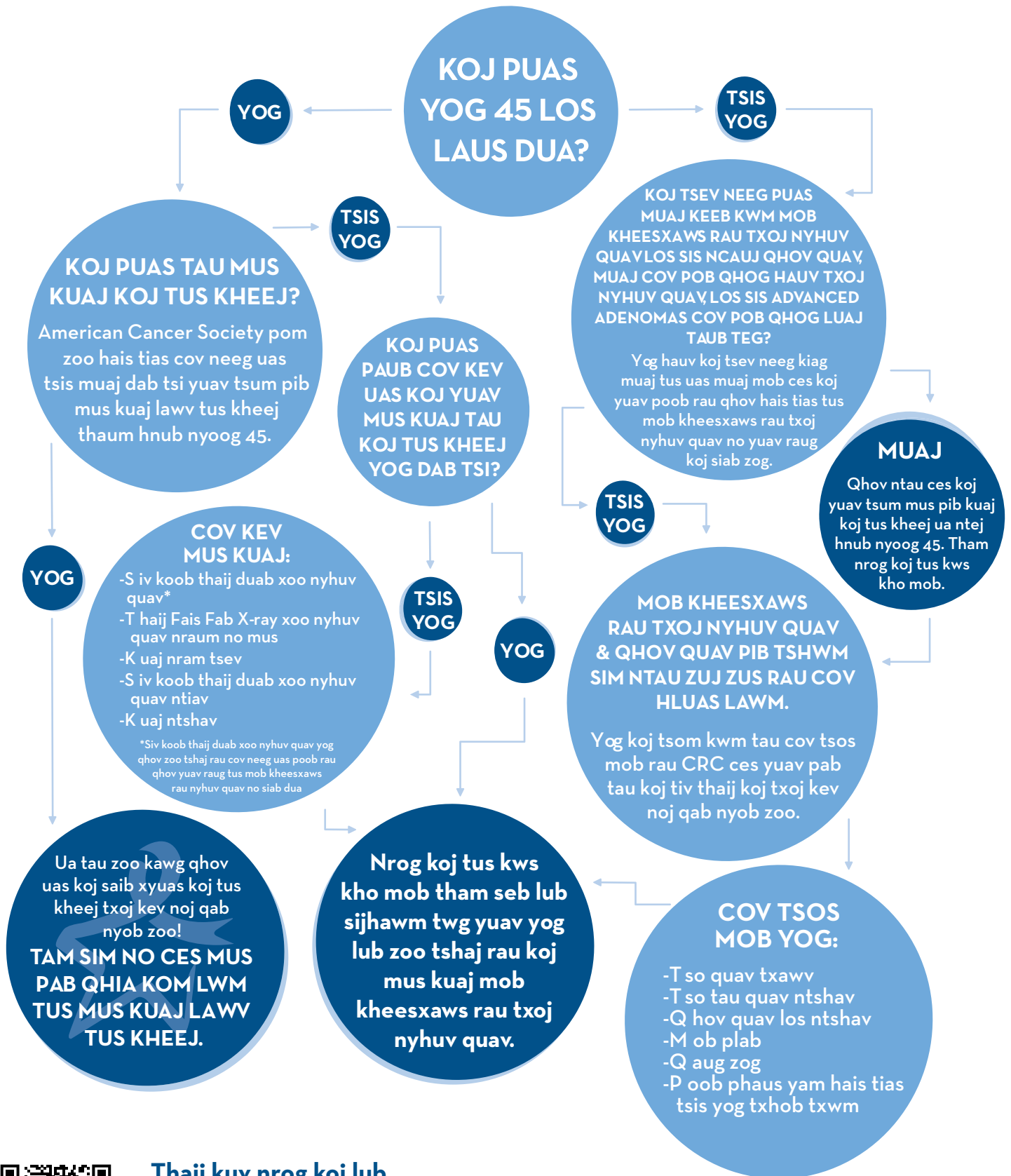


QHIA MUS KUAJ MOB KHEESXAWS RAU TXOJ NYHUV QUAV



Thajj kuv nrog koj lub koob thajj duab hauv lub xov tooj yog XAV PAUB NTXIV!

Cov lus qhia hauv tsab ntauv no yeej muab ntsuas kom muaj tseeb lawm los ntauv lub tuam txhab mob kheesxaws rau nyhuv quav (Colon Cancer Coalition) cov txwj laug sab laj.



COV KEV MUS KUAJ

Nrog koj tus kws kho mob tham seb txoj kev kuaj twg thiaj li yuav zoo tshaj rau koj.

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 thajj 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 lawv, koj tus kws kho mob yuav saib koj txoj nyhuv quav thiab qhov quav seb puas muaj cov pob qhog los sis puavpheed tias yog kheesxaws. Siv koob thajj 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 puavpheed 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 thajj duab xoo nyhuv quav los sis xa quav mus kuaj.

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

YUAV TSUM PAUB LUJ SEB COV UAS YUAV RAUG KOJ YOG DAB TSI

Ib tsev neeg muaj keeb kwm mob kheesxaws rau nyhuv quav los sis muaj cov pob qhog hlaw rau sab hauv txoj nyhuv quav thiab muaj cov kab mob xws li Crohn's disease mob plab nyhuv o los sis ulcerative colitis mob ncauj plab txhais tau hais tias koj yuav tsum mus kuaj ua ntej hnuv nyoog 45.









YUAV TSUM SAWV CEV SAIB XYUAS KOJ TUS KHEEJ RAU TXOJ KEV NOJ QAB NYOB ZOO

Mloog koj lub cev zoo zoo thaum txawv li cas thiab mob li cas yus thiaj li paub. Nrog koj tus kws kho mob tham. Mus cuag tus kws kho mob thib ob seb nws ho pom li cas yog xav tau.

TXO QHOV UAS YUAV RAUG KOJ

Tswj koj lub cev taj ntsug qhov nyhav. Yuav tsum tau nquag txav ib ce tas li. Tswj txoj kev haus dej caw. Txhob noj nqaij ntau. Txhob haus luam yeeb.

PAUB TEJ YAM TSHWM SIM TXAWV THIAB COV TSOS MOB

-  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 dab tsi li

*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 thajj duab mus xoo nyhuv quav es pom ib lub pob qhog los sis nqaij 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 thajj duab mus xoo nyhuv quav lawm xwb.