



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

How Can We Prevent Colon Cancer?

# Hnub No Peb Yuav Kawm Txog Dabtsi?



## **Peb yuav kawm txog:**

- **Kheesxaws Hnyuv yog dabtsi**
- **Yuav ua li cas thiaj tiv thaiv tau**
- **Cov kev kuaj rau kheesxaws hnyuv uas yuav pab tau koj**
- **Yuav ua li cas thiaj li mus kuaj tau kheesxaws hnyuv**

# Hnub No Peb Yuav Kawm Txog Dabtsi?

Tom qab peb qhov kev kawm no, peb yuav kawm txog:

- Kheesxaws hnyuv yog dabtsi
- Yuav ua li cas thiaj tiv thaiv tau
- Cov kev kuaj rau kheesxaws hnyuv uas yuav pab koj
- Yuav ua li cas thiaj li mus kuaj tau kheesxaws hnyuv

## What Will We Learn Today?

By the end of this gathering, we will learn:

- What colon cancer is.
- How to prevent it.
- Colon cancer tests that can save your life.
- How to get colon cancer screening.

## Hnub No Peb Yuav Kawm Txog Dabtsi?



- Peb yuav kawm txog:
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## Why Should Hmong Be Concerned About Colon Cancer?

- For Hmong, colon cancer is the second most common cancer in both men and women.
- You can prevent colon cancer!



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Leej Twg Thiaj Li Yuav Mob Kheesxaws Hnyuv?

TXHUA LEEJ TXHUA TUS YEEJ MUAJ FEEM MOBI!

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- Kheesxaws hnyuv no pib muaj rau thaum neeg laus zuj zus. Feem ntau muaj rau yav noob nyooog 50 xyoo rov saud.
- Feem ntau cov muaj tus mob kheesxaws hnyuv tsis muaj mob dabtsi tsuas yog lawv lub noob nyooog laus laem xwb.



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# Leej Twg Thiaj Li Yuav Mob Kheesxaws Hnyuv?

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- Poj niam thiab txiv neej puav leej muaj feem mob tau kheesxaws hnyuv!
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### Who Can Get Colon Cancer?

- Anyone! Both men and women can get colon cancer!
- As you get older, the risk continues to increase (more common in those who are 50 and over).
- Most people who get colon cancer have no other risk factor besides their age.



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Puas Muaj Dua Lwm Yam Kev Muaj Feem Ua Rau Yus Muaj Tus Mob No?

- Feem ntau cov neeg muaj tus mob kheesxaws hnyuv tsis muaj hm yam mob dabtsi tsuas yog lawv lub noob nyooq laus.
- Cov kev muaj feem uas ua rau koj mob tau kheesxaws hnyuv yog: muaj qog nyob ntawm txoj hnyuv laus thiab hnyuv nplon qhov quav, muaj tus mob Crohn's los ulcerative colitis (mob hnyuv kluv txhan), los yog yam tag los, ib tug neeg haur koj tsav neeg tab muaj tus mob kheesxaws hnyuv los laus.
- Nrog koj tus kas kho mob than txog cov kev muaj feem no.



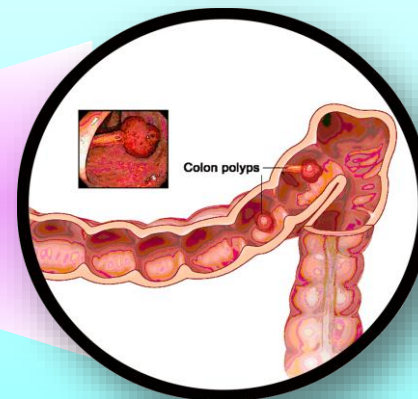
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- Nrog koj tus kws kho mob tham txog cov kev muaj feem no.





# Puas Muaj Dwa Lwm Yam Kev Muaj Feem Ua Rau Yus Muaj Tus Mob No?

- Feem ntau cov neeg muaj tus mob kheesxaws hnyuv tsis muaj mob dabtsi tsuas yog lawv lub noog nyoog laus lawm xwb.
  - Cov kev feem uas ua raus koj mob tau kheesxaws hnyuv yog:
    - Muaj qog nyob ntawm txoj hnyuv laus thiab hnyuv nplos qhov quav
    - 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.
- Nrog koj tus kws kho mob tham txog cov kev muaj feem no. Yog koj muaj cov kev feem mob no, koj yuav tsum nrog koj tus kws kho mob tham.

## What Are Other High Risk Factors?

- Most people who get colon cancer have no other risk factor besides their age.
- Some other high risk factors for colon cancer are:
  - Has colon polyps.
  - Has diseases such as Crohn' s or Ulcerative Colitis.
  - Has parents, siblings, or other close blood relatives with colon cancer.

Talk to your doctor about these risk factors. If you have any of these other risk factors, you have to talk to your doctor.

## Puas Muaj Dwa Lwm Yam Kev Muaj Feem Ua Rau Yus Muaj Tus Mob No?

- Feem ntau cov neeg muaj tus mob kheesxaws hnyuv tsis muaj hwm yam mob dabtsi tsuas yog lawv lub noob nyoog laus.
- Cov kev muaj feem uas ua raus koj mob tau kheesxaws hnyuv yog: muaj qog nyob ntawm txoj hnyuv laus thiab hnyuv nplos qhov quav, muaj tus mob Crohn' s los ulcerative colitis (mob hnyuv kiav txhab), los yog yam tag los, ib tug neeg hauv koj tsev neeg twb muaj tus mob kheesxaws hnyuv los lawm.
- Nrog koj tus kws kho mob tham txog cov kev muaj feem no.



## What Are Other High Risk Factors?

- Most people who get colon cancer have no other risk factor besides their age.
- Additional high risk factors include having had a colon polyp, some diseases such as Crohn' s or Ulcerative Colitis, or a family history of colon cancer.
- Talk to your doctor if you have these risk factors.

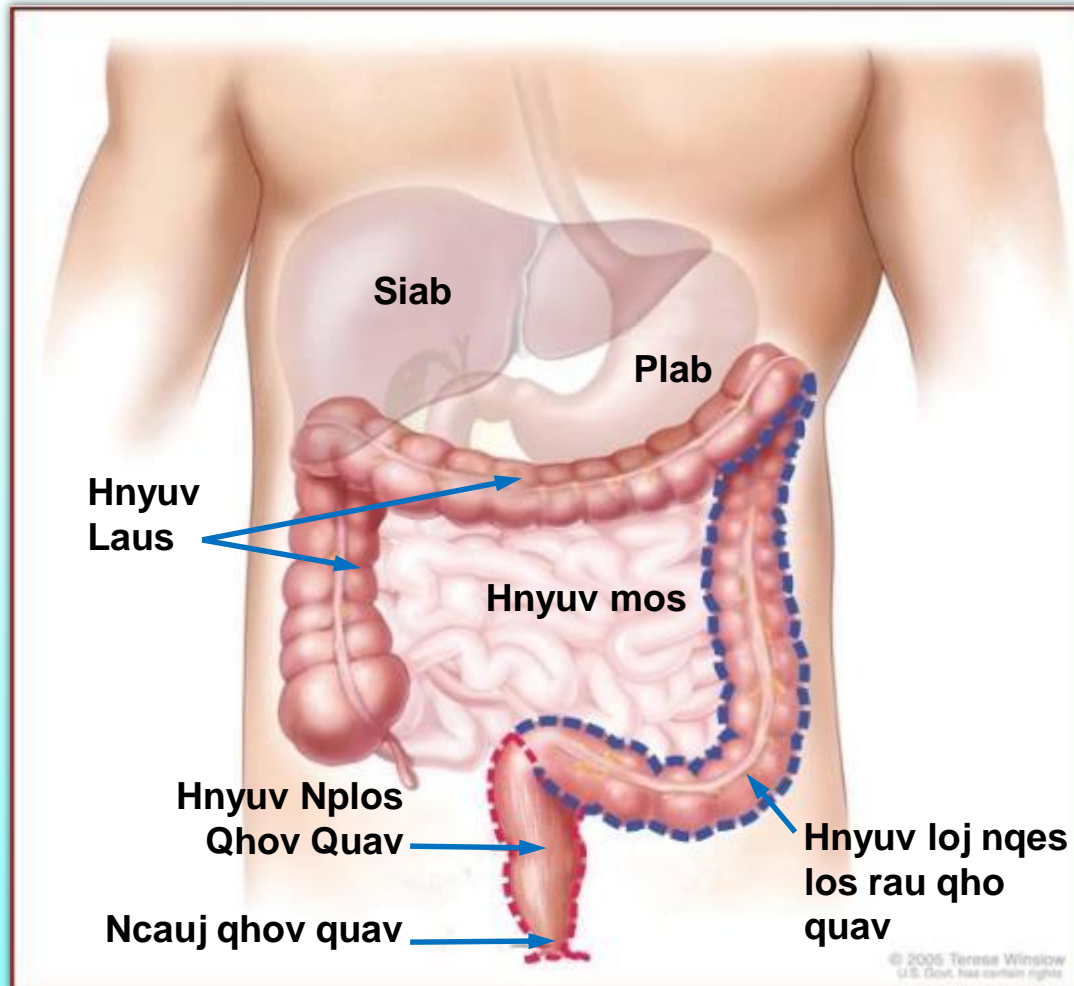


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## Txoj Hnyuv Laus Thiab Hnyuv Nplos Qhov Quav Nyob Qhov Twg Thiab Nws Ua Hauj Lwm Li Cas?



# Txoj Hnyuv Laus Thiab Hnyuv Nplos Qhov Quav Nyob Qhov Twg Thiab Nws Ua Hauj Lwm Li Cas?



# Txoj Hnyuv Laus Thiab Hnyuv Nplos Qhov Quav Nyob Qhov Twg Thiab Nws Ua Hauj Lwm Li Cas?

- Txoj hnyuv nyob ntawm qab plab mog.
- Txoj hnyuv mos txuas ntawm lub qab plab, txoj hnyuv laus txuas ntxiv ntawm txoj hnyuv mos, txoj hnyuv laus mam li txuas mus rau txoj hnyuv nplos qhov quav mus rau lub ncauj qhov quav.
- 3 txoj hauj lwm ntawm txoj hnyuv laus:
  1. Pab nqub cov dej thiab as ham zoo los ntawm cov khoom peb noj
  2. Txais tos thiab khaws cia cov zaub mov zoo uas peb noj kom nyob rau haum peb lub cev
  3. Pab tshem tawm lwm yam zaub mov tsis zoo los tsis siv cia mus ua quav

## Where Is The Colon Located And What Does It Do?

- The colon is the lower part of the digestive tract. It is located in the belly below the stomach.
- The top of the colon connects to the small intestine. The bottom of the colon connects to the anus.
- Three main functions of the colon are:
  1. To absorb water, vitamins and minerals from digested food.
  2. To receive and store food waste.
  3. To remove food waste from the body.

Txoj Hnyuv Laus Thiab Hnyuv Nplos Qhov Quav Nyob Qhov Twg Thiab Nws Ua Hauj Lwm Li Cas?



Where Is The Colon Located And What Does It Do?

- Liver
- Stomach
- Small intestine
- Colon
- Rectum
- Anus



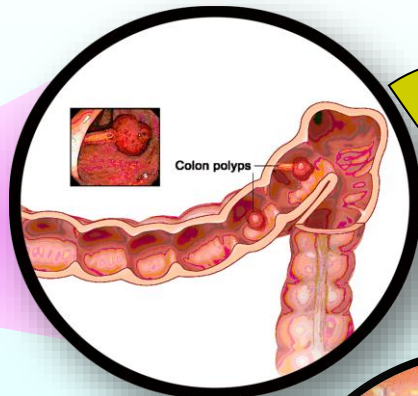
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Kheesxaws Hnyuv Yog Dabtsi?





# Kheesxaws Hnyuv Yog Dabtsi?



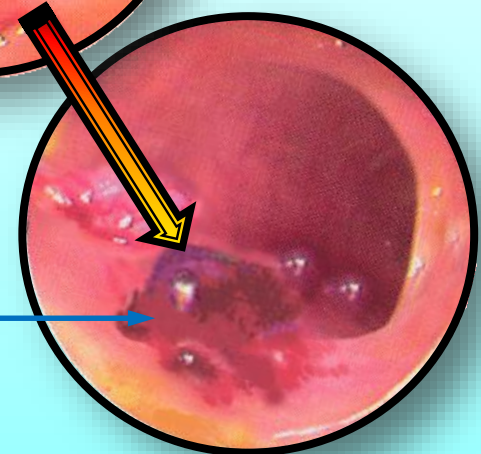
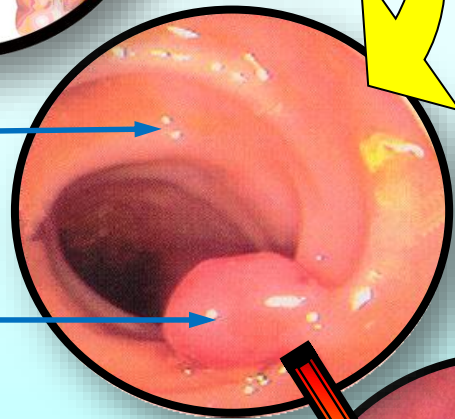
Hauv txoj  
Hnyuv laus



Qog



Qog uas yog  
kheesxaws



# Kheesxaws Hnyuv Yog Dabtsi?

- Kheesxaws hnyuv pib thaum cov noob nqaij hauv txoj hnyuv laus nws hlav tsis zoo thiab txawv txav. Muaj tej zaum cov noob nqaij tsis zoo no yuav hloov mus ua ib lub qog hu ua “polyp.”
- Cov qog no tseem tsis tau yog kheesxaws.
- Yog cia cov qog no nyob ntev mus, nws kuj muaj peev xwm hloov mus ua kheesxaws.
- Yog nrhiav tau cov qog no thaum ntxov thiab muab tshem ntawm, yuav tiv thaiv tau kom txhob mob kheesxaws hnyuv.

## What Is Colon Cancer?

- Colon cancer begins as an abnormal growth in the colon which can turn into a tumor, called a “polyp.”
- A polyp is not cancer.
- Over time, however, some colon polyps can become cancerous.
- If a polyp can be found early and removed, then colon cancer is prevented.



## What Is Colon Cancer?

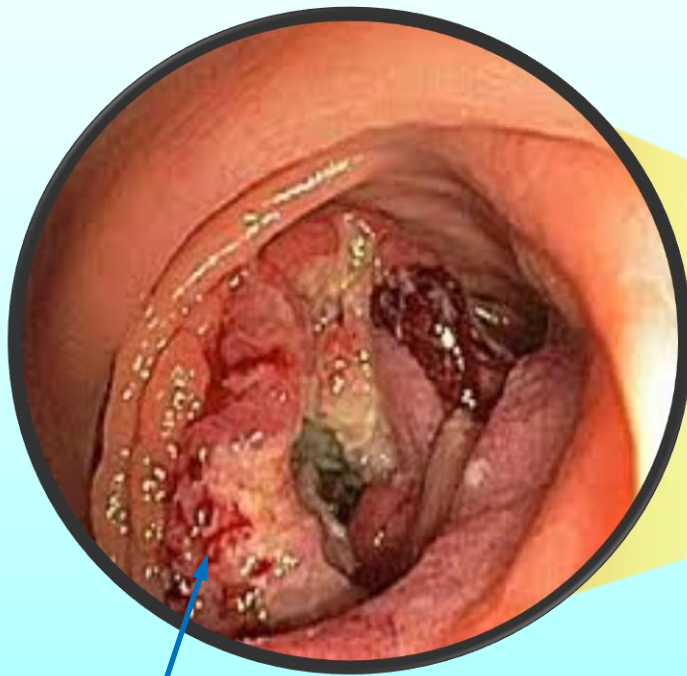
- Colon wall
- Polyp
- Cancerous polyp



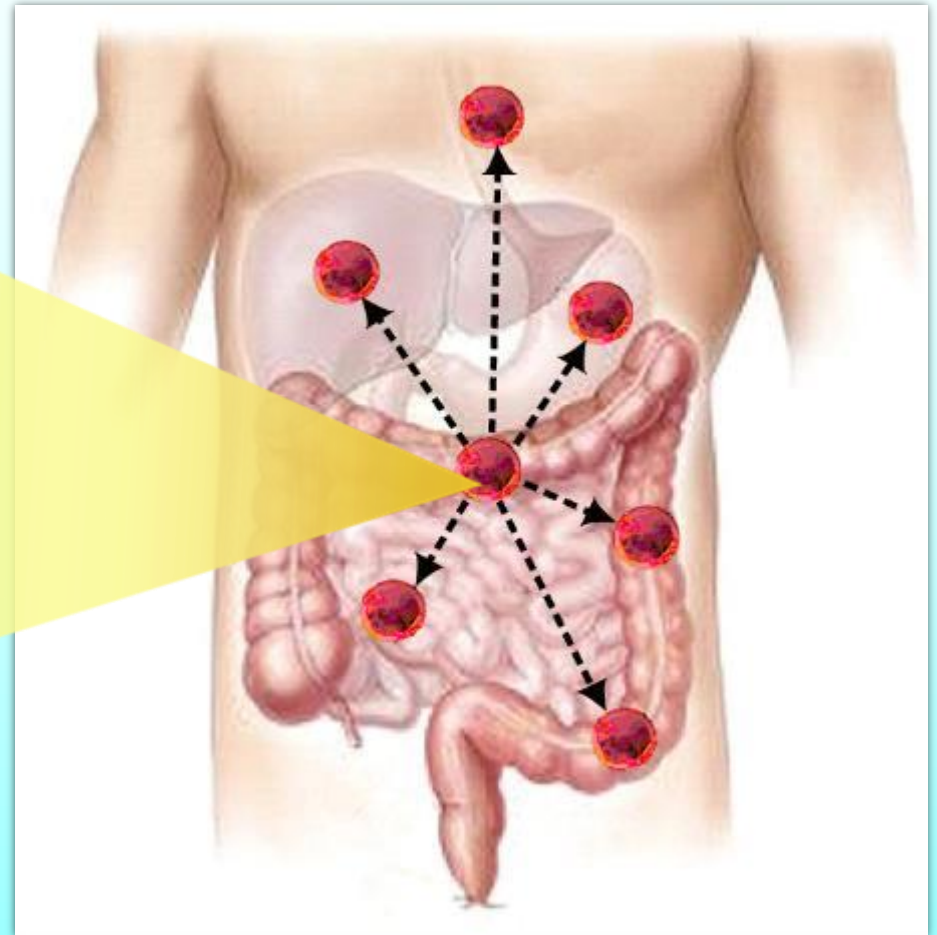
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# Kheesxaws Hnyuv Kis Tau Rau Lwm Qhov Hauv Lub Nrog Cev Thiab Txo Tau Neeg Txoj Sia



Kheesxaws hnyuv





# Kheesxaws Hnyuv Kis Tau Rau Lwm Qhov Hauv Lub Nrog Cev Thiab Txo Tau Neeg Txoj Sia

- Thaum pib, kheesxaws hnyuv pib rau hauv txoj hnyuv laus xwb.
- Tiamsis yog mob ntev lawm, kheesxaws yuav huam loj tuaj thiab kis tau mus rau lwm qhov hauv nrog cev xws li lub raum, plawv thiab siab.
- Kheesxaws hnyuv no txo tau neeg txoj sia.



Colon Cancer Can Spread To Other Parts In Your Body And Can Cause Death

Colon cancer



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Cov Kev Pib Mob Ntawm Tus Kheesxaws Hnyuv Yog Mob Li Cas?

"Feem ntau cov neeg mob kheesxaws hnyuv tsis muaj kev pib mob dabtsi."

Tiamsis, cov neeg uas muaj kev pib mob, muaj li no:

- Muaj ntshav nyob rau cov quav (xin lub los yog doog ntshav)
- Mus lao quav bawv yav tag los
- Poob phaus tsis muaj mob dab ts!
- Mob li ncig ntawm kub plab mog tsis tsawj zoo
- Tsuas covq zig zig zis.



## Colon Cancer Can Spread To Other Parts In Your Body And Can Cause Death

- At first, colon cancer is only in the colon.
- But over time, the cancer grows bigger and can spread into other organs.
- Colon cancer can cause death.

# Cov Kev Pib Mob Ntawm Tus Kheesxaws Hnyuv Yog Mob Li Cas?

*“Feem ntau cov neeg mob kheesxaws hnyuv tsis muaj kev pib mob dabtsi.”*

Tiamsis, cov neeg uas muaj kev pib mob, muaj li no:

- Muaj ntshav nyob rau cov quav (xim liab los yog doog ntshav)
- 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.



-- Nurse Practitioner

# Cov Kev Pib Mob Ntawm Tus Kheesxaws Hnyuv Yog Mob Li Cas?

*“Feem ntau cov neeg mob kheesxaws hnyuv tsis muaj kev pib mob dabtsi.”*

Tiamsis, cov neeg uas muaj kev pib mob, muaj li no:

- Muaj ntshav nyob rau cov quav (xim liab los yog doog ntshav)
- Mus tso quav txawv yav tag los (plab muaj cua, tsam plab, tsau tsau plab, thiab mob plab ntswj).
- Poob phaus tsis muaj mob dab tsi
- Mob ib ncig ntawm lub plab mog tsis txawj zoo
- Tsuas qaug zog zuj zus.

**Tham nrog koj tus kws kho mob txog lwm yam kev pib mob kheesxaws hnyu. Yog koj muaj cov kev pib mob zoo li no, kuj tsis txhais tau tias yog koj mob kheesxaws hnyuv.**

## What Are The Symptoms Of Colon Cancer?

*“Many people with colon cancer do NOT have symptoms.”*

However, when symptoms appear, they are:

- Blood in stool;
- Change in USUAL bowel movements, such as new constipation, diarrhea, or thinner stools;
- Weight loss without obvious reason;
- Belly pain that does not go away; or
- Feeling tired all the time without reason.

**Ask your doctor about other symptoms of colon cancer. Please note that having any of these symptoms does not mean that you have colon cancer.**

## Cov Kev Pib Mob Ntawm Tus Kheesxaws Hnyuv Yog Mob Li Cas?

*“Feem ntau cov neeg mob kheesxaws hnyuv tsis muaj kev pib mob dabtsi.”*

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- Tsuas qaug zog zuj zus.



—David Paul Moore

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However, when symptoms appear, they are:

- Blood in stool
- Change in usual bowel movements
- Weight loss without reason
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*“Txoj kev uas zoo tshaj las pab koj tiv thav kheesxaws hnyuv ces yog mus kuaj kheesxaws hnyuv kom raws sijhawm. Tais txhob tos kom koj tus mob loj.”*

—Kahn Kyathavivong, MD  
\* Hospitalist  
\* Primary Care Provider



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*“Txoj kev uas zoo tshaj los pab koj tiv thaiv kheesxaws hnyuv ces yog mus kuaj kheesxaws hnyuv kom raws sijhawm. Tsis txhob tos kom koj tus mob loj.”*

- Feem ntau, cov qog hnyuv tsis ua rau koj hnov mob dabtsi.
- Txoj kev kuaj tiv thaiv kheesxaws hnyuv no yuav pab koj:
  - Nrhiav tau cov qog thiab muab hlais tawm ua ntej nws hloov mus ua kheesxaws.
  - Nrhiav tau cov qog thaum ntxov uas tsis tau mob loj thiaj yuav pab tau thiab kho tau zoo.

## How Can We Prevent Colon Cancer?

*“The best way to prevent colon cancer is to get colon cancer tests regularly. Don’t wait until you are sick or have symptoms.”*

- Colon polyps usually cause no symptoms.
- Colon cancer testing can:
  - Find colon polyps and remove them before they become colon cancer.
  - Find colon cancers at early stages so that they can be treated and even cured.

## Yuav Ua Li Cas Peb Thiaj Tiv Thaiv Tau Tus Mob Kheesxaws Hnyuv?



*“Txoj kev uas zoo tshaj los pab koj tiv thaiv kheesxaws hnyuv ces yog mus kuaj kheesxaws hnyuv kom raws sijhawm. Tsis txhob tos kom koj tus mob loj.”*

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## Cov Kev Kuaj Pab Tiv Thaiv Kheesxaws Hnyuv Yog Dabtsi?

*“Muaj 2 yam kev kuaj tiv thaiv kheesxaws hnyuv.”*



1. KEV KUAJ SAIB PUAS MUAJ NTSNAV NYOB HAUJ COV QUAV Fecal Occult Blood Tests (FOBT)

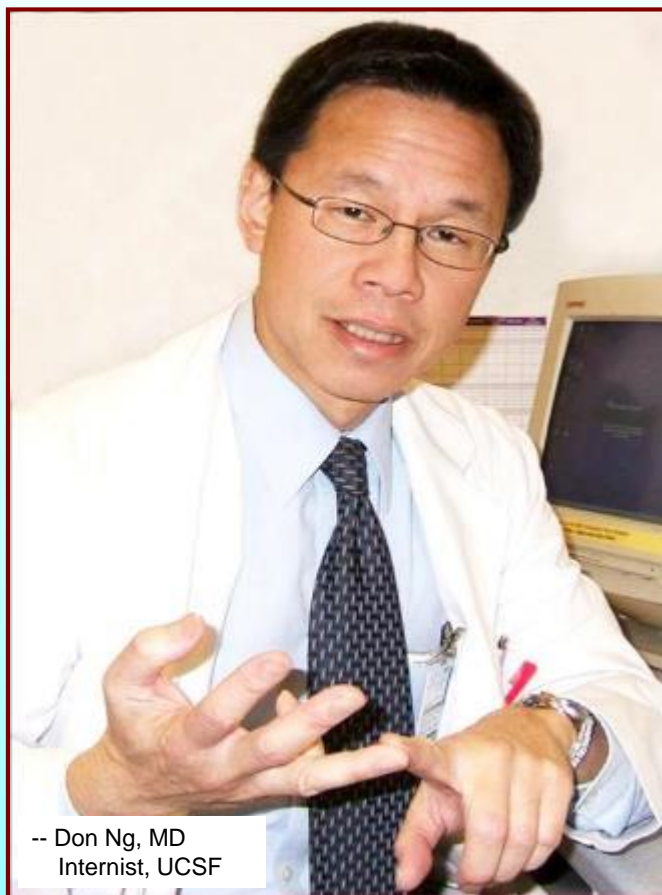


2. KEV SIV TEEB TSOM XYUAS PLAB HNYUV (ENDOSCOPY TESTS)



# Cov Kev Kuaj Pab Tiv Thaiv Kheesxaws Hnyuv Yog Dabtsi?

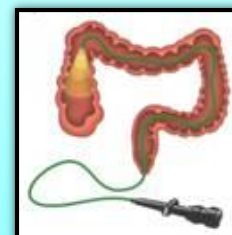
*“Muaj 2 yam kev kuaj tiv thaiv kheesxaws hnyuv.”*



## 1. KEV KUAJ SAIB PUAS MUAJ NTSHAV NYOB HAUV COV QUAU Fecal Occult Blood Tests (FOBT)



## 2. KEV SIV TEEB TSOM XYUAS PLAB HNYUV (ENDOSCOPY TESTS)



# Cov Kev Kuaj Pab Tiv Thaiv Kheesxaws Hnyuv Yog Dabtsi?

“Muaj 2 yam kev kuaj tiv thaiv kheesxaws hnyuv. Cia peb tham txog ob yam kev kuaj no.”

1. Kev kuaj saib puas muaj ntshav nyob hauv cov quav muaj 2 yam, Guaiac Test thiab Fecal Immunochemical Test.
  2. Kev siv teeb tsom xyuas plab hnyuv muaj 2 yam kev kuaj thiab:
    - Sigmoidoscopy (SIG-moy-DAW-skuh-pee): kev tsom xyuas txoj hnyuv laus ua nqes los rau qhov quav
    - Colonoscopy (koh-luh-NAW-skuh-pee): kev tsom xyuas thoob plaws txoj hnyuv laus
- Feem ntau, tibneeg kuaj ib yam kev kuaj no xwb, tiamsis nyob ntawm koj tus kws kho mob hais kom koj kuaj yam twg.

## What Are Colon Cancer Tests?

“There are 2 types of recommended tests for colon cancer. Let us discuss the types of tests.”

1. Fecal Occult Blood Tests or FOBT, of which there are two types, Guaiac Test and Fecal Immunochemical Test.
2. Endoscopy, of which there are two types:
  - Sigmoidoscopy
  - Colonoscopy

Usually, we just need one of the tests. But sometimes, a doctor may recommend more than one test.

Cov Kev Kuaj Pab Tiv Thaiv Kheesxaws Hnyuv Yog Dabtsi?

“Muaj 2 yam kev kuaj tiv thaiv kheesxaws hnyuv.”



1. KEV KUAJ SAIB PUAS MUAJ NTSHAV NYOB HAUV COV QUAV  
Fecal Occult Blood Tests (FOBT)



2. KEV SIV TEEB TSOB XYUAS PLAB HNYUV (ENDOSCOPY TESTS)



## What Are Colon Cancer Screening Tests?

There are 2 recommended tests for colon cancer screening:

1. Fecal Occult Blood Tests
2. Endoscopy Tests

-- Don Ng, MD.  
Internist, UCSF



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Kev Kuaj FOBT Ua Zoo Li Cas?

FOBT kuaj nehiv saib puas muaj ntshav nyob hauv cov quav ua txis pom ntawm qhov muag.

Muaj 2 yam kev kuaj:

1. Guaiac Test
2. Fecal Immunochemical Test





# Kev Kuaj FOBT Ua Zoo Li Cas?

FOBT kuaj nrhiav saib puas muaj ntshav nyob hauv cov quav ua tsis pom ntawm qhov muag.

Muaj 2 yam kev kuaj:

## 1. Guaiac Test



## 2. Fecal Immunochemical Test



# Kev Kuaj FOBT Ua Zoo Li Cas?

- FOBT kuaj nrhiav saib puas muaj ntshav nyob hauv cov quav ua qhov muag ntsia tsis pom.
- Muaj 2 yam kev kuaj:
  1. Ib yam yog Guaiac Test. Nws siv 3 daim ntawv kuaj.
  2. Yam ob yog Fecal Immunochemical Test. Qho no siv ib lub hwj me me.
- Ob qhov kev kuaj no yus ua tom tsev los tau
- FOBT yog ib qho kev kuaj uas yooj yim tshaj ntawm cov kev kuaj tiv thaiv rau kheesxaws hnyuv.

## What Is FOBT?

- Fecal Occult Blood Test or FOBT checks for blood that we cannot see in the stool.
- There are two types of FOBTs:
  1. One type is called the Guaiac Test. It uses three cards.
  2. The other is called the Fecal Immunochemical Test. It uses a small vial of liquid.
- Both tests can be done at home.
- FOBT is the simplest and easiest among all the colon cancer tests.



## What Is FOBT?

Fecal Occult Blood Test or FOBT checks for blood that we cannot see in the stool.

There are two types of FOBTs:

1. Guaiac Test
2. Fecal Immunochemical Test



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# Qhov Kev Kuaj Guaiac Test No Ua Zoo Li Cas?



Ib xyoo kuaj  
ib zaug

# Qhov Kev Kuaj Guaiac Test No Ua Zoo Li Cas?

- Qhov Guaiac Test ua nyob rau tom tsev thiab siv 3 daim ntawm los mus kuaj nrhiav saib puas muaj ntshav nyob hauv cov quav
- Tus kws kho mob yuav qhia kom peb caiv zaum mob noj los tej yam tshuaj 3 hnuv ua ntej peb yuav kuaj quav.
- Peb yuav siv ib tug pas so ib qho quav. Ib zaug twg nej tawm rooj yuav tsum so ib zaug, yuav ua li no peb zaug rau 3 lub sijhawm uas nej tau tawm rooj.
- Tom qab ua li ntawd tag peb mam li xa cov khoom siv kuaj ntawd rov qab mus rau koj tus kws kho mob los yog lwm qhov chaw uas muaj nyob ntawm lub hnab ntawv.
- Yog kuaj tsis tau dabtsi, tsis kuaj dua, tom lwm xyoo mam kuaj dua.
- Yog kuaj tau dabtsi txawv txav, tus kws kho mob yuav siv qhov kev kuaj colonoscopy.
- Ib xyoo twg peb yuav tsum kuaj qhov Guaiac Test no ib zaug.

## How Do We Do The Guaiac Test?

- The Guaiac Test is done at home using a set of three cards to find whether there is blood in the stool.
- The doctor will tell us to stop certain types of food and some medications 3 days before the test.
- We use a wooden stick to smear a little bit of stool on a card. We do this for 3 consecutive bowel movements.
- When done, we return all 3 cards in the envelope to our doctor's office or laboratory.
- If the result is normal, we do not need another test until next year.
- If the result is abnormal, the doctor will follow up with a colonoscopy.
- We should do a Guaiac Test every year.



## What Is The Guaiac Test?

Once a year

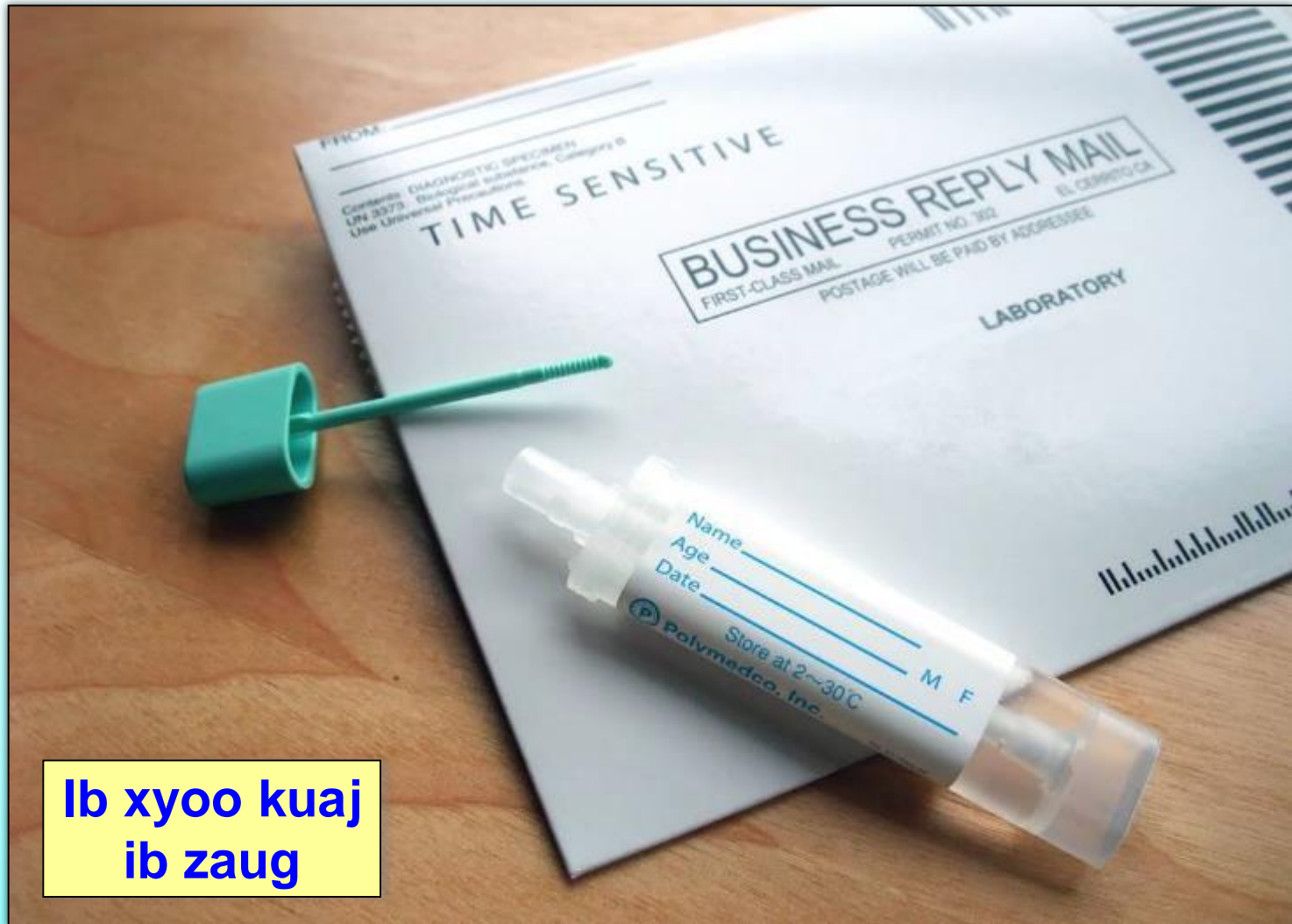


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# Qhov Kev Kuaj Fecal Immunochemical Test No Ua Zoo Li Cas?



Ib xyoo kuaj  
ib zaug

# Qhov Kev Kuaj Fecal Immunochemical Test No Ua Zoo Li Cas?

- Qhov Fecal Immunochemical Test ua nyob rau tom tsev thiab siv ib lub hwj me me, los mus kuaj nrhiav saib puas muaj ntshav nyob hauv cov quav
- Tsis tau caiv zaub mob noj
- Siv tus pab ntawm lub ncauj hau los mus so ib qho quav me ib zaug.
- Ntxiv mus, muab tus pas uas so tau quav ntawd ntsaws rov qab rau hauv lub hwj es kaws lub hau hwj kom ceev.
- Thaum ua tag li no lawm, muab lub hwj kaws rau hauv lub hnab ntawv xav mus rau koj tus kws kho mob los yog qhov chaw kuaj mob.
- Yog kuaj tsis tau dabtsi, tsis kuaj dua, tom lwm xyoo mam kuaj dua.
- Yog kuaj tau dabtsi txawv txav, tus kws kho mob yuav siv qhov kev kuaj colonoscopy.
- Ib xyoo twg peb yuav tsum kuaj qhov Fecal Immunochemical Test no ib zaug.

## How Do We Do The Fecal Immunochemical Test?

- The Fecal Immunochemical Test is done at home using a small bottle of liquid to find whether there is blood in the stool.
- We do not need to stop any food or medication for this test.
- We use the tip of the stick (attached to the cap) to get a little bit of stool from only one bowel movement.
- Next, we put the stick with the stool into the bottle and close the cap tightly.
- When done, we return the bottle in the envelope to our doctor's office or laboratory.
- If the result is normal, we do not need another one until next year.
- If the result is abnormal, the doctor will follow up with a colonoscopy.
- We should get a Fecal Immunochemical Test every year.



## What Is The Fecal Immunochemical Test?

Once a year



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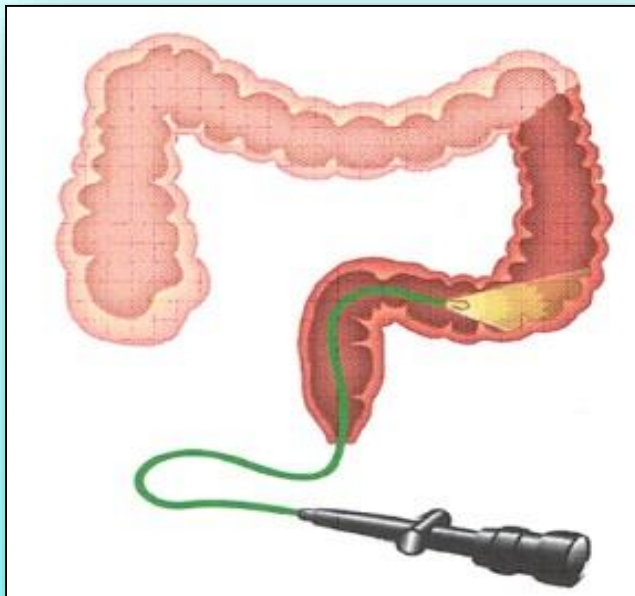


# Kev Siv Teeb Tsom Xyuas Txoj Hnyuv Ua Zoo Li Cas?

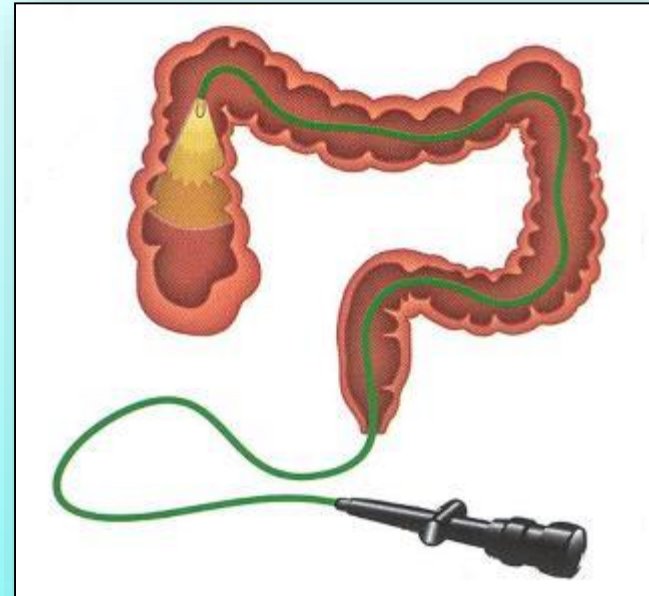
Kev siv teeb tsom xyuas txoj hnyuv sib ib txoj yas me uas muaj ib lus koob yees duab.

Muaj ob yam kev kuaj tsom saib txoj hnyuv:

## 1. Sigmoidoscopy (SIG-moy-DAW-skuh-pee)



## 2. Colonoscopy (koh-luh-NAW-skuh-pee)



# Kev Siv Teeb Tsom Xyuas Txoj Hnyuv Ua Zoo Li Cas?

- Kev siv teeb tsom xyuas txoj hnyuv siv ib txoj yas me ntxig ntawm lub qhov quav raws txoj hnyuv laus mus tsom saib seb puas muaj qog los yog kheesxaws los lwm yam kev txawv txav.
- Nws muaj ob yam kev kuaj saib txoj hnyuv.
  1. Ib qhov yog Sigmoidoscopy (SIG-moy-DAW-skuh-pee)
  2. Qhov tib ob yog Colonoscopy (koh-luh-NAW-skuh-pee)
- Ob qhov kev kuaj no yuav tsum tau ua nyob rau tom kws kho mob qhov chaw ua hauj lwm.

## What Are Endoscopy Tests?

- Endoscopy tests use a flexible thin tube with a camera to look into the colon to find polyps, cancers, or other changes.
- There are two types of endoscopy tests that look directly into the colon.
  1. One test is called "Sigmoidoscopy."
  2. The other test is called "Colonoscopy."
- Both tests have to be done in the doctor's office.



## What Are Endoscopy Tests?

Endoscopy tests use a flexible thin tube with a camera. There are two endoscopy tests that look directly into the colon:

1. Sigmoidoscopy
2. Colonoscopy

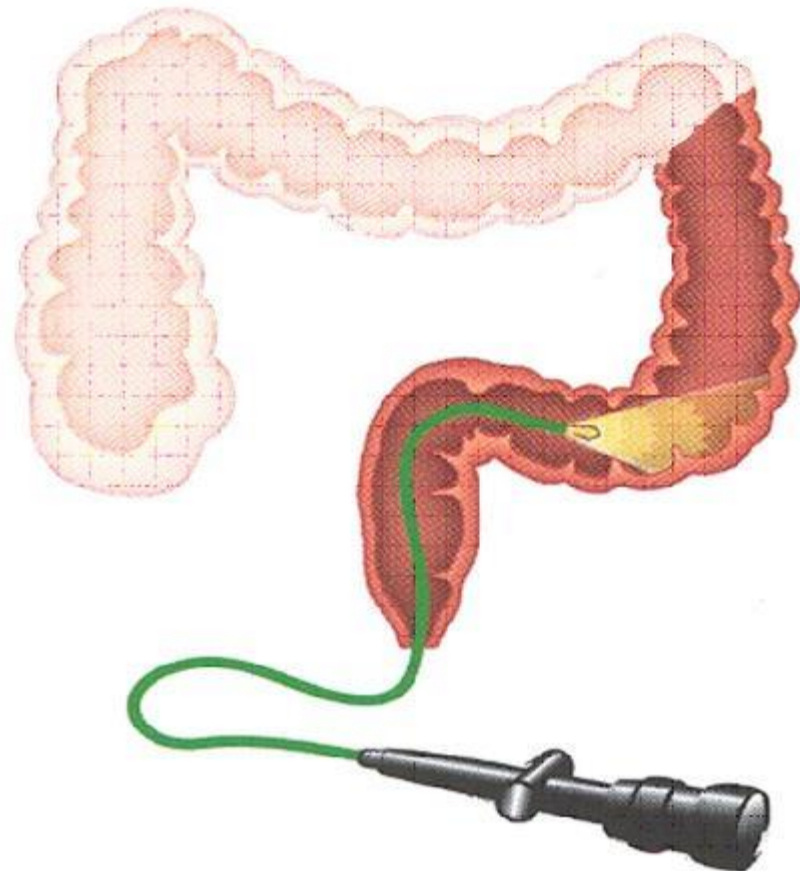
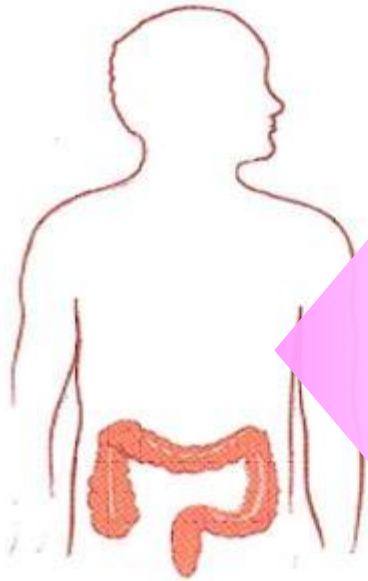


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# Kev Kuaj Sigmoidoscopy Yog Ua Zoo Li Cas?



5 xyoo twg  
kuaj ib zaug

# Kev Kuaj Sigmoidocopy (SIG-moy-DAW-skuh-pee) Yog Ua Zoo Li Cas?

- Sigmoidoscopy yog ib yam kev kuaj uas tus kws kho mob muab ib txoj yas me ntxig ntawm yus lub qhov quav raws txoj hnyuv mus kuaj txoj hnyuv nplos qhov quav thiab ib qhov ntawm txoj hnyuv laus.
- Ua ntej yuav kuaj yam no, peb yuav tsum sib ib yam tshuaj mus yang txoj hnyuv. (tsuag ntawm lub qhov quav mus)
- Qhov kev kuaj no uas hauv qhov chaw kho mob thiab yuav sib li 15 feeb.
- Peb mus tau tsev tom qab.
- Yog tus kws kho mob nrhiav tau qog los yog lwm yam txawv txav, nws yuav hlais me ntsis coj los kuaj seb yog muaj mob dabtsi, tej zaum nws kuj muab lub qog hlais pov tseg.
- Peb yuav tsum kuaj qhov Sigmoidoscopy no 5 xyoo twg mus kuaj ib zaug.

## What Is Sigmoidoscopy?

- Sigmoidoscopy is a test in which the doctor uses a flexible thin tube with a camera to look directly into the rectum and the lower part of the colon.
- Before the test, we need to partially cleanse the colon by using an enema (a cleansing liquid squirted into the anus).
- This test can be done in the doctor's office or a clinic in about 15 minutes.
- We can go home by ourselves after the test.
- If a polyp or abnormality is found during the exam, the doctor will biopsy it and may remove it.
- We should get a Sigmoidoscopy every 5 years.



## What Is Sigmoidoscopy?

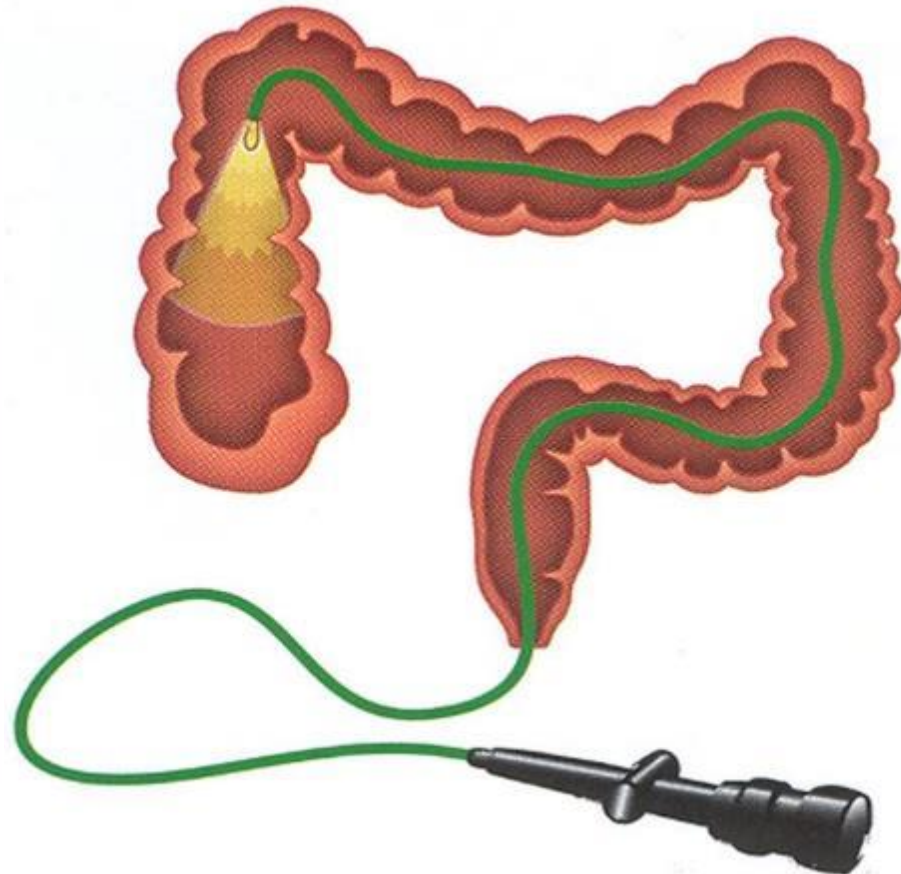
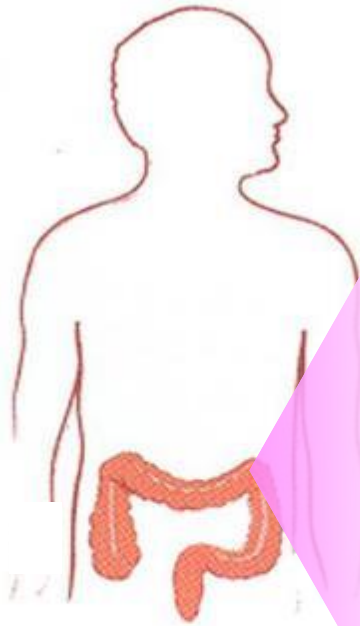
Every 5 years



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# Kev Kuaj Colonoscopy Yog Ua Zoo Li Cas?



10 xyoo twg  
kuaj ib zaug

# Kev Kuaj Colonoscopy (koh-luh-NAW-skuh-pee) Yog Ua Zoo Li Cas?

- 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
- Ua ntej yuav kuaj yam no, koj yuav tau haus ib cov tshuaj mus yang thoob plaws koj txoj hnyuv
- Qhov kev kuaj no uas rau hauv qhov chaw kho mob thiab yuav sib li 30 feeb.
- Tus kws kho mob mam li txhaj ib koob tshuaj raws txoj leeg kom koj pw tsaug zog tsis hnov thaum lub sij hawm kuaj koj ntawd.
- Koj yuav tsum muaj ib tug neeg pab tsav tsheb los yog nrog koj mus tsev tom qab kuaj tag.
- Yog tus kws kho mob nrhiav tau qog los yog lwm yam txawv txav, nws yuav hlais me ntsis coj los kuaj saib yog muaj mob dabtsi, tej zaum nws kuj muab lub qog hlais pov tseg.
- Peb yuav tsum kuaj qhov Colonoscopy no 10 xyoo twg kuaj ib zaug.



## What Is Colonoscopy?

Every 10 years



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## What Is Colonoscopy?

- Colonoscopy is similar to sigmoidoscopy, except the doctor uses a longer tube to check the entire colon.
- Before the test, we need to cleanse the entire colon by drinking a cleansing liquid.
- This test has to be done at a hospital or clinic and takes about 30 minutes.
- Medication is given through your vein to make you sleepy during the test.
- We need someone to take us home after the test.
- If a polyp or abnormality is found during the exam, the doctor will biopsy it or remove it.
- We should get a Colonoscopy every 10 years.

	FOBT	Sigmoidoscopy	Colonoscopy
Thaum twg kuaj	10 xyoo ib zaug	5 xyoo ib zaug	10 xyoo ib zaug
Npaj li cas	Tej zaum calu zaum mob me los tsuaj	Sib li yam tsuaj yang twg hnyuv	Haus ib cov tshuaj mus yang thoob plaws koj twg hnyuv
Ua qhov twg	Kuaj tom laev	Kuaj tom chaw kho mob	Kuaj tom chaw kho mob
Tus nqi kuaj	Tsis kim heev	Kim nentsis	Kim kae heev



# Cov Kev Kuaj No Txawv Li Cas?



**FOBT**



**Sigmoidoscopy**



**Colonoscopy**

<p><b>Thaum twg kuaj</b></p>	<p>➔ Ib xyoo ib zaug</p>	<p>5 xyoo ib zaug</p>	<p>10 xyoo ib zaug</p>
<p><b>Npaj li cas</b></p>	<p>➔ Tej zaum caiv zaum mob noj los tshuaj</p>	<p>Sib ib yam tshuaj yang txoj hnyuv</p>	<p>Haus ib cov tshuaj mus yang thooob plaws koj txoj hnyuv</p>
<p><b>Ua qhov twg</b></p>	<p>➔ Kuaj tom tsev</p>	<p>Kuaj tom chaws kho mob</p>	<p>Kuaj tom chaws kho mob</p>
<p><b>Tus nqi kuaj</b></p>	<p>➔ Tsis kim heev</p>	<p>Kim mentsis</p>	<p>Kim kim heev</p>

# Cov Kev Kuaj No Txawv Li Cas?

- FOBT kuaj txhua xyoo, sigmoidoscopy kuaj txhua txhua 5 xyoo, thiab colonoscopy kuaj txhua txhua 10 xyoo.
- Muaj tej zaum tau caiv zaum mob noj los tshuaj thaum kuaj FOBT, los Sigmoidoscopy, los Colonoscopy.
- Kuaj FOBT tom tsev, tiamsis Sigmoidoscopy thiab Colonoscopy kuaj tom qhov chaws kho mob.
- Qhov los mus kuaj FOBT tsis kim heev, sigmoidoscopy kim mentsis, thiab Colonoscopy kim kim heev.
- Feem ntau daim ntawv kho mob them ib qho kev kuaj, tiamsis nyob ntawm koj daim ntawv kho mob.

## What Are The Differences Among These Tests?

- FOBT is done every year, sigmoidoscopy every 5 years, and colonoscopy every 10 years.
- We may have to change our diet or medication for the FOBT, do a partial cleansing for the sigmoidoscopy, or a total cleansing for the colonoscopy.
- We can do the FOBT at home, but the sigmoidoscopy and colonoscopy are done in the doctor's office, clinic, or hospital.
- The FOBT costs a few dollars, sigmoidoscopy several hundred dollars, and colonoscopy about a thousand dollars.
- Most health insurance plans cover at least one test, but how much you pay depends on your plan.

Cov Kev Kuaj No Txawv Li Cas?

	FOBT	Sigmoidoscopy	Colonoscopy
Thaum twg kuaj	Ib xyoo ib zaug	5 xyoo ib zaug	10 xyoo ib zaug
Hpap li cas	Tej zaum cau zaum mob noj los tshuaj	Sib ib yam tshuaj yang twg hnyuv	Haus ib cov tshuaj mus yang thooj plains kuaj twg hnyuv
Ua qhov twg	Kuaj tom tsev	Kuaj tom chaws kho mob	Kuaj tom chaws kho mob
Tus nqi kuaj	Tsis kim heev	Kim mentsis	Kim kim heev

## What Are The Differences Among These Tests?

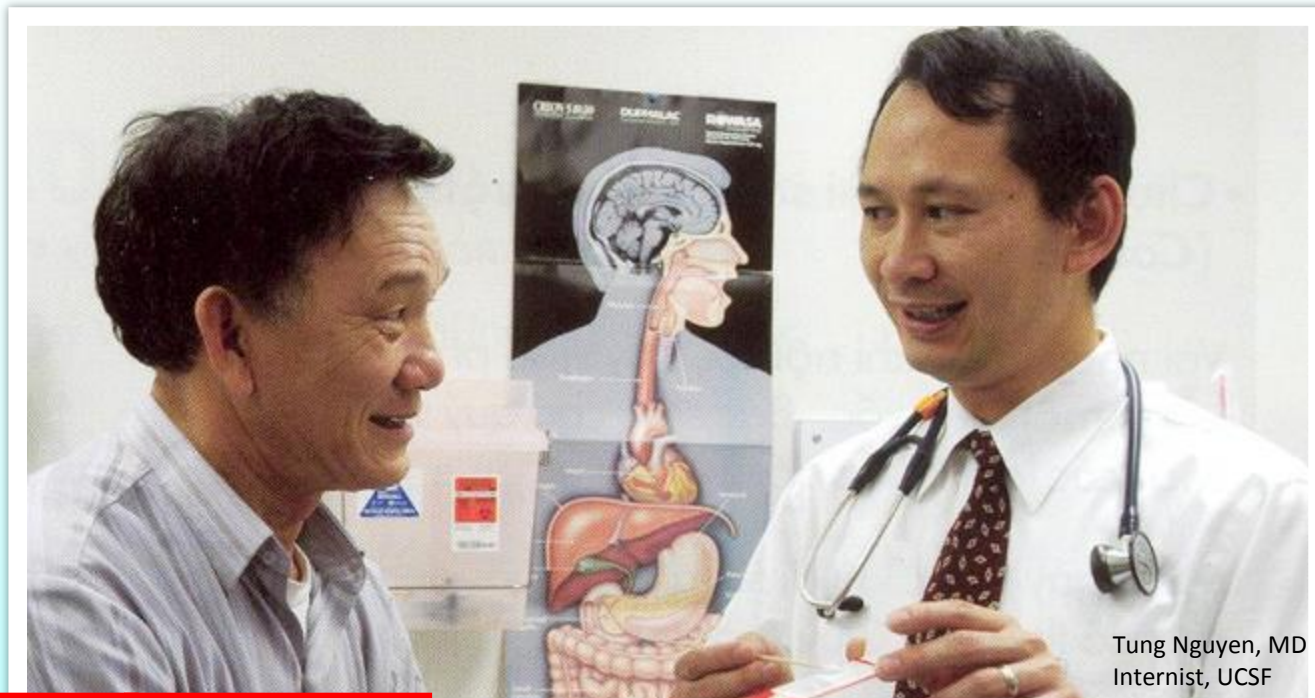
- FOBT is done every year, sigmoidoscopy every 5 years, and colonoscopy every 10 years.
- We may have to change our diet or medication for the FOBT, do a partial cleansing for the sigmoidoscopy, or a total cleansing for the colonoscopy.
- We can do the FOBT at home, but the sigmoidoscopy and colonoscopy are done in the doctor's office, clinic, or hospital.
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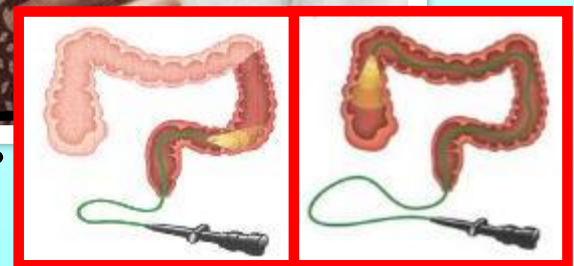
# Peb Yuav Hais Kom Tus Kws Kho Mob Kuaj Yam Twg?



Tung Nguyen, MD  
Internist, UCSF



**FOBT**



**Kev siv teeb tsom xyuas plab hnyuv (Endoscopy)**

# Peb Yuav Hais Kom Tus Kws Kho Mob Kuaj Yam Twg?

- Yog peb tsis tau kuaj dua li, peb tsuas tau kuaj ib yam kev kuaj xwb
- Kuaj FOBT yog qhov yooj yim tshaj
- Yog kuaj tau tsis muaj dabtsi, lwm xyoo mam mus kuaj dua.
- Yog kuaj tau dabtsi txawv txav ces yuav tau mus ua colonoscopy los yog sib teeb tsum txoj hnyuv laus.
- Yog kuaj tag lawm, nco ntsoov yuav tsum tau mus kuaj tiv thaiv kheesxaws hnyuv kom raws caij nyoog.

**Nyob ntawm koj qhov kev kuaj, tej zaum koj tus kws kho mob yuav xaiv qhov kev kuaj rau koj.**

## Which Test Should We Ask For?

- If we have never been tested before, we only need one test.
- The easiest test to start with is a FOBT.
- If the result is normal, then we do not need to be tested for another year.
- If the result is abnormal, then we will need follow-up with a colonoscopy.
- If we have been tested for colon cancer before, be sure our testing is up-to-date.

**Depending on your situation, your doctor may recommend one test over another, so talk to your doctor.**



## Which Test Should We Ask For?

FOBT or Endoscopy

-- Tung Nguyen, MD  
Internist, UCSF

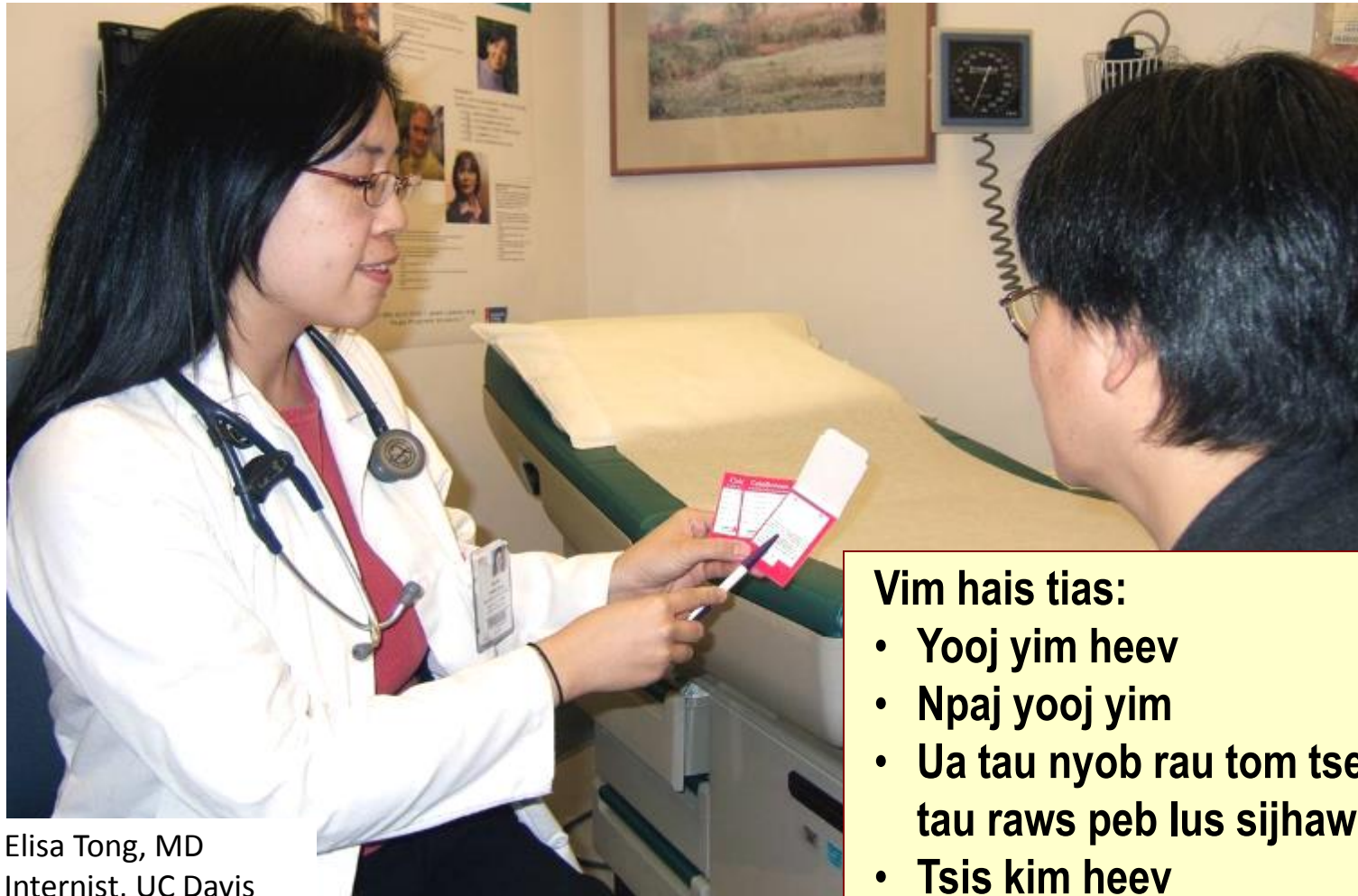


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# Yog Peb Tsis Muaj Feem Mob, Ces Pib Qhov Kev Kuaj FOBT No Ua Ntej



Elisa Tong, MD  
Internist, UC Davis

## Vim hais tias:

- Yooj yim heev
- Npaj yooj yim
- Ua tau nyob rau tom tsev thiab ua tau raws peb lus sijhawm
- Tsis kim heev

# Yog Peb Tsis Muaj Feem Mob, Ces Pib Qhov Kev Kuaj FOBT No Ua Ntej

Vim hais tias:

- Yooj yim heev
- Npaj yooj yim
- Ua tau nyob rau tom tsev thiab ua tau raws peb lus sijhawm
- Tsis kim heev

## If We Are Not At High Risk, Consider Starting With the FOBT

Because:

- It is the easiest test.
- The preparation is simple.
- We can do it in our own home and on our own time.
- It is inexpensive.

Yog Peb Tsis Muaj Feem Mob, Ces Pib Qhov Kev Kuaj FOBT No Ua Ntej



Vim hais tias:

- Yooj yim heev
- Npaj yooj yim
- Ua tau nyob rau tom tsev thiab ua tau raws peb lus sijhawm
- Tsis kim heev

Elisa Tong, MD  
Internist, UC Davis

## If We Are Not At High Risk, Consider Starting With the FOBT

Because:

- It is the easiest test.
- The preparation is simple.
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-- Elisa Tong, MD  
Internist, UC Davis



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Vim Li Cas Peb Thiaj Yuav Tsum Mus Kuaj Raws Sijhawm Rau Kheesxaws Hnyuv?



"Yog tos ntev, cov qag thiab noob nqaj kheesxaws yuav loj thiab kis. Yog nrhiv tau cov qob thlab kheesxaws thaum ntsev yuav hais tau tus mob tawm thiab yuav kho tau zoo."

Dr. Elisa Tong, Internist, UC Davis  
Hmong nqaj yim@ucdavis.edu

# Vim Li Cas Peb Thiaj Yuav Tsum Mus Kuaj Raws Sijhawm Rau Kheesxaws Hnyuv?



*“Yog tos ntev, cov qog  
thiab noob nqaij  
kheesxaws yuav loj thiab  
kis. Yog nrhiav tau cov  
qob thiab kheesxaws  
thaum ntxov yuav hlais  
tau tus mob tawm thiab  
yuav kho tau zoo.”*

-- Dao Moua Fang, Research Director  
Hmong Women's Heritage Association

# Vim Li Cas Peb Thiaj Yuav Tsum Mus Kuaj Raws Sijhawm Rau Kheesxaws Hnyuv?

*“Yog tos ntev, cov qog thiab noob nqaij kheesxaws yuav loj thiab kis. Yog nrhiav tau cov qob thiab kheesxaws thaum ntxov yuav hlais tau tus mob tawm thiab yuav kho tau zoo.”*

Vim Li Cas Peb Thiaj Yuav Tsum Mus Kuaj Raws Sijhawm Rau Kheesxaws Hnyuv?



*“Yog tos ntev, cov qog thiab noob nqaij kheesxaws yuav loj thiab kis. Yog nrhiav tau cov qob thiab kheesxaws thaum ntxov yuav hlais tau tus mob tawm thiab yuav kho tau zoo.”*

— Dao Moua Fang, Research Director  
Hmong Women’s Heritage Association

## Why Should We Get Colon Cancer Tests Regularly?

*“Colon polyps and cancer can develop over time. If colon polyps or cancers are found early, they can be removed or treated and even cured.”*

-- Dao Moua Fang, Research Director  
Hmong Women’s Heritage Association



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Koj Yuav Ua Li Cas Thiaj Li Yuav Txo Tau Kom Qhov Kev Muaj Feem Mob Ntawm Tus Mob Kheesxaws Hnyuv No?

Ua raws li hais nram qab no, yuav pab koj kom tsis txhob muaj tus mob kheesxaws hnyuv, tiamsis koj yuav tau mus kuaj kheesxaws hnyuv thiaj li pab tau koj. Nrog koj tus kws kho mob them.

 Haj zaub hnyv zoo	 Tsis txhob hnyv laam yeeb
 Chais ua li	 Tsis txhob hnyv laam

## Why Should We Get Colon Cancer Tests Regularly?

*“Colon polyps and cancer can develop over time. If colon polyps or cancers are found early, they can be removed or treated and even cured.”*



# Koj Yuav Ua Li Cas Thiaj Li Yuav Txo Tau Kom Qhov Kev Muaj Feem Mob Ntawm Tus Mob Kheesxaws Hnyuv No?

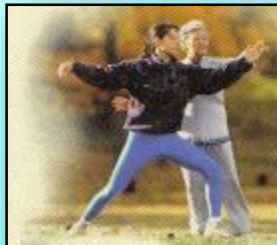
Ua raws li hais nram qab no, yuav pab koj kom tsis txhob muaj tus mob kheesxaws hnyuv, tiamsis koj yuav tsum tau mus kuaj kheesxaws hnyuv thiaj li pab tau koj. Nrog koj tus kws kho mob tham.



Noj zaub mov zoo



Tsis txhob haus luam yeeb



Dhia ua si



Tsis txhob haus cawv

# Koj 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. Txhob noj zaub mob muaj roj.
- 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

## What Else Can You Do To Lower Your Risk Of Getting Colon Cancer?

Regular colon cancer testing can prevent colon cancer.

**The following may help you not get colon cancer, but you still need to get tested to make sure you do not have it:**

- Eat healthy food: more fruits and vegetables and less fatty foods
- Do not smoke
- Avoid alcohol

Talk to your doctor about other prevention options including:

- Exercise
- Taking aspirin



## What Else Can You Do To Lower Your Chance Of Getting Colon Cancer?

The following may help you not get colon cancer, but you still need to get tested to make sure you do not have it.

Talk to your doctor.

- Eat healthy food
- Do not smoke
- Exercise
- Avoid alcohol



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# Feem Ntau Tib Neeg Ntseeg Hais Tias...

*“Kuv tsis haus cawv los haus luam yeeb, thiab kuv noj zaub mov zoo li tej zaub xws, kuv ntseeg hais tias kuv muaj tsis tau tus kheesxaws hnyuv no.”*



# Feem Ntau Tib Neeg Ntseeg Hais Tias...

***“Kuv tsis haus cawv los haus luam yeeb, thiab kuv noj zaub mov zoo li tej zaub xws, kuv ntseeg hais tias kuv muaj tsis tau tus kheesxaws hnyuv no.”***

Koj xav li cas?

- Noj zaum mov zoo yog ib qhov zoo rau koj thiab yuav pab kom koj qhov feem muaj kheesxaws qis mentsis tiamsis koj yuav tsum tau mus kuaj kheesxaws hnyuv.
- Koj ua ntau yam los mus pab koj tus kheej kom tiv thaiv tau tus mob kheesxaws hnyuv. Qhov yuav pab koj tshaj yog mus kuaj kheesxaws hnyuv kom raws caij nyoo.
- Cov kev kuaj kheesxaws hnyuv pab nrhiav cov qog thiab kev txawv txav ntawm txoj hnyuv ua ntej lawv rais mus ua kheesxaws.
- Cov neeg uas nquag mus kuaj muaj txoj sia nyob ntev.

## Many People Believe That...

***“I don’t drink or smoke, and I eat fresh and healthy foods such as a lot of vegetarian dishes, so I believe I won’t get colon cancer.”***

What do you think?

- Eating healthy foods is certainly good for your health and lowers your risk of getting cancer, but even so, you can still get colon cancer.
- You can do even more to prevent colon cancer. The most effective thing you can do to prevent colon cancer is to get colon cancer tests regularly.
- Regular colon cancer tests can find and remove any polyps and abnormal changes in the colon before they become cancers.
- People who get colon cancer tests may live longer.

## Feem Ntau Tib Neeg Ntseeg Hais Tias...

*“Kuv tsis haus cawv los haus luam yeeb, thiab kuv noj zaub mov zoo li tej zaub xws, kuv ntseeg hais tias kuv muaj tsis tau tus kheesxaws hnyuv no.”*



## Many People Believe That...

*“I don’t drink or smoke, and I eat a fresh and healthy diet such as a lot of vegetarian dishes, so I believe I won’t get colon cancer.”*



Next page

## Feem Ntau Tib Neeg Ntseeg Hais Tias...



*“Kuv tib piab zam zaum mov zoo, kuv haus kua zaub tswag thiab haus dej ntau heev. Kuv mus tso quav los kuj zoo. Kuv xav hais tias rau ntawm kuv tus kheej, tej zaum kuv yuav tsis muaj tus mob kheesxaws hnyuv.”*



# Feem Ntau Tib Neeg Ntseeg Hais Tias...



*“Kuv lub plab zom zaum  
mov zoo, kuv haus kua  
zaub tsuag thiab haus  
dej ntau heev. Kuv mus  
tso quav los kuj zoo.  
Kuv xav hais tias rau  
ntawm kuv tus kheej, tej  
zaum kuv yuav tsis muaj  
tus mob kheesxaws  
hnyuv.”*

## Feem Ntau Tib Neeg Ntseeg Hais Tias...

***“Kuv lub plab zom zaum mov zoo, kuv haus kua zaub tsuag thiab haus dej ntau heev. Kuv mus tso quav los kuj zoo. Kuv xav hais tias rau ntawm kuv tus kheej, tej zaum kuv yuav tsis muaj tus mob kheesxaws hnyuv.”***

Koj xav li cas?

Nws zoo heev uas thaum koj mus tso quav los tsis muaj teebmeem dabtsi. Haus kua zaub tsuag thiab dej ntau yeej zoo rau koj lub cev thiab pab kom koj mus thaj los yoojyim.

- Tiamsis, koj yuav tsum tau mus kuaj tiv thaiv tus mob kheesxaws hnyuv txawm yog hais tias koj tsis muaj mob dabtsi.
- Qhov yuav paub tseeb tias koj tsis muaj tus mob kheesxaws hnyuv yog mus kuaj.

### Many People Believe That...

***“My digestion is normal, and my bowel movements are normal. I also eat lots of soup and drink plenty of liquids. So, in my situation, I don’t think I will get colon cancer.”***

What do you think?

It is good to have normal bowel movements. Drinking liquids is good for your digestion and bowel movements.

- However, you can still get colon cancer even if you have normal bowel movements.
- So, to be sure that you do not have colon cancer, get colon cancer testing.

### Feem Ntau Tib Neeg Ntseeg Hais Tias...



*“Kuv lub plab zom zaum mov zoo, kuv haus kua zaub tsuag thiab haus dej ntau heev. Kuv mus tso quav los kuj zoo. Kuv xav hais tias rau ntawm kuv tus kheej, tej zaum kuv yuav tsis muaj tus mob kheesxaws hnyuv.”*

### Many People Believe That...

*“My digestion is normal, and my bowel movements are very regular. I also eat lots of soup and drink plenty of liquids. So, in my situation, I don’t think I will get colon cancer.”*



Next page

### Feem Ntau Tib Neeg Ntseeg Hais Tias...

*“Kuv tiv thaiv tau tus mob kheesxawv hnyuv vim kuv siv tshuaj ntsuab los pab ntshuav kuv lub plab hnyuv.”*



# Feem Ntau Tib Neeg Ntseeg Hais Tias...

*“Kuv tiv thaiv tau tus mob kheesxawv hnyuv vim kuv siv tshuaj ntsuab los pab ntshuav kuv lub plab hnyuv.”*



# Feem Ntau Tib Neeg Ntseeg Hais Tias...

***“Kuv tiv thaiv tau tus mob kheesxawv hnyuv vim kuv siv tshuaj ntsuab los pab ntshuav kuv lub plab hnyuv.”***

Koj xav li cas?

Tej tshuaj ntsuab los tshuaj Hmoob yeem zoo rau koj.

- Tiamsis, qhov zoo tshaj ces yuav tau siv ob yam kev pab, siv tshuaj ntsuab thiab mus kuaj mob ntawm koj tus kws kho mob.
- Yog li ntawm, kev tiv thaiv tus mob kheesxaws hnyuv yuav tsum yog mus kuaj kom raws caij nyoog thiab siv tshuaj ntsuab los pab tibi.

## Many People Believe That...

***“I can prevent colon cancer by taking traditional herbal or Hmong medicine or eating special foods to cleanse my digestive system.”***

What do you think?

Traditional herbal or Hmong medicine and special foods can be good for you.

- However, you can have the best of both worlds by combining traditional and Western approaches to maintain health.
- So, a holistic approach to prevent colon cancer should also include colon cancer testing regularly.

## Feem Ntau Tib Neeg Ntseeg Hais Tias...

*“Kuv tiv thaiv tau tus mob kheesxawv hnyuv vim kuv siv tshuaj ntsuab los pab ntshuav kuv lub plab hnyuv.”*



## Many People Believe That...

*“I can prevent colon cancer by taking traditional herbal medicine to cleanse my digestive system.”*



Next page

## Feem Ntau Tib Neeg Ntseeg Hais Tias...



*“Kuv xav tias kuv yuav tsis mob kheesxaws hnyuv vim kuv caj ceg los sis kuv tsev neeg tsis muaj leej hwg uas tau mob kheesxaws hnyuv dua li.”*





# Feem Ntau Tib Neeg Ntseeg Hais Tias...



*“Kuv xav tias kuv yuav tsis  
mob kheesxaws hnyuv vim  
kuv caj ceg los sis kuv tsev  
neeg tsis muaj leej twg  
uas tau mob kheesxaws  
hnyuv dua li.”*



# Feem Ntau Tib Neeg Ntseeg Hais Tias...

***“Kuv xav tias kuv yuav tsis mob kheesxaws hnyuv vim kuv caj ceg los sis kuv tsev neeg tsis muaj leej twg uas tau mob kheesxaws hnyuv dua li.”***

Koj xav li cas?

- Muaj tej zaum mob kheesxaws hnyuv yeej yog nyob ntawm yus caj ceg tiamsis feem ntau cov neeg uas tau mob kheesxaws hnyuv tsis yog los ntawm caj ceg.
- Tam sij no, qho zoo tshaj ces koj los koj tsev yuav tsum tau mus kuaj thiaj li yuav paub tseeb tias yus muaj los tsis muaj.
- Koj yuav uas tau ib tug yam ntxwv/qauv zoo rau koj tsev neeg yog koj mus kuaj kheesxaws hnyuv kom raws caij nyoog.

## Many People Believe That...

***“None of my family members has ever had colon cancer, so I’m sure I don’t have it.”***

What do you think?

- Sometimes, colon cancer runs in families. However, most people who get colon cancer do not have a family history of it.
- At this time, the best way to know whether you or your family have colon cancer is to get colon cancer testing.
- You can set a good example for your family by getting colon cancer testing regularly.

## Feem Ntau Tib Neeg Ntseeg Hais Tias...



*“Kuv xav tias kuv yuav tsis mob kheesxaws hnyuv vim kuv caj ceg los sis kuv tsev neeg tsis muaj leej twg uas tau mob kheesxaws hnyuv dua li.”*



## Many People Believe That...

*“None of my family members has ever had colon cancer, so I’m sure I don’t have it.”*



Next page

## Feem Ntau Tib Neeg Ntseeg Hais Tias...

*“Kuv tsis muaj mob ntau. Txawm yog hais tias kuv muaj hnaob nyoog 60 xyoo, kuv naj qab nyob zoo. Kuv tsis xav hais tias kuv yuav mus kuaj kheesxaws hnyuv.”*



# Feem Ntau Tib Neeg Ntseeg Hais Tias...

*“Kuv tsis muaj mob ntau. Txawm yog hais tias kuv muaj hnoob nyoog 60 xyoo, kuv noj qab nyob zoo. Kuv tsis xav hais tias kuv yuav mus kuaj kheesxaws hnyuv.”*



# Feem Ntau Tib Neeg Ntseeg Hais Tias...

***“Kuv tsis muaj mob ntau. Txawm yog hais tias kuv muaj hnoob nyoog 60 xyoo, kuv noj qab nyob zoo. Kuv tsis xav hais tias kuv yuav mus kuaj kheesxaws hnyuv.”***

Koj xav li cas?

- Yeej zoo hais tias, koj noj qab nyob zoo tiamsis cov neeg tsis muaj mob dabtsi los yeej muaj feem mob kheesxaws hnyuv.
- Thaum laus zuj zus tuaj lawm yuav muaj feem mob kheesxaws hnyuv dua.
- Ib qhov ua paub tseeb hais tias ib tug neeg 50 xyoo rov saud yeem noj qab nyob zoo tiag ces yog mus kuaj kheesxaws hnyuv.

## Many People Believe That...

*“I hardly ever get sick. Even though I am over 60, I still feel healthy so I don’t think I need colon cancer testing.”*

What do you think?

- It is good that you feel healthy, but colon cancer can still develop in people who are feeling well.
- The older you get, the higher your chances are of getting colon cancer.
- One proven way to stay healthy after age 50 is to get colon cancer testing regularly.

## Feem Ntau Tib Neeg Ntseeg Hais Tias...

*“Kuv tsis muaj mob ntau. Txawm yog hais tias kuv muaj hnoob nyoog 60 xyoo, kuv noj qab nyob zoo. Kuv tsis xav hais tias kuv yuav mus kuaj kheesxaws hnyuv.”*



## Many People Believe That...

*“I hardly ever get sick. Even though I am over 60, I still feel healthy so I don’t think I need colon cancer screening.”*



Next page

## Feem Ntau Tib Neeg Ntseeg Hais Tias...

*“Txawm yog hais tias kuv yuav mob thiab tsis mob kheesxaws hnyuv los kuv ua tsis tau dabtsi pab ziag no.”*





# Feem Ntau Tib Neeg Ntseeg Hais Tias...

*“Txawm yog hais tias kuv yuav mob thiab tsis mob  
kheesxaws hnyuv los kuv ua tsis tau dabtsi pab ziag no.”*



# Feem Ntau Tib Neeg Ntseeg Hais Tias...

***“Txawm yog hais tias kuv yuav mob thiab tsis mob kheesxaws hnyuv los kuv ua tsis tau dabtsi pab ziag no.”***

Koj xav li cas?

- Qhov tseeb tiag, tsis yog hais tias koj uas tsis tau dabtsi. Koj ib leeg thiaj yog tus uas pab tiv thaiv tau kev mob kev nkees ntawm koj tus kheej.
- Yog hais tias koj tsis mob kheesxaws hnyuv, mus kuaj kom paub meej thiaj li tsis nyuaj siab.
- Txawm hais tias koj mob kheesxaws hnyuv lawm tiamsis yog nrhiav tau thaum ntxov tseem yuav kho tau zoo thiab yuav cawm tau koj txojsia.

## Many People Believe That...

*“I can do nothing now about whether or not I will get colon cancer.”*

What do you think?

- Actually, you are not powerless when it comes to colon cancer. Your daily actions can protect your health.
- If you do not have colon cancer, getting tested now will give you peace of mind.
- Even if you do get colon cancer, regular colon cancer testing can find it early enough to treat it effectively and save your life.

Feem Ntau Tib Neeg Ntseeg Hais Tias...

*“Txawm yog hais tias kuv yuav mob thiab tsis mob kheesxaws hnyuv los kuv ua tsis tau dabtsi pab ziag no.”*



Many People Believe That...

*“I can do nothing now about whether or not I will get colon cancer.”*



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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.”*



— Rose Kong, Board President  
Hmong Women's Heritage Association

# 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.”*



-- Rose Xiong, Board President  
Hmong Women's Heritage Association



# 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.”***

**•Yog koj muaj ntawv kho mob li private health insurance, Medi-Cal, los Medicare:**

Hu koj tus kws kho mob los chaw kuaj mob mus kuaj tiv thaiv tus mob kheesxaws hnyuv. Feem ntau daim ntawv kho mob yeej them tus nqi kuaj.

**•Yog koj tsis muaj ntawv kho mob:**

Hu cov chaw kuaj mob thiab nug txoj cov kev kuaj kheesxaws hnyuv. Kuv yuav muab ib cov chaw kuaj rau koj.

## What Should I Do Now?

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

- If you have private health insurance, Medi-Cal, or Medicare:  
You should contact your doctor or clinic for colon cancer testing. Most insurance plans pay for at least one colon cancer test.
- If you do not have health insurance:  
You can contact your community or county health clinic and ask for colon cancer testing. I will give you a list of places.

## 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.”***



— Rose Xiong, Board President  
Hmong Women's Heritage Association

## What Should I Do Now?

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

-- Rose Xiong,  
Board President  
Hmong Women's Heritage Association



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## Peb Yuav Nug Peb Tus Kws Kho Mob Txog Cov Kev Kuaj No Li Cas?

- Nqa daim ntawv nrog koj thiab nug:  
***“Kuv puas tau kuaj tiv thaiv tus mob kheesxaws hnyuv raws calj nyooog?”***
- Yog tsis tau kuaj, nug:  
***“Koj pab xa kuv mus kuaj tiv thaiv kheesxaws hnyuv puas tau?”***
- Yog twb kuaj tag lawm, nug:  
***“Thaum twg mam txog calj rau kuv rov kuaj dua?”***



— Mary N. Smith, MD



# Peb Yuav Nug Peb Tus Kws Kho Mob Txog Cov Kev Kuaj No Li Cas?



-- Huy N. Trinh, MD

- Nqa daim ntawv nrog koj thiab nug:  
*“Kuv puas tau kuaj tiv thaiv tus mob  
kheesxaws hnyuv raws caij  
nyoog?”*
- Yog tsis tau kuaj, nug:  
*“Koj pab xa kuv mus kuaj tiv thaiv  
kheesxaws hnyuv puas tau?”*
- Yog twb kuaj tag lawm, nug:  
*“Thaum twg mam txog caij rau kuv  
rov kuaj dua?”*

# Peb Yuav Nug Peb Tus Kws Kho Mob Txog Cov Kev Kuaj No Li Cas?

- Peb muaj txoj cai kom peb noj qab nyob zoo.
- Peb muaj txoj cai nug peb tus kws kho mob txog cov kev kuaj tiv thaiv mob kheesxaws hnyuv.
- Nqa daim ntawv nrog koj thiab nug:  
*“Kuv puas tau kuaj tiv thaiv tus mob kheesxaws hnyuv raws caij nyoog?”*
- Yog tus kws kho mob teb hais tias koj tsis tau kuaj, nug:  
*“Koj pab xa kuv mus kuaj tiv thaiv kheesxaws hnyuv puas tau?”*
- Yog twb kuaj tag lawm, nug:  
*“Thaum twg mam txog caij rau kuv rov kuaj dua?”*

## How Do We Ask Our Doctors For Colon Cancer Testing?

- We have a right to be healthy.
- We can ask our doctors respectfully about colon cancer tests.
- Bring the brochure to our doctors and ask: *“Have I had regular colon cancer testing?”*
- If our doctors say we have not had regular testing, ask: *“Can you help me get regular colon cancer testing?”*
- If we have had testing, ask: *“When am I due for my next test?”*

## Peb Yuav Nug Peb Tus Kws Kho Mob Txog Cov Kev Kuaj No Li Cas?



— Huy N. Trinh, MD

- Nqa daim ntawv nrog koj thiab nug:  
*“Kuv puas tau kuaj tiv thaiv tus mob kheesxaws hnyuv raws caij nyoog?”*
- Yog tsis tau kuaj, nug:  
*“Koj pab xa kuv mus kuaj tiv thaiv kheesxaws hnyuv puas tau?”*
- Yog twb kuaj tag lawm, nug:  
*“Thaum twg mam txog caij rau kuv rov kuaj dua?”*

## How Do We Ask Our Doctors For Colon Cancer Testing?

- Bring the brochure to our doctors and ask:  
*“Have I had regular colon cancer testing?”*
  - If we have not, ask:  
*“Can you help me get regular colon cancer testing?”*
  - If we have had testing, ask:  
*“When am I due for my next test?”*
- Huy N. Trinh, MD



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Txoj Kev Tiv Thaiv Zoo Dua Kev Kho Mob.  
Txoj Kev Kuaj Kheesxaws Hnyuv Pab Kom Tibneeg  
Noj Qab Nyob Zoo Thiab Muaj Txoj Sia Nyob Ntev.



**Txoj Kev Tiv Thaiv Zoo Dua Kev Kho Mob.  
Txoj Kev Kuaj Kheesxaws Hnyuv Pab Kom Tibneeg  
Noj Qab Nyob Zoo Thiab Muaj Txoj Sia Nyob Ntev.**





# Txoj Kev Tiv Thaiv Zoo Dua Kev Kho Mob. Txoj Kev Kuaj Kheesxaws Hnyuv Pab Kom Tibneeg Noj Qab Nyob Zoo Thiab Muaj Txoj Sia Nyob Ntev.

Nco ntsoov tias:

- Tus mob kheesxaws hnyuv yuav ua rau yus mob heev, txom nyem, nyuaj siab thiab txo tau txoj sia.
- Yog nrhiav tau tus mob lig, yuav kho nyuaj thiab tus nqi kho los yuav kim heev.
- Tiamsis, yog nrhiav tau thaum ntxov, tus mob kheesxaws hnyuv yuav kho yoojyim thiab yuav kho tau zoo hlo.
- Xav tau lub neej zoo, nyob ib txhiab ib txhis, tsis muaj kev nyuaj siab, yuav tsum tau mus kuaj mob!

**Prevention Is Better Than Treatment.**  
**Colon Cancer Testing Leads To Good Health And Longevity.**

Please remember:

- Colon cancer can cause pain, suffering, and death.
- If found late, it can be very difficult and expensive to treat.
- However, if found early, colon cancer can be easily treated and even cured.
- To have longevity, prosperity and happiness, get tested!

Txoj Kev Tiv Thaiv Zoo Dua Kev Kho Mob.  
Txoj Kev Kuaj Kheesxaws Hnyuv Pab Kom Tibneeg  
Noj Qab Nyob Zoo Thiab Muaj Txoj Sia Nyob Ntev.



**Prevention Is Better Than Treatment.**

**COLON CANCER TESTING LEADS TO  
GOOD HEALTH AND LONGEVITY.**



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Txoj Kev Noj Qab Nyob Zoo Yog Qhov Tseem Ceeb  
Tshaj Plaws Rau Koj Thiab Koj Tsev Neeg.  
Koj Tiv Thaiv Tau Tus Mob Kheesxaws Hnyuv!





**Txoj Kev Noj Qab Nyob Zoo Yog Qhov Tseem Ceeb  
Tshaj Plaws Rau Koj Thiab Koj Tsev Neeg.**

**Koj Tiv Thaiv Tau Tus Mob Kheesxaws Hnyuv!**



# Txoj Kev Noj Qab Nyob Zoo Yog Qhov Tseem Ceeb Tshaj Plaws Rau Koj Thiab Koj Tsev Neeg!

## Koj Tiv Thaiv Tau Tus Mob Kheesxaws Hnyuv!

- Mus kuaj tiv thaiv tus mob kheesxaws hnyuv yooj yim dua li qhov koj xav.
- Ziag no koj paub thiab muaj cai los pab tiv thaiv tus mob kheesxaws hnyuv.
- Txhob tos tsam li rau koj lawm. Thov cia li mus kuaj tiv thaiv tus mob kheesxaws hnyuv tamsim no.
- Mus kuaj rau koj tus kheej thiab koj tsev neeg!

**Lus nug thiab lus teb.**

**Good Health Is The Most Important Thing For You And Your Family!  
You Can Prevent Colon Cancer!**

- Getting colon cancer testing is easier than you think.
- You now have the knowledge and the power to prevent colon cancer.
- Why take a chance? Please go get tested right away.
- Do it for yourself and your family!

**Question and Answer**

Txoj Kev Noj Qab Nyob Zoo Yog Qhov Tseem Ceeb  
Tshaj Plaws Rau Koj Thiab Koj Tsev Neeg.  
Koj Tiv Thaiv Tau Tus Mob Kheesxaws Hnyuv!



**Good Health Is The Most Important  
Thing For You And Your Family!**

**You Can Prevent Colon Cancer!**



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This bilingual Hmong-English flipchart entitled “How Can We Prevent Colon Cancer?” has been developed and published by the University of California, Davis and collaboration with the Hmong Women’s Heritage Association, and the Vietnamese Community Health Promotion Project (*Suc Khoe La Vang!*) at the University of California, San Francisco as part of AANCART-The National Center for Reducing Asian American Cancer Health Disparities. This flipchart was funded by the National Cancer Institute (NIH-NCI Grant number U54CA153499).



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