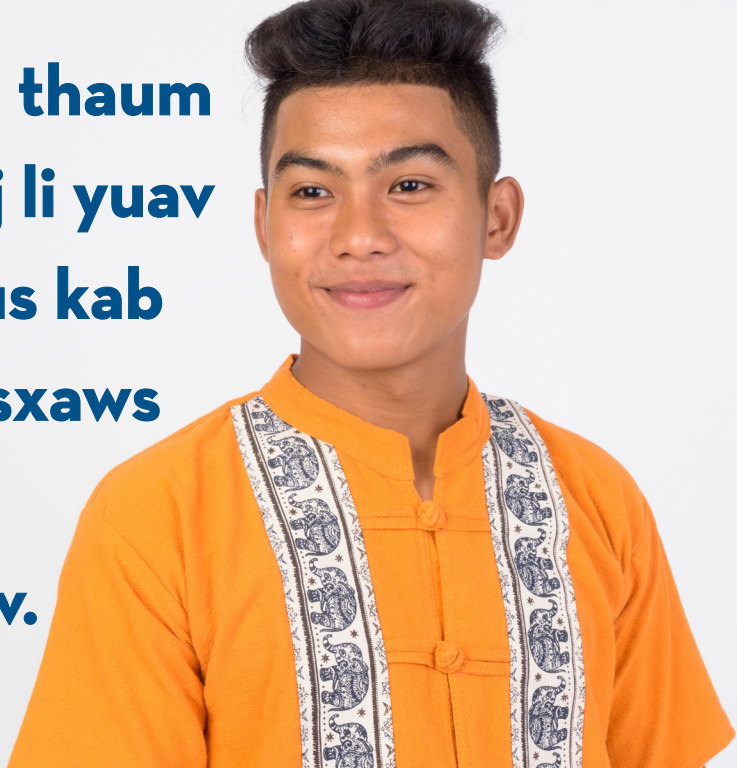


**Nrhiav tau thaum
ntxov thiaj li yuav
yeej tau tus kab
mob kheesxaws
rau txoj
nyhuv quav.**



PIB MUS KUAJ THAUM HNUB NYOOG 45

Mus kuaj kheesxaws rau nyhuv quav yog hais tias koj muaj 45 xyos los laus dua, los sis yog hais tias koj hluas dua thiab:

- Pheej muaj cov tsos mob rau koj
- Muaj mob tas li rau koj tej plab nyhuv, Crohns + IBD
- Tsev neeg muaj keeb kwm pob qhog rau nyhuv quav, mob kheesxaws rau nyhuv quav, los sis muaj mob los ntawm caj ces, xws li tus mob Lynch syndrome uas kawj mus ua tus mob kheesxaws rau lub ncauj qhov quav

Muaj qee yam kev kuaj seb puas muaj kheesxaws rau txoj nyhuv quav. Nrog koj tus kws kho mob tham seb thaum twg thiaj li yuav zoo mus pib kuaj thiab nrhiav seb txoj kev kuaj twg yuav zoo tshaj rau koj.

- Siv koob thaj duab xoo nyhuv quav
- Thaj fais fab x-ray xoo nyhuv quav sab nraum no mus
- Siv koob thaj duab xoo ntawm lub qhov quav mus rau qhov ntiav ntawm txoj nyhuv quav
- Kuaj quav nram tsev (DNA, FOBT, FIT)
- Kuaj ntshav

Mob kheesxaws rau lub ncauj qhov quav cov tsos mob muaj li no:

- Tso quav tau ntshav
- Kev mus siv hoob nab hloov lawm
- Qaug zog
- Ntshav liab tsis txaus
- Cia li poob phaus yam uas tsis yog txhob txwm
- Mob plab chaub tas li los sis mob duav
- Tsam plab
- Tsis muaj mob dab tsi li