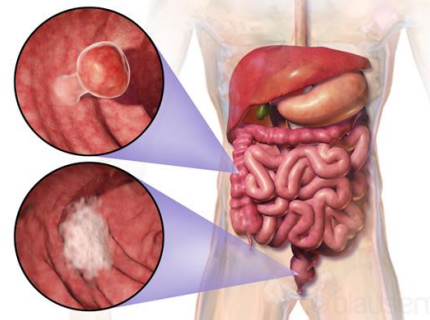




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### WHAT IS COLORECTAL CANCER?

Colorectal cancer is a cancer that occurs in the colon or rectum. This is a very common cancer in both men and women over the age of 45, affecting about 1 in 20 people in the United States. Compared to the 59% national average, only 47% of Asians get screened for colorectal cancer.



### RISK FACTORS

- Older age (occurs mostly over age 45)
- Family history of colorectal cancer or polyps
- Low fiber, high fat diet
- Smoking
- Heavy use of alcohol

### SIGNS AND SYMPTOMS OF COLORECTAL CANCER

- Rectal bleeding or blood in your stool
- Persistent abdominal discomfort, such as cramps, gas or pain
- Weakness or fatigue
- Unexplained weight loss

### PREVENTION

- Eat a healthy diet
- Smart food choices:
  - High fiber foods: oatmeal, vegetables, fruits, whole grains and beans
- Less desirable food choices:
  - high fat or processed meats (hot dogs, roast pork, sausage)
- Exercise regularly
- Maintain a healthy weight

Source: Centers for Disease Control and Prevention

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### IMPORTANCE OF SCREENING

Many people with colorectal cancer have no symptoms in the early stages of the disease and will feel fine. Studies have shown that having colorectal cancer screening lowers the chance of dying from colorectal cancer. **If you're 45 or older, getting a colorectal cancer screening test could save your life! Colorectal Cancer is highly curable if found early.**

#### Screening Tests:

There are different screening tests to find polyps or colorectal cancer:

- **Immunochemical Fecal Occult Blood Test (FIT):**  
The doctor will give you a test kit or refer you to lab. The test looks for tiny amounts of blood in the stool, which may be a sign of cancer.  
**How often:** Once every year.
  - If test is abnormal, the doctor will schedule you for colonoscopy.
- **Colonoscopy:** A long flexible tube with a tiny video camera is inserted into the rectum. This allows the doctor to view the colon for polyps, or cancer. If necessary, polyps or other abnormal tissues may be removed.  
**How often:** Every 10 years if the test result is normal.

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### 甚麼是大腸癌?

大腸癌是發生在結腸或直腸的癌症。在 45 歲以上的男性和女性中是一種很常見的癌症。每 20 人中就有 1 人患上這種癌症。大腸癌的平均篩檢率為百分之 59, 而亞裔的大腸癌篩檢率只有百分之 47。

### 風險因素

- 年齡較大 (大多發生在 45 歲以上)
- 有大腸癌或息肉的家族史
- 低纖維, 高脂肪的飲食
- 吸煙
- 酗酒

### 大腸癌的徵兆和症狀

- 直腸出血或大便有血
- 持續腹部不適, 例如腸痙攣、胃脹氣和疼痛
- 感到虛弱或疲倦
- 原因不明地體重下降

### 預防

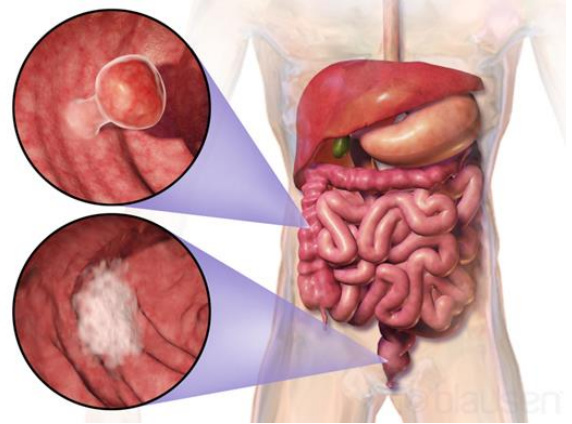
- 健康的飲食
- 精明的食物選擇:
  - 高纖維的食物, 如麥片、蔬菜、水果、全穀類、豆類等
- 不太理想的食物選擇:
  - 高脂肪或加工肉類 (熱狗, 烤豬肉, 臘腸)
- 經常運動
- 保持健康的體重

資料來源:

- Centers for Disease Control and Prevention

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### 篩檢的重要性

很多患有大腸癌的人在疾病的早期都沒有任何症狀並會感覺良好。研究指出大腸癌篩檢可以降低因患大腸癌而死亡的幾率。

**如果您是 45 歲或以上, 做大腸癌篩檢可救你一命! 大腸癌若能早期發現, 存活率是很高的。**

### 篩檢方法:

有不同的篩檢方法可以用來找出息肉或大腸癌:

- **免疫化學大便隱血測試:**  
醫生會給您一套化驗工具或會轉介您到化驗室拿一套化驗工具。這個篩檢方法是在您的糞便中尋找少量血液, 這可能是癌症的徵兆。  
**多久要測試一次:** 每年一次。  
◦ 如果檢查結果有異常, 醫生會幫您預約做詳細的大腸鏡檢查。
- **大腸鏡檢查:** 醫生用一個帶有微型攝像機的柔性長管插入到直腸。醫生可通過鏡管檢查大腸是否有息肉或癌細胞。如果需要, 可在檢查時取出息肉或其他異常組織。  
**多久要檢查一次:** 如果檢查結果正常, 只需每十年做一次。

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