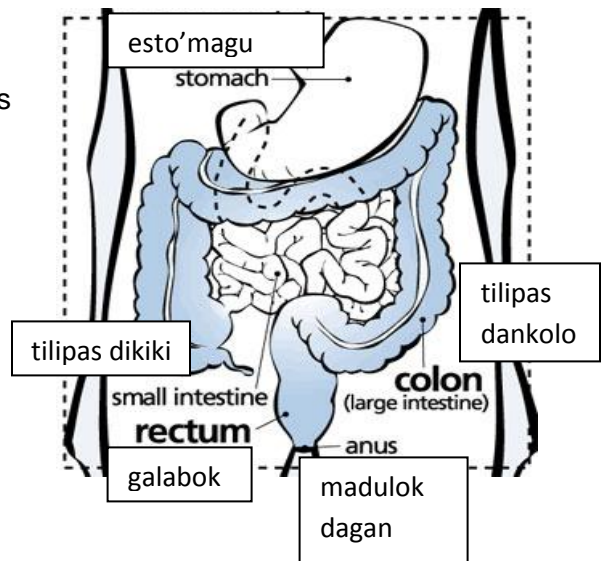


# Taotao I Islas Pasifiku yan Kanset I Galabok

Colorectal Cancer is Very Common among Pacific Islanders

## Komprende I Kanset Galabok

- Colon: Tilipas dankolo-primet 4-5 potgadas i tilipas
- Rectum: Galabok-i uttimu potgadas i tilipas
- Cancer: Kanset-ti ma adahi i dineku
- Colorectal Cancer: Kanset Galabok-Kanset ni ma tutuhon gi tilipas dankolo pat i galabok
  - Benign tumors: Do'an ahe ti kanset
  - Malignant tumors: Atdit na do'an ni kanset



## Atotga Faktos

- I idat mas ki sinkuenta
- Dineku gi galabok
- Historia gi familia pot kanset galabok
- Mismo historia pot i kanset
- Diferensia gi taimanu i mafatinas mu
- Estotbu pat tinaohan gi sanhalom i tilipas dankolo pat i dagan-mu
- Dieta tat kilo ni mantikan gaga
- Chichipa sigariyu

## Senat

- Masisinik pat tisina masinik
- Un sodda hágá (gos agaga pat mas didok/atilong) gi take'-mu
- Un sodda i take'-mu mas dalalai kinu otdinariu
- Regulat na minanglo pat kalamli pat sinienti binila pat binila
- Malingu libras sin hafa na rason
- Unsiente na gof yayas hao todo i tiempo
- Guaha na chatguahu pat mumuta
- Taya senat ni hafafa'

## Empidi

Palu estudio ma rekomenda yuhi i taotao sina ma ribaha atotga para uninayi kanset galabok:

- Atisa i kinalamten
- Kanno frutas yan golai (lemai, maetsis na suni, ripoyu, manga, papaya)
- Ribaha sok sok aguayente
- Suhayi amaska/sigariyu

## Magefatan Na Eksamina

- Fecal Occult Blood Test (FOBT)/Eksamina para uma rikonosi kao guaha haga' gi take'-mu:  
**Kada sakkan, tutuhon gi sinkuenta (50) na idat.** eksamina para uma chek kao guaha umatok na haga' gi take'-mu. I malangu ha po'lo dikiki na pidason take' gi katon eksamina ya ha na'nalo tate gi mediku para uma analisa.

i amot mana halom gi tilipas dankolo kontra i madulok i dagan-mu

litrato i amot

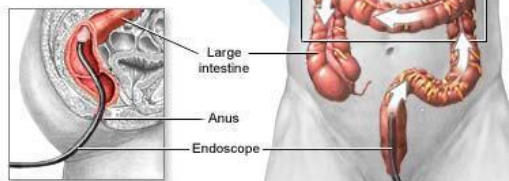


Barium liquid is instilled into the large intestine through the anus



Radiologic view of barium enema

- Double-Contrast Barium Enema/Dopble na amot hilenga: Kada sinko (5) anos, tutuhon gi sinkuenta (50). Este malitrato I tilipas dankolo.



tilipas dankolo

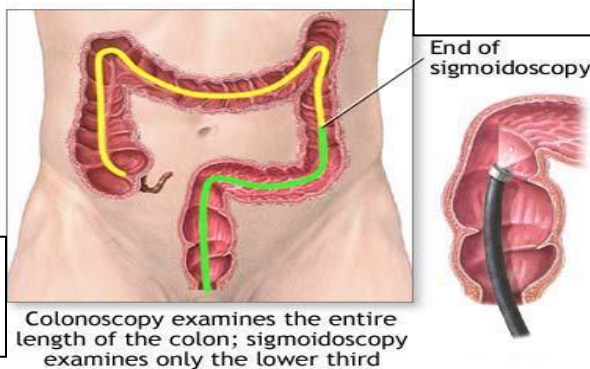
madulok dagan

i tilipas i para manlitrato

- Sigmoidoscopy/Eksamina para uma rikonosi i gepapa na tilipas take' yan i dagan-mu: Kada sinko (5) anos, tutuhon gi sinkuenta (50) na idat. A method of looking at part of the colon

uttimo i eksamina i tilipas

- Colonoscopy/Eksamina i sanhalom i tilipas take' yan i dagan-mu: Kada dies (10) anos, tutuhon gi sinkuenta (50) na idat. A method of looking at the entire colon



End of sigmoidoscopy

Colonoscopy examines the entire length of the colon; sigmoidoscopy examines only the lower third

I gepapa na tilipas take'yan i dagan-mu ma eksamina entre todo i inanakko i tilipas. I ma rikonosi i tilipas take'i uniku i gepapa.

## Faisen I Mediku-Mu

Sina ha malagu hao un faisen i mediku-mu kuestiona pot eksamina inatan:

- Hafa na eksamina ma rekomenda para guaha? Sa' hafa?
- Kunto balina este na eksamina? Kao i planuhu siguridat brinabu u ayuda yo uma'pase este na eksamina para inatan?
- Kao puti este na eksamina?
- Kuantos na tiempo despues di eksamina para bai hutungo I resutta?

## Otra Lista

- Kanset Instituyi Nasion Linan Ayudo: [www.cancer.gov/help](http://www.cancer.gov/help) or 1-800-4-CANCER
- Mas infotmasion giya Kanset Galabok (Kanset Instituyi Nasion) [www.cancer.gov/cancertopics/types/colon-and-rectal](http://www.cancer.gov/cancertopics/types/colon-and-rectal)
- "Atotgan Kanset" Kumprendi i Inabak" (Kanset Instituyi Nasion) <http://understandingrisk.cancer.gov/>
- Amerikano Kanset Sosiat [www.cancer.org](http://www.cancer.org) or 1-800-ACS-2345