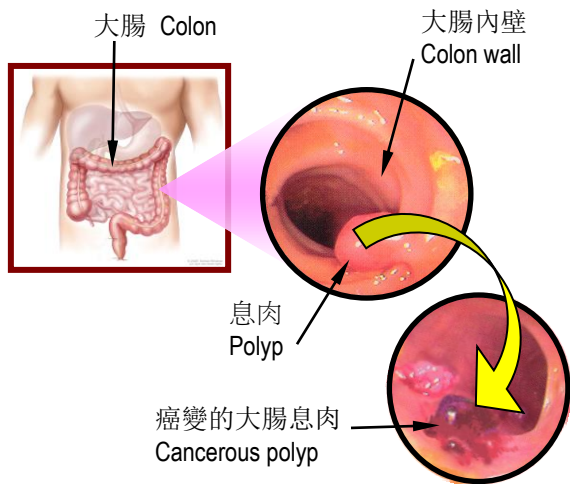


## 為什麼要預防大腸癌？

大腸癌始於大腸內的腫塊，又稱為息肉。如果不切除，有些息肉會慢慢惡化並演變為癌。大腸癌可以致命。



## 大腸癌有甚麼症狀？

很多患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
- 無原故的體重減輕
- 持續性腹痛
- 長期疲倦

## 那些人會患上大腸癌？

任何人仕如有以下因素，患大腸癌的風險較高：

- 五十歲以上
- 大腸有息肉
- 有某些炎症性腸病
- 父母或兄弟姐妹患有大腸癌

大腸癌是華裔男女第二常見的癌症。

## 如何才能預防大腸癌？

- 最好的方法是定期做大腸癌檢查。這些檢查能發現大腸息肉，早期大腸癌或不正常的變化，及早切除
- 從五十歲起，你應該定期做大腸癌檢查。

## 你應該做那種大腸癌檢查？

大腸癌檢查有三種方法。通常你只需做其中一種。請向你的醫生諮詢一種最適合你的方法。

### 1. 大便潛血檢查 (FOBT)

醫生會給你其中一種大便潛血檢查收集



信封包，方便你在家中進行。你收集少量大便樣本，然後寄信封包給醫生或化驗所。



大便潛血檢查應該每年做一次。

### 2. 結腸鏡檢查 (Sigmoidoscopy)

醫生會用一條附有燈光的幼細軟管放進你的直腸，檢查直腸及小部份結腸是否有息肉或癌變的跡象。此檢查會在醫生診所或醫院內進行。



結腸鏡檢查應該每五年做一次。

### 3. 大腸鏡檢查 (Colonoscopy)

醫生會用一條較長的管子檢查整條大腸。此檢查是在醫院內進行的。



大腸鏡檢查應該每十年做一次。

## 還有其他方法預防大腸癌嗎？

定期接受大腸癌檢查是唯一能夠有效預防大腸癌的方法。

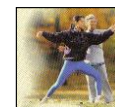
實行以下各項可能降低你患大腸癌的機會率，但無法完全預防癌症的發生：

- 健康飲食 (少吃脂肪，多吃蔬果)
- 不要吸煙



你也可向你的醫生諮詢以下預防方法：

- 使用預防性藥物 (例如阿司匹林)
- 經常運動



## 大腸癌檢查的費用是多少？

健康保險公司及政府的健康保險計劃通常都會承保大腸癌檢查的費用。

如果你是三藩市的居民，但沒有健康保險計劃，你可申請“健康三藩市計劃”(Healthy San Francisco)，請參看有中文版本的網址：[www.healthysanfrancisco.org](http://www.healthysanfrancisco.org)。

## 需要更多資料？

你如有其他問題或需要更多有關預防大腸癌的資料，請與我們聯絡：

華人健康組織聯會  
[www.asianarch.org](http://www.asianarch.org)

## 預防大腸癌，從何做起？

1. 本週就預約你的醫生，瞭解有關大腸癌的情況。如果你需要翻譯，請向醫生提出要求。**切勿延誤!**
2. 要求做最適合你的大腸癌檢查。
3. 記得一生都要定期做大腸癌檢查。

請用下面的表格記錄你預約做大腸癌檢查的時間，並寫下你需要向醫生諮詢的問題。看醫生時，記得攜帶這本冊子。

醫生姓名： _____
地址： _____
電話： _____
預約日期： _____ 時間： _____
向醫生詢問的問題： _____ _____ _____ _____

**請記住...**

**如能及早發現，及早治療，**

**大腸癌是可以治癒的。**



Asian American Research Center on Health (ARCH)  
[www.asianarch.org](http://www.asianarch.org)

# 如何預防 大腸癌？

專為華人而設的指引

How to Prevent Colon Cancer  
A Guide for Chinese Americans



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

華人健康組織聯會 ◆ 三藩市州立大學 ◆ 三藩市加州大學

## 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 bowel movements
- Weight loss without obvious reason
- Persistent abdominal pain
- Constant fatigue

## WHO GETS COLON CANCER?

A person who has any of these risk factors is more likely to develop colon cancer:

- Age 50 and older
- Has colon polyps
- Has certain inflammatory bowel diseases
- Parents or siblings with colon cancer

For Chinese Americans, colon cancer is the second most common cancer in both men and women.

## HOW CAN I PREVENT COLON CANCER?

- Regular colon cancer screenings (tests that can find polyps or early colon cancer)
- Colon cancer screenings should start at age 50

## WHICH COLON CANCER SCREENING TEST SHOULD I GET?

- There are 3 effective tests
- You may only need one
- Talk to your doctor to pick a test

## 1. Fecal Occult Blood Test (FOBT)

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.

**FOBT should be done once a year.**

## 2. Sigmoidoscopy

Your doctor uses a soft lighted tube to look for polyps or signs of cancer inside your rectum and lower colon. The procedure is done at a doctor's office, clinic or hospital.

**Sigmoidoscopy should be done once every 5 years.**

## 3. Colonoscopy

Your doctor uses a longer tube to look at the entire colon. This procedure is done at a hospital.

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

## ARE THERE ANY OTHER WAYS TO PREVENT COLON CANCER?

Regular colon cancer screening is the only proven method to prevent colon cancer.

The following may help lower your chance of getting cancer, but they DO NOT completely prevent it:

- Eat a healthy diet (low in fat and high in fruits and vegetables)
- Do not smoke cigarettes

You also can ask your doctor about:

- Medicines (such as aspirin)
- Regular exercise

## HOW MUCH DO THESE TESTS COST?

Health insurance and government health programs usually pay for these tests.

If you do not have health insurance and you are a San Francisco resident, you can apply for "Healthy San Francisco" at [www.healthysanfrancisco.org](http://www.healthysanfrancisco.org). (Chinese language available).

## NEED MORE INFORMATION?

If you have questions, please visit [www.asianarch.org](http://www.asianarch.org)

## HOW DO I START TO PREVENT COLON CANCER?

1. Call your doctor this week for an appointment to talk about colon cancer. If you need an interpreter, ask for one. *Don't delay!*
2. Ask for the test that is best for you.
3. Remember to get regular colon cancer screening throughout your life.

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

Doctor's name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Appointment date: \_\_\_\_\_ Time: \_\_\_\_\_

Questions for your doctor: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please remember...

If colon cancer is found early,  
it can be treated and cured.



Asian American Research Center on Health (ARCH)

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

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