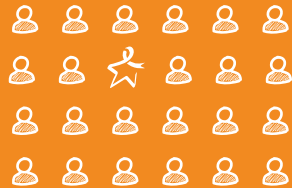


KOJ PUAS PAUB?

1 ntawm 24 leej neeg muaj tus mob kheesxaws rau nyhuv quav.



Mob kheesxaws rau nyhuv quav raug txiv neej thiab poj niam sib npaug zos.



1 ntawm 5 leej neeg muaj tus mob no thaum lub hnub nyoog qis dua 54.



✓ur:

Nrog koj tus kws kho mob tham seb yuav mus kuaj li cas thiaj li zoo tshaj rau koj.

**MUS KAWM KOM PAUB.
MUS KUAJ YUS TUS KHEEJ.**

GET YOUR REAR IN GEAR®



Get Your Rear in Gear, Tour de Tush, thiab Caboose Cup™ yog cov koom txoos uas loj tshaj los mus thov nyiaj txhiag rau Colon Cancer Coalition (lub tuam txhab mob kheesxaws rau nyhuv quav). Ua rau hauv ze li 40 lub nroog txhua txhua xyoo, cov nyiaj thov tau nyob rau lub zej zog ntawv pab them tej nqi kuaj ntes tus mob no, qhia pej xeeb kom paub txog, thiab them cov kev pab los mus txhawv cov neeg muaj tus mob no.

Nrhiav ib lub koom txoos uas tshwm sim ze koj ntawm coloncancercoalition.org/events

Xav paub txuas ntxiv txog tus mob kheesxaws rau nyhuv quav, mus saib ntawm:

coloncancercoalition.org

Pab peb qhia kom sawv daws paub txog, mus nyiam, mus share tso tawm, thiab raws peb.



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KUAJ TUS MOB KHEESXAWS RAU NYHUV QUAV: 101

Mus kawm kom paub. Mus kuaj yus tus kheej. Phoom kom dhau txoj kev txaj muag.



coloncancercoalition.org

COV HAUV KEV YUAV MUS KUAJ

Kuaj-quav nram-tsev

Cov kuaj no tshawb seb puas pom ntshav thiab/los sis puas pom tej yam txawv hauv koj cov quav. Kuaj tas ces xa hauv pais xab nis rov qab los sis nqa mus rau koj tus kws kho mob. Yog hais tias pom ntshav los sis pom tej yam txawv, ces yuav tsum mus xoo nyhuv quav nrog lub koob thaj duab.

- Kuaj quav (Fecal Immunochemical Test (FIT)): Txhua xyoo
- Kuaj quav seb puas muaj ntshav (High Sensitivity Fecal Occult Blood Test (FOBT)): Txhua xyoo
- Kuaj cov DNA hauv koj cov quav: 3 lub xyoo twg ib zaug

Tsev Kho Mob

Thaum koj mus cuag lawm, koj tus kws kho mob yuav saib koj txoj nyhuv quav thiab qhov quav seb puas muaj cov pob qhog los sis puavpheej tias yog kheesxaws. Siv koob thaj duab mus xoo nyhuv quav yog qhov uas kuaj tau zoo tshaj plaws li lawm vim hais tias nws los mus nres tau tus kab mob kheesxaws no thaum txog rau hauv lawm yog pom cov pob qhog ces muab tshem tau tawm lub sijhawm ntawv. Ua ntej yuav mus kuaj tau li no yuav tsum yaug tag nhro cov plab nyhuv (npaj ua ntej). Tso ntshav mus kuaj seb puas muaj puavpheej tias yog kheesxaws hauv koj cov ntshav thiab rau cov neeg uas poob rau qhov nruab nrab tsam ho raug tus mob no uas nws mus tsis tau los sis tsis kam mus siv koob thaj duab xoo nyhuv quav los sis xa quav mus kuaj.

- Siv koob thaj duab xoo nyhuv quav: 10 xyoo twg ib zaug yog hais tias tsis muaj dab tsi*
- Thaj fais fab x-ray xoo nyhuv quav sab nraum no mus: 5 xyoo twg ib zaug*
- Siv koob thaj duab xoo ntawm lub qhov quav mus rau qhov ntiav ntawm txoj nyhuv quav: tshaj 5 xyoo twg ib zaug+
- Tso ntshav mus kuaj**

*Tej zaum koj tus kws kho mob yuav hloov lub caij nyoog txawv rau koj mus kuaj nyob ntawm koj qhov keeb kwm mob nkeeg thiab koj cov kev kuaj tshawb pom yav nram ntej.

+ Yog hais tias thaum siv koob thaj duab mus xoo nyhuv quav es pom ib lub pob qhog los sis nqaj txawv ces yuav tsum xoo tag nhro txoj nyhuv quav.

**Nrog koj tus kws kho mob tham thiab nrog koj lub tuam txhab them cov nuj nqis kho mob insurance tham seb puas yuav yog rau koj. Yog hais tias thaum kuaj pom dab tsi txawv lawm ces yuav tsum siv koob thaj duab mus xoo nyhuv quav lawm xwb.

QHIA ME NTSIS TSWV YIM TXOG NTAWM QHOV MUS XOO NYHUV QUAV

Yeej tsis muaj lwm txoj kev kuaj uas yuav zoo tshaj siv lub koob thaj duab mus xoo nyhuv quav lawm hais txog ntawm qhov mus nrhiav tau thiab nres kom txhob raug tus mob kheesxaws rau nyhuv quav. Ua raws nraim li peb kauj ruam no kom txhob ntshai ntshai thiab ua kom lub sijhawm koj mus xoo nyhuv quav ntawv kom thaj li ib nyuag haum xeeb.

1. Teem kom tau ib lub sijhawm.



Qhov uas nyuaj tshaj plaws ntawm txoj kev mus xoo nyhuv quav ces yog muab lub xov tooj hu mus teem sijhawm. Nco tsoov hais tias tej zaum koj yuav tsum tau qhaj haujlwm, rau hnuv npaj yus lub cev ua ntej yuav tuaj thiab rau hnuv mus xoo.



Qhia tswv yim rau koj: Teem sijhawm mus xoo nyhuv quav rau hnuv Monday sawv ntxov, li ntawv es hnuv Sunday koj thaj li npaj tau koj lub cev thiab tsuas qhaj ib hnuv haujlwm xwb. Thiab teem rau thaum sawv ntxov vim hais tias koj yuav tau yoo mov thiab ua ntxov thaj li tas ntxov thaj li tsis yoo ntev!

2. Npaj koj tus kheej.



Txoj nyhuv quav uas yaug huv si lawm yuav nrhiav tau cov pob qhog thiab tshem tawm yooj yim dua. Ua raws nraim li koj tus kws kho mob qhia koj thiab yog tias tsis tau taub qhov twg yuav tsum nug koj tus kws kho mob ua ntej.

Feem ntau, yaug plab nyhuv txhais tau hais tias noj zaub mov xim dawb ob peb hnuv ua ntej thiab haus kua ntshiab xwb hnuv ua ntej yuav mus. Npaj cov khoom no rau hauv tsev:

- Mov dawb, mij meskas, thiab qhaub cij
- Qos tuav (tsis muaj daim tawv)
- Kaus poom txiv hmab txiv ntoo thiab zaub
- Kua txiv hmab txiv ntoo ntshiab ntshiab (txiv apple zoo tshaj)
- Jell-o (tab sis txhob yog xim liab, xim moj nkiab, los sis xim xiav dub)
- Dej qab zib ntshiab (xws li Sierra Mist los sis 7-up, ntau lub khws kho mob pom zoo haus root beer los tau thiab!)
- Kas fes thiab tshuaj yej (Txhob tso mis nyuj los sis kua mis qab zib)
- Kua nqaj Kua zaub

Koj tus kws kho mob yuav sau ib co tshuaj ua kua rau koj haus yaug cev. Yuav kom haus taus:

- Tso kom txias txias
- Siv tus pas nqus haus rau nram qa
- Npuav ib co khob noom qaub qaub los sis maj naus kom thaj li saj tsis tau



Qhia tswv yim rau koj: Yog lawv qhia kom muab do xyaw lwm ya haus ua ke (xws li Gatorade) tsis txhob do xyaw hom uas koj xis tshaj --- vim tias tom qab haus tas ces koj yuav rhuav yuav tsis xis lawm!

Nco tsoov nyob kom ze chav dej hnuv uas koj yaug cev. Feem coob neeg nyiam siv cov ntaub ntub ntub los so es tsis siv cov ntaub hoob nab yuav ib nyuag zoo rau yus dua.



Qhia tswv yim rau koj: Nco tsoov nyob kom ze chav dej hnuv uas koj yaug cev. Feem coob neeg nyiam siv cov ntaub ntub ntub los so es tsis siv cov ntaub hoob nab yuav ib nyuag zoo rau yus dua.

3. Nrhiav kev tiaj tus rau yus tus kheej.



Koj yuav tsum nyob kaj siab lug rau hnuv mus kuaj ntawv yuav yog ib qho tseem ceeb heev. Koj yeem ntshov siab ces koj yuav haj yam tsis xis nyob. Tsis txhob ntshai nug txog tshuaj loog, txoj kev uas lawv yuav ua no, los sis mob qhov twg tsis xis qhov twg hais tawm.

Tom qab koj xoo nyhuv quav tag lawm, nug txog seb lawv kuaj pom li cas. Ces nug seb thaum twg koj yuav tsum rov qab tuaj mus xoo dua, los sis seb puas muaj qee yam uas koj yuav tsum tau ua.



Qhia tswv yim rau koj: Ib tug phooj ywg los sis ib tug neeg hluab koj yuav tsum nyob tos nrog koj. Lawv yuav pab kom koj ua tau siab loj, thiab koom tau nrog koj mus noj ib pluag ua ke tom qab ua tiav lawm. Koj yuav tshai plab heev!