

# Ro Jen Aelōñ Ko Ilo Pacific Im Nañinmij In Cancer Ilo Mōjñal

Paper in rar maroñ in je jen Grant Number U01CA114591  
eo im ej jen National Cancer Institute's Center to Reduce  
Cancer to Reduce Health Disparities im jeje ak koppan paper  
in ej itok jen ri jeje ro an paper in im ejab meleen bwe nan ko  
ie rej an Natinal Cancer Institute's Center to Reduce Health  
Care Disparities.

Ri Marshall Im Kakōlkōl in Cancer  
ilo Mōjñal



**WINCART**   
*Weaving an Islander Network for Cancer Awareness Research and Training*

# Pacific Islanders & Colorectal Cancer Flipchart Facilitation Guide

## Introduction

The “Pacific Islanders & Colorectal Cancer” flipchart was developed and designed by a group of health educators, professionals and leaders in the Pacific Islander community as a culturally appropriate outreach and education tool. Its purpose is to increase awareness of the impact of colorectal cancer (CRC) on the Pacific Islander community, the various risk factors associated with CRC, CRC prevention information, and CRC screening tests available. When used with the accompanying video and bookmark, two key health messages are highlighted: 1) There are ways that Pacific Islanders can prevent CRC, 2) Pacific Islanders need to ask their doctor about the recommended screening tests for CRC, and 3) to get screened for yourself and your family. Community health educators, outreach workers and community organizations can utilize these flipcharts with small groups of Pacific Islanders at workshops, information sessions, and other Pacific Islander health outreach activities to raise awareness about CRC in the Pacific Islander community. The flipchart is for adult Pacific Islander men and women 50 years of age or older.

This facilitation guide provides learning objectives and talking points for each flipchart page.

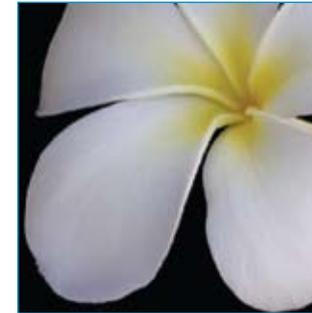
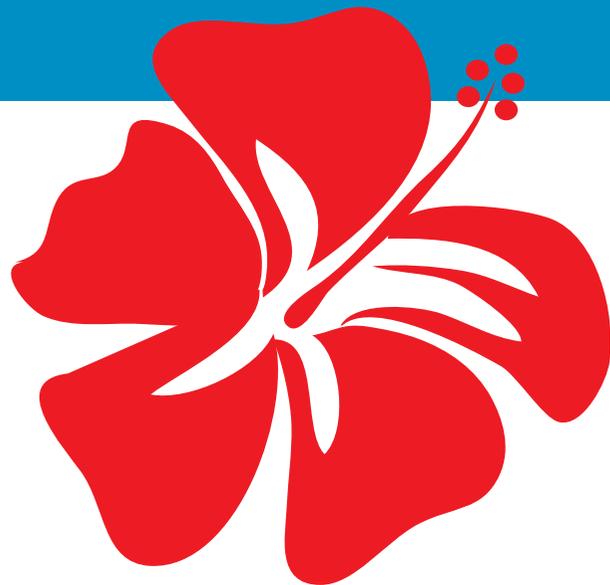
Thank you!

---

## **INTRODUCTION** (page 2)

**OBJECTIVE:** To share and discuss participants’ beliefs about colorectal cancer.

Konañin ke kar roñ kin  
nañinmij in cancer ilo  
mōjñal?



## **INTRODUCTION** (page 3)

**OBJECTIVE:** To convey how important CRC is for Pacific Islanders.

### **TALKING POINTS:**

- Colorectal cancer is among the most common cancers among Guamanian/Chamorro and Tongan women, Marshallese and Samoan men.
- Native Hawaiian males have the highest colon cancer mortality rates compared to the different race/ethnicities in Hawaii.
- Most Samoans and other Pacific Islanders are diagnosed with colorectal cancer at later stages in California; Hawaiians have the highest rate of colorectal cancer in Stage I and II and Samoans have the highest rates for Stages III and IV.

Nañinmij in cancer ilo  
mōjñal emakijkij an walok  
iben armij ro jen aelōñ in  
Pacific.



## **UNDERSTANDING COLORECTAL CANCER (page 4)**

**OBJECTIVE:** To provide a general overview and definitions associated with CRC.

### **TALKING POINTS:**

- The colon and rectum are parts of the digestive system. They form a long, muscular tube called the large intestine (also called the large bowel). The colon is the first 4 to 5 feet of the large intestine, and the rectum is the last several inches.
- Cancer begins in cells. Normally, cells grow and divide to form new cells as the body needs them. When cells grow old, they die, and new cells take their place. Sometimes, this process goes wrong. New cells form when the body does not need them, and old cells do not die when they should. These extra cells can form a mass of tissue called a growth or tumor.
- Benign tumors are rarely life-threatening and can be removed. Since they do not invade the tissues around them and usually do not grow back, cells from benign tumors do not spread to other parts of the body.
- Malignant tumors are generally more serious than benign tumors and may be life-threatening. They often can be removed but sometimes grow back and invade nearby tissues and organs.
- Cancer cells can break away from a malignant tumor and spread to other parts of the body. Cancer cells spread by entering the bloodstream or the lymphatic system. The cancer cells form new tumors. The spread of cancer is called metastasis.

# Kemlele Ko Kin Nañinmij In Cancer Ilo Mõjñal

## COLON

Ijo ilo mõjñal eo ekilep im ej 4-5 ne aitokan jen tu lal tata in mõjñal ne am.

## RECTUM

Ijo ilo tul lal tata in mõjñal ne am im ebake jikin bwidej (bijõk) ne am.

## CANCER

Kiij (cell) eo ej eddõk ilo enbwinim im ejelok kein bõbrae an eddõk lok.

## COLORECTAL CANCER

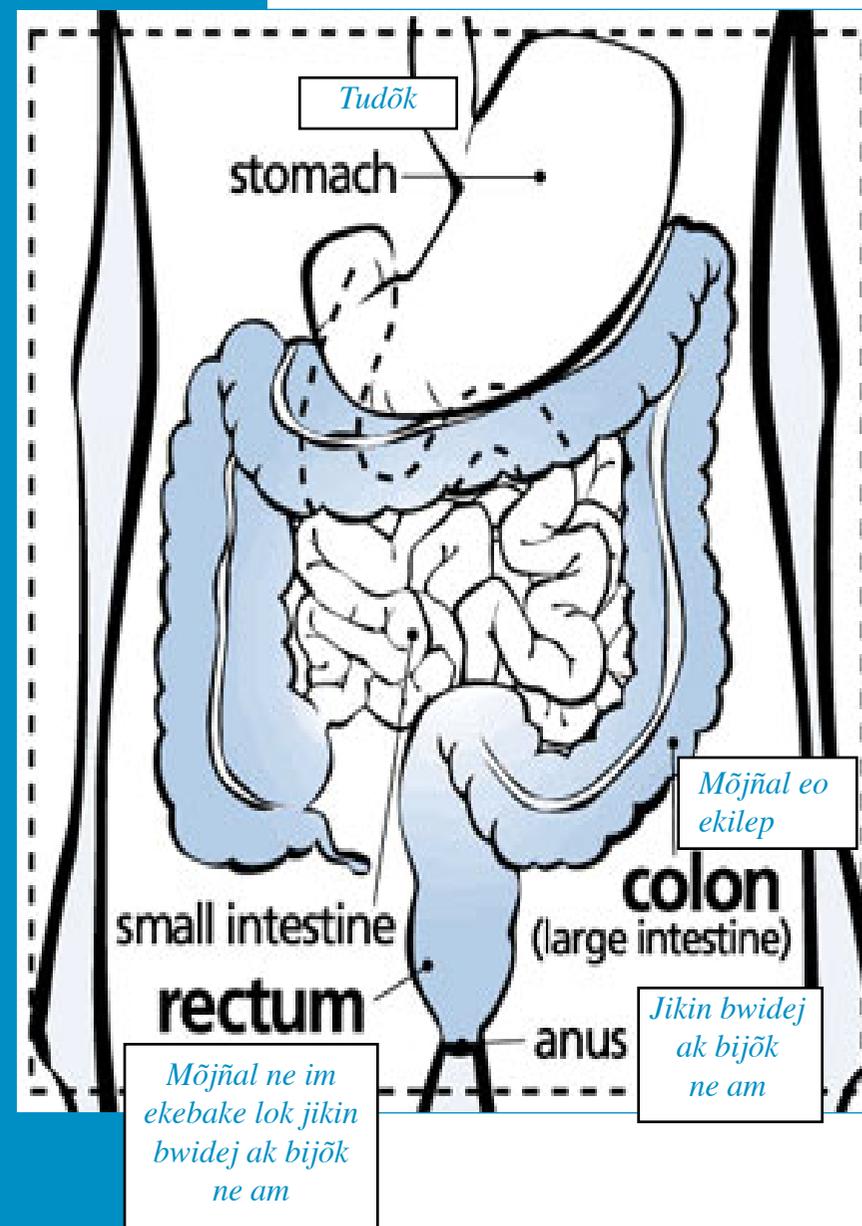
Nañinmij in cancer ilo mõjñal (Colorectal Cancer), ijo ej walok ie muktata ej ilo ijo im ej 4-5 ne aitokan jen lal tata (colon) in mõjñal ne am, ak ijo im ebake jikin bwidej (rectum) ne am.

## Benign tumors

Põr (tumors) ko im rej na etair Benign tumors, rejab cancer.

## Malignant tumors

Põr (tumors) ko im rej na etair Malingant tumors, rej cancer.



## **RISK FACTORS** (page 5)

**OBJECTIVE:** To highlight the various risk factors associated with CRC.

### **TALKING POINTS:**

- A risk factor is something that increases your chance of getting the disease. These are some of the risk factors associated with colorectal cancer among all individuals.
- Colorectal cancer is more likely to occur as people get older.
- Colorectal Polyps are common in people over age 50.
- Close relatives (parents, brothers, sisters, or children) of a person with a history of colorectal cancer are somewhat more likely to develop this disease themselves, especially if the relative had the cancer at a young age. If many close relatives have a history of colorectal cancer, the risk is even greater.
- A person who has already had colorectal cancer may develop colorectal cancer a second time. Also, women with a history of cancer of the ovary, uterus (endometrium), or breast are at a somewhat higher risk of developing colorectal cancer.
- Changes in certain genes increase the risk of colorectal cancer.
- A person who has had Crohn's disease or another condition that causes inflammation of the colon is at risk.
- Studies suggest that diets high in fat (especially animal fat) and low in calcium, folate, and fiber may increase the risk of colorectal cancer. Also, some studies suggest that people who eat a diet very low in fruits and vegetables may have a higher risk of colorectal cancer.
- A person who smokes cigarettes may be at increased risk of developing polyps and colorectal cancer.

# Men Ko Rej Kōman Bwe En Bidodo Am Bōk Nañinmij In Cancer ilo Mōjñal

- Ritto lok jen 50 iiō dettam
- Pōr ak ebbōj ko rej eddōk ilo mōjñal ne am
- Elañe ear wōr ilo nukun eo am im ear wōr cancer in mōjñal ibeir
- Elañe ear bar wōr cancer ilo enbwinim mokta lok
- Elañe elōñ oktak ak einjuōn ko ilo kiiij (genes) ko im rej kōman bwe kwon bōdañe ro ilo nukin eo am
- Ebbōj ak kurere ilo ijo im ej kalbubuik mōjñal (colon or rectum) ne am
- Elañe elap am mōña kirij ko jen menin mour ko
- Elañe kwoj ri kōbatat



## **SYMPTOMS** (page 6)

**OBJECTIVE:** To highlight the various symptoms associated with CRC.

### **TALKING POINTS:**

- Most often, these symptoms are not due to cancer. Other health problems can cause the same symptoms.
- Anyone with these symptoms should see a doctor to be diagnosed and treated as early as possible.
- Usually, early cancer does not cause pain. It is important not to wait to feel pain before seeing a doctor.
- Sometimes CRC can be present even without noticeable symptoms, so please ask your doctor about the appropriate screening tests that you might need.

# Kōkalle Ko Im Renaj Kōman Bwe Kwon Jelā Ke Ewōr Nañinmij In Cancer Ilo Mōjñal Ne Am

- Ilok lojiōm im wōtōdtōd ak bin lojiōm
- Elōñ bōtōktōk (elukun birōrō ak ekilmir/kilmej)  
ilo kibwe eo kibwem
- Jekjekin kibwe eo kibwem eaikdrik lok im ejab  
einwōt kar mokta
- Eakeke ak emōtak lojiem, ak einwōt ñe eobrak  
lojiōm kin mōña
- Kwoj mō lok ak kwoj jab jelā ta unin am mō lok
- Emōkmōk aolep ien
- Mōlañlōñ ak emmōj lok
- Komaroñ jab lo ak eñjake aolep kōkalle kein im rej  
elajrak ijin



## **PREVENTION** (page 7)

**OBJECTIVE:** To highlight the primary ways to help prevent CRC.

### **TALKING POINTS:**

- Prevention is an action taken to lower the chance of getting cancer.
- Regular exercise and a healthy diet may be protective factors for some types of cancer. Avoiding risk factors and increasing prevention may lower your risk, but it does not mean that you will not get cancer.
- Colorectal cancer can be prevented 9 out of 10 times through early detection with proper screening.

# Kilen Bōbrae Nañinmij In

Jet ro im rej ekatak kin nañinmij in rej ba bwe komaroñ bōbrae an cancer eddōk ilo mōjñal ne am elañe konaj kōmani men kein:

- Kōlablok am exercise ak mōmakine
- Mōña men ko leen wōjke ak vegetable ko (Ma, Ieraj, Cabbage, Mango, Keinabu)
- Kadik lok am drak dren in kadōk
- Jab kōbatat



## **SCREENING TEST** (page 8)

**OBJECTIVE:** To define and describe the main CRC screening guidelines.

### **TALKING POINTS:**

- Treatment for colorectal cancer is more likely to be effective when the disease is found early.
- Screening tests help your doctor find polyps or cancer before you have symptoms. Finding and removing polyps may prevent colorectal cancer.
- Fecal occult blood test, or FOBT- a test for hidden blood in a sample of stool (feces) you have already passed.
- The FOBT can detect tiny amounts of blood in your stool.
- If this test detects blood, other tests are needed to find the source of the blood. Benign conditions (such as hemorrhoid, where swollen blood vessels around the anus cause itching, pain, and sometimes bleeding) also can cause blood in your stool.

# Wāwen Kakilene Nañinmij In

## *Fecal occult blood test (FOBT)*

Aolep iiõ, jino ilo ien eo ñe 50 iio dettam. Kakõlkõl in rej lale elañe elõñ bõtõktõk ilo bwidej ak kibwe eo kibwem. Kwoj drod jidik mõttan kibwe eo ilo juõn test card eo im kõrole lok ñõn iben doctor eo am bwe en etale ewõr ke jorrãn ilo mõiñal ne am.



## SCREENING TESTS (page 9)

### TALKING POINTS:

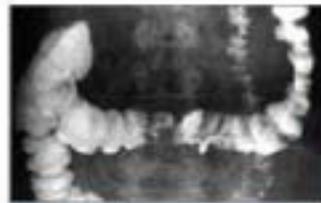
- Double contrast barium enema - patient is given an enema (the injection of a fluid into the rectum to cause a bowel movement) with a barium solution, and air is pumped into your rectum.
- Several x-ray pictures are taken of your colon and rectum.
- The barium and air help your colon and rectum show up on the pictures.
- Polyps or tumors may show up.
- Flexible sigmoidoscopy - a doctor checks inside your rectum and the lower part of the colon with a lighted tube called a sigmoidoscope
- If polyps are found, your doctor removes them. The procedure to remove polyps is called a polypectomy.
- Colonoscopy - your doctor examines inside the rectum and entire colon using a long, lighted tube called a colonoscope.
- Your doctor removes polyps that may be found.

## Double-contrast barium enema

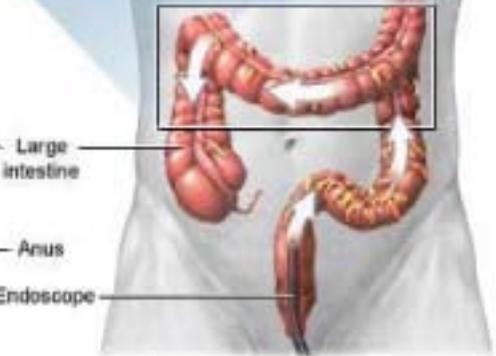
Kakōlkōl in ej kōman aolep 5 iiō, jino ilo ien eo 50 iiō drettam. Rej pijaiki (x-ray) mōjñal ne am.

*Rej kadeloñ dren in (Barium liquid) ilo jikin bijōk ne am ñōn lowan mōjñal ne*

Barium liquid is instilled into the large intestine through the anus



Radiologic view of barium enema



*Pija (x-ray) in ej kwalok wāwen an dren in bed ilowan mōjñal ne am.*

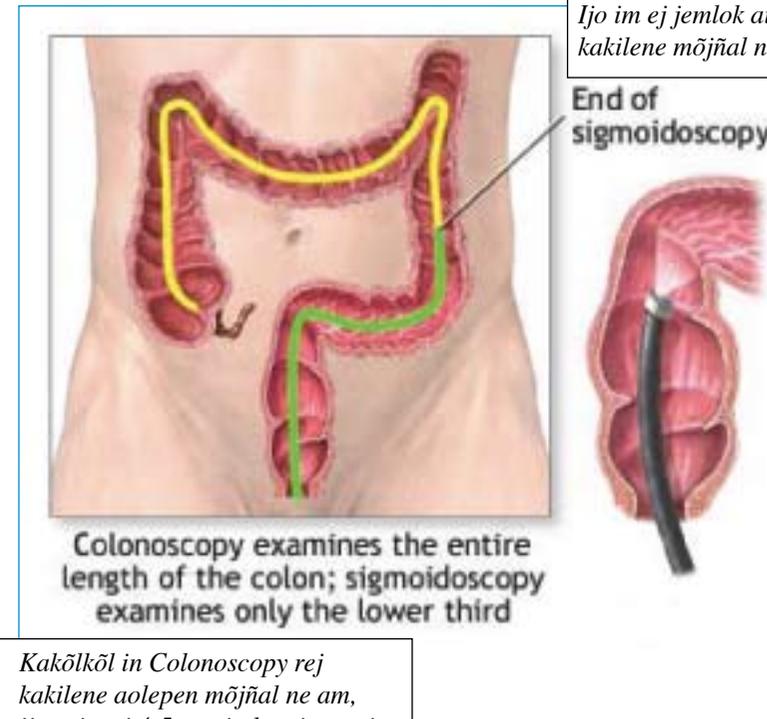
## Sigmoidoscopy:

Kakōlkōl in ej kōman aolep 5 iiō, ijino ilo ien eo ej 50 iiō drettam. Rej kakilene jidrik in ijene im ej 4-5 ne aitokan jen lal tata in mōjñal (colon) ne am.

## Colonoscopy:

Kakōlkōl in ej kōman aolep 10 iiō, ijino ilo ien eo ej 50 iiō drettam. Rej kalilene aolepen ijene im ej 4-5 ne aitokan jen tu lal tata in mōjñal (colon) ne am.

*Ijo im ej jemlok air kakilene mōjñal ne am ie*



*Kakōlkōl in Colonoscopy rej kakilene aolepen mōjñal ne am, ijene im ej 4-5 ne aitokan jen turin jikin bwidej ne am; kakōlkōl in Sigmoidoscopy rej kakilene wōt tu lal in mōjñal ne am.*

## **ASK YOUR DOCTOR!** (page 10)

**OBJECTIVE:** To encourage individuals to ask their doctors about CRC screening.

### **TALKING POINTS:**

- People should talk with their health care provider about when to begin screening for colorectal cancer, what tests to have, the benefits and risks of each test, and how often to schedule appointments.
- Insurance coverage varies and individuals should check with their health insurance provider to determine their colorectal cancer screening benefits.
- Additional information about colorectal cancer screening is available from the NCI's Web site at <http://www.cancer.gov/clinicaltrials/> on the Internet, or by calling the Cancer Information Service at 1-800-4-CANCER (1-800-422-6237).

# Kajitōk Iben Doctor Eo Am!

Ewōr am maroñ in kajitōk iben doctor eo am kajitōk kein ikijen kakōlkōl in mōjñal:

- Kakōlkōl ta eo emōn ñōn ña? Etke?
- Jete wōnen kakōlkōl rot in? Insurance eo aō enaj ke kōllāiki wōnen kakōlkōl rot in?
- Emtak ke kain kakōlkōl rot in?
- Ewi to in aō naj jelā walok in tokjen kakōlkōl in aō?



## **OTHER RESOURCES** (page 11)

**OBJECTIVE:** To provide other important resources related to CRC.

### **TALKING POINTS:**

If you do not have insurance, please refer to the lists of resources handout. This handout is a list of clinics that offer colorectal cancer screening for individuals without insurance. This list was gathered from the following:

- Coalition of Orange County Community Clinics Directory
- Health Centers- Orange County ([www.findahealthcenter.hrsa.gov](http://www.findahealthcenter.hrsa.gov))
- Health Centers- Los Angeles County ([www.findahealthcenter.hrsa.gov](http://www.findahealthcenter.hrsa.gov))
- Health Centers- San Diego County ([www.findahealthcenter.hrsa.gov](http://www.findahealthcenter.hrsa.gov))
- Community health centers provide health care regardless of your ability to pay and even if you have no health insurance. Phone the nearest community health center for more information or to make an appointment.
- State medical assistance programs help people with incomes under certain limits pay for prescription medications, visits to the doctor, hospitalizations, and insurance premiums. Each program is different and not all States have medical assistance programs. Contact your local department of social services or a local hospital's social worker to see if your State has a program and if you might be eligible to apply.

# Ijoko Jet Im Komaroñ Bar Bõk Jibañ Jeni

National Cancer Institute Helpline  
[www.cancer.gov/help](http://www.cancer.gov/help)  
1-800-4-CANCER

More information on Colorectal Cancer (National Cancer Institute)  
[www.cancer.gov/cancertopics/types/colon-and-rectal](http://www.cancer.gov/cancertopics/types/colon-and-rectal)

“Cancer Risk: Understanding the Puzzle” (National Cancer Institute)  
<http://understandingrisk.cancer.gov/>

American Cancer Society  
[www.cancer.org](http://www.cancer.org)  
1-800-ACS-2345





# Jekōnan Kamolol Rein Im Rej Elajrak Ijin

Weaving an Islander Network for Cancer Awareness Research and Training

<http://wincart.fullerton.edu>

## **'Ainahau O Kaleponi Civic Club**

Ainahau O Kaleponi  
12534 Valley View St. #343  
Garden Grove, Ca 92845  
[www.aokhcc.org](http://www.aokhcc.org)

## **Guam Communications Network (GCN)**

4201 Long Beach Blvd. Suite 218  
Long Beach, CA 90807  
Telephone: (562) 989-5690  
Fax: (562) 989-5694  
[www.guamcomnet.org](http://www.guamcomnet.org)

## **Orange County Asian and Pacific Islander Community Alliance (OCAPICA)**

12900 Garden Grove Blvd., Suite 214A  
Garden Grove, CA 92843  
Telephone: (714) 636-9095  
[www.ocapica.org](http://www.ocapica.org)

## **Pacific Islander Health Partnership (PIHP)**

9351 Tidewater Circle  
Huntington Beach, CA 92646  
Telephone/Fax: (714) 968-1785  
[www.pihp.org](http://www.pihp.org)

## **Samoan National Nurses Association (SNNA)**

22010 S. Wilmington Ave. Suite 301  
Carson, CA 90745  
Telephone: (310) 952-1115  
[www.snna.org](http://www.snna.org)

## **Sons and Daughters of Guam Club**

PO Box 740067  
San Diego, CA 92174-0067  
Telephone: 760-480-9732

## **Tongan Community Service Center/ Special Service for Groups (TCSC/SSG)**

14112 S. Kingsley Drive  
Gardena, CA 90249  
Telephone: (310) 327-9650  
[www.ssgmain.org/Tong\\_GIS.pdf](http://www.ssgmain.org/Tong_GIS.pdf)

## **Union of Pan Asian Communities (UPAC)**

1031 25th Street  
San Diego, CA 92102  
Telephone: (619) 232-6454  
[www.upacsd.com](http://www.upacsd.com)

*Juōn kamolol elap ñōn California Dialogue on Cancer kin air kar jibañ ikijen  
print e paper in.*

*Weaving an Islander Network in Cancer Knowledge, Attitudes, Beliefs and Behaviors (WINCKABB),  
A cancer screening campaign sponsored by Weaving an Islander Network for Cancer Awareness  
Research and Training (WINCART) Funded by the National Cancer Institute's Center to Reduce  
Cancer Health Disparities, grant number U01 CA114591*

*Graphic design by the Pacific Island Ethnic Art Museum, 695 Alamitos Ave., Long Beach, CA 90802  
[www.pieam.org](http://www.pieam.org)*



