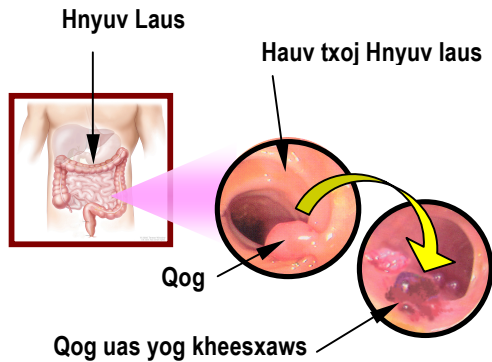


VIM LI CAS THIAJ YUAV TSUM TIV THAIV TUS MOB KHEESXAWS HNYUV?

Kheesxaws hnyuv pib thaum cov noob nqaj hauv txoj hnyuv laus nws hlav tsis zoo thiab txawv txav. Muaj tej zaum cov noob nqaj tsis 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 txoj sia.



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 ntshav nyob rau cov quav
- Mus tso quav txawv yav tag los
- Poob phaus tsis muaj mob dab tsi
- Mob ib ncig ntawm lub plab mog tsis txawj zoo
- Tsuas qaug 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 poj niam thiab txiv neej Hmoob mob ntau tshaj. TXHUA LEEJ TXHUA TUS YEEJ MUAJ FEEM MOB! Qhov kev muaj feem uas loj tshaj rau cov neeg mob kheesxaws hnyuv yog lub noob nyoog laus tshaj 50 xyoo rov saud.

Tej yam uas yuav ua mob tau:

- Muaj qog rau hauv cov hnyuv
- Muaj tus mob Crohn's los ulcerative colitis (mob hnyuv kiav txhab) los
- Yam tag los, ib tug neeg hauv koj tsev neeg twb muaj tus mob kheesxaws hnyuv los lawm.

YUAV UA LI CAS PEB THIAJ TIV THAIV TAU TUS MOB KHEESXAWS HNYUV?

- Mus kuaj nrhiav kheesxaws hnyuv kom raws sijhawm, los yog mus muab rho los muab lub qog hlais tawm thaum tseem ntxov uas tsis tau mob loj.
- Yuav tsum mus pib kuaj thaum muaj 50 xyoo.

KUV YUAV KUAJ YAM KEV KUAJ TIV THAIV KHEESXAWS HNYUV TWG?

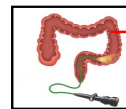
- Muaj 2 yam kev kuaj tiv thaiv kheesxaws hnyuv
- Tej zaum koj tsua yog mus kuaj ib yam xwb
- Nrog koj tus kws kho mob tham seb yam twg yuav tsim nyog mus kuaj

1. Ib xyoo twg yuav tsum kuaj qhov FOBT no ib zaug.



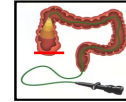
Tus kws kho mob muaj ib pob kuaj FOBT rau koj mus ua tom tsev. Koj yuav so ib qho quav rau hauv pob FOBT thiab muab xa rov qab mus rau koj tus kws kho mob los qhov chaw uas kuaj nyob ntawm lub hnab ntawv.

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



Yuav tsum mus kuaj qhov Sigmoidoscopy no 5 xyoo twg mus kuaj ib zaug.

Tus kws kho mob muab ib txoj yas me ntxig ntawm koj lub qhov quav raws txoj hnyuv mus kuaj txoj hnyuv nplos qhov quav thiab ib qhov ntawm txoj hnyuv laus saib seb puas muaj qog los yog kheesxaws los lwm yam kev txawv txav. Qhov kev kuaj no uas rau hauv qhov chaw kho mob.



Yuav tsum kuaj qhov Colonoscopy no 10 xyoo twg kuaj ib zaug.

Colonoscopy muaj ntsis zoo tib yam li sigmoidoscopy, tsuas yog siv ib txoj yas ntev ntxig kom thoob txoj hnyuv laus thiab hnyuv nplos qhov quav. Qhov kev kuaj no uas rau hauv qhov chaw kho mob.

YUAV UA LI CAS THIAJ LI YUAV TXO TAU KOM QHOV KEV MUAJ FEEM MOB NTAWM TUS MOB KHEESXAWS HNYUV NO?

Txoj kev nquag mus kuaj kheesxaws hnyuv thiaj pab tiv thaiv tau.

Ua raws li hais nram qab no, yuav pab koj kom txhob muaj kheesxaws hnyuv, tiamsis koj yuav tsum tau mus kuaj kheesxaws hnyuv thiaj li pab tau koj:

- Noj zaub mov zoo (Noj txiv hmab txiv ntoo thiab zaub ntau. Tej yam muaj roj yuav tsum noj kom tsawg)



- Tsis txhob haus luam yeeb



- Tsis txhob haus cawv



Nrog koj tus kws kho mob tham txog cov kev pab no:



Dhia ua si



Noj aspirin

DAIM NTAWV KHO MOB PUAS YUAV THEM TUS NQE RAU COV KEV KUAJ KHEESXAWS HNYUV NO?

Feem ntau daim ntawv kho mob them ib qho kev kuaj, tiamsis nyob ntawm koj daim ntawv 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 UA LI CAS?

Hu mus teem sijhawm nrog koj tus kws kho mob los mus tham txog cov kev kuaj ntawm tus mob kheesxaws hnyuv.

Sau koj lub caij teem nrog tus kws kho mob thiab koj cov lus nug. Nqa daim ntawv no nrog koj mus ntsib tus kws kho mob.

Tus kws kho mob npe: _____
 Chaw nyob: _____
 Xov tooj: _____
 Lub caij teem: _____ Caij nyoog: _____
 Lusnug rau tus kws kho mob:

Nco Ntsoov...

Txoj Kev Tiv Thaiv Zoo Dua Kev Kho Mob.

Xav tau lub neej zoo, nyob ib txhiab ib txhis, tsis muaj kev nyuaj siab, yuav tsum tau mus kuaj 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
- 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: _____ _____ _____

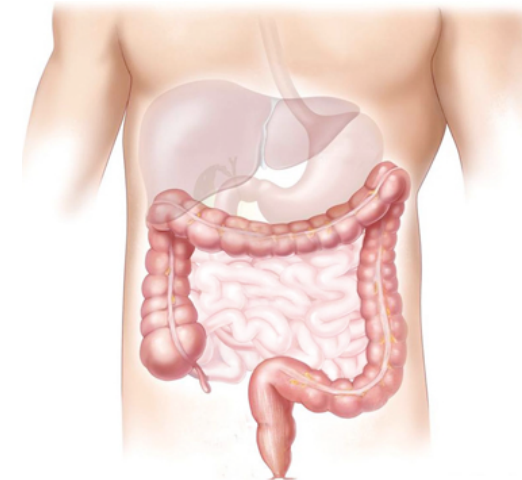
Please remember...

**Prevention Is Better Than Treatment.
Colon Cancer Testing Leads to Good
Health and Longevity.**

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

How Can We Prevent Colon Cancer?



Hmong Healthy Living Project

AANCART Sacramento
Hmong Women's Heritage Association

