

如今你明白如何做 ...

Now You Know

- 了解導致大腸癌的危險因素
- 認識大腸癌的症狀
- 多吃水果、蔬菜、全穀類、魚及低脂的奶製品等
- 運動，戒煙，限量飲酒
- 向你的醫生查詢有關大腸癌檢查的資訊

- The risk factors for colorectal cancer.
- The symptoms of colorectal cancer.
- To eat a diet containing fruits, vegetables, whole grains, lean meat, fish and low-fat dairy products.
- To exercise, stop smoking and limit the use of alcohol.
- To ask your doctor for a screening test.

**盡早發現
盡早治療**

**EARLY DETECTION
EARLY TREATMENT**

身心健康掌握在你手中

**BE IN CHARGE OF YOUR
BODY, MIND, AND SOUL**

