitoy:

- Adda dara iti naiebleng wenno naitakki
- Panagbalbaliw iti kankanayon a panag-ebheng
- Kumutkutong nga awan maitutop a rason
- Kankanayon nga agsakit iti boksit
- Marikna iti pannakabannog nga awan iti gapuna

SIASINO ITI MAKAALA TI KOLON KANSER?

Uray siasinno. Masgagangay para kadagiti agtawen iti 50 agpangato. Dagiti sumagmamanad a banag nga mangpadakkel ti kundaway tapno makaala ti kanser:

- Addaan "polyps"
- Addaan sakit nga Crohn's wenno nakaro a pinagletteg ti boksit (Ulcerative Colitis)
- Addaan kabagyan nga adda kolon kanser
- Ditoy Hawaii, ti kolon kanser ket maikatlo a masgagangay a kanser kadagiti Pilipino a lalaki ken babai

KASANOTAYO A LAPDAN TI KOLON KANSER?

- Regular a panagpaamiris para iti kolon tapno maduktalan iti "polyps" ket maikkat sakbay nga agbalin a kolon kanser
- Kasapulan a mangrugi nga agpaamiris manipud agtawen 50

ANIA A KLASE TI PINAGPAAMIRIS ITI KASAPULAK NGA ARAMATEN?

Adda iti 2 a epektibo nga pamayan: Kasapulak laeng ti maysa. Kasaritam ti doktormo tapno tulungan naka nga agpili.

1. **Pinang-amiris no adda dara iti dakkim wenno Fecal Occult Blood Test (FOBT) ket kasapulan nga ubraen maminsan iti tinnawen.**

Mangted ti doktormo iti usarem tapno maaramidmo daytoy nga pinagpaamiris idyay balaymo. Mangalaka ti sangkabassit nga sample ti takkim ket ibusonmo idyay doktor wenno laboratory.

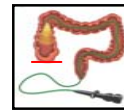


2. **Endoscopy: Sigmoidoscopy or Colonoscopy**



Nasken a maaramid ti Sigmoidoscopy kada 5 a tawen.

Iti doktormo ket usarena iti maysa a mapilkopilko ken napino a plastik nga tubo tapno makita ti uneg ti kerret ken akinbaba a paset ti kolon tapno mabirukan no addaan ti "polyps" wenno senyales ti kanser. Maaramat daytoy nga pinagpaamiris idyay klinika ti doktor.



Nasken a maaramid ti Colonoscopy kada 10 a tawen.

Iti doktormo ket usarena iti at-atiddog a tubo nga plastic tapno kitaenna ti intero a kolon. Maaramat daytoy nga pinagpaamiris idyay klinika wenno ospital.

ADA KADPAY SABALI A BANAG TAPNO MALAPPEDAN TI KOLON KANSER?

Iti masansan a pinagpaamiris ket isu laeng ti napaneknekan nga pumayan tapno malappedan ti kolon kanser.

Dagitoy sumaganad ket tumulong a mangipababa ti tiansayo a makaala ti kolon kanser, ngem kasapulak latta ti agpaamiris:

- Mangan ti makapasalunat a taraon (iyad-adu dagiti prutas ken natnateng ken kissayan dagiti nataba a taraon)



- Dika agsigarillo



- Liklikan ti arak



Kasaoyo ti doktoryo maipanggep ti:

- Panagwatwat



- Panagtumar ti aspirin



BAYADAN KADI TI INSURANCE DAGITAY A PINAGPAAMIRIS?

Ti health insurance ken dagiti para ti salun-at nga programa ti gobyerno ket mabalin na nga bayadan ti maysa kadagitoy nga klase ti pinagpaamiris.

ADDAPAY KAYAT NGA MAAMUAN?

No addaan kayat nga maamuan, tawagan ti:

UH SEED

Asian American Network for Cancer Awareness, Research and Training

2600 Campus Rd. QLCSS Rm. 413

Honolulu, HI 96822

(808) 371-3948

Email: sya@hawaii.edu or cuaresma@hawaii.edu

ANIA TI ARAMIDEK ITAN?

Tawagam ti doktormo itan a lawas tapno adda aldaw a panangkitana kenka ket pagsaritaanyo ti piliem a klase iti pinagpaamiris maipanggep ti kolon kanser

Isurat ti aldaw iti appointment ken anyaman a saludsud nga kayatmo nga damagen ti doktormo. Itugotmo daytoy a brochure tuno ingka ti doktormo para ti appointment mo.

Nagan ti doktor: _____
Address: _____

Telepono: _____
Aldaw ti pinagpakita: _____ Oras: _____

Dagiti saludsud para ti doktor:

Laglagipen...

Ti pananglapped ket nasaysayaat ngem ti panangagas.

Ti pinagpaamiris ti kolon kanser ket makaiturong iti nasayaat a salun-at ken at-atiddog a biag.

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?

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
- For Filipinos in Hawaii, colon cancer is the third most common cancer in both men and women.

HOW CAN WE PREVENT COLON CANCER?

1. Get regular colon cancer tests to find polyps or early colon cancer and remove them.
2. 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
- 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?

If you have questions, please contact:

UH SEED
Asian American Network for Cancer Awareness, Research and Training
2600 Campus Road. QLCSS, Rm. 413
Honolulu, HI 96822
(808) 371-3948

Email: sya@hawaii.edu or cuaresma@hawaii.edu

WHAT SHOULD I DO NOW?

Call your doctor this week for an appointment to discuss your colon cancer testing options.

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 Screening Promotes
Good Health And Longevity.

Produced by Filipino Healthy Living Project
Asian American Network for Cancer Awareness, Research and Training
University of Hawai'i Student Equity, Excellence and Diversity, and
Suc Khoe La Vang! (Vietnamese Community Health Promotion Project)
at University of California, San Francisco.
Funded by the National Cancer Institute. NCI Grant R01CA138778
All rights reserved. April, 2012 Ilokano version



Kasano a Malappedan iti Colon Cancer?

How Can We Prevent Colon Cancer?



Filipino Community
Health Program



Student Equity, Excellence and Diversity
University of Hawai'i at Manoa

