



CCHRC

CCHRC

Chinese Community Health Resource Center

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Colorectal Cancer

What You
Need to Know

警惕大腸癌



華人社區健康資源中心

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目錄

Table of Contents

什麼是癌症？	6
什麼是大腸癌？	10
甚麼人易患大腸癌？	12
大腸癌的症狀	14
大腸癌的檢查	16
如果檢查結果不正常，我該怎麼辦？	28
大腸癌的治療方法	30
常見問題及解答	32
何處索取有關大腸癌資料？	40
如今你明白如何做	42

What is cancer?	7
What is colorectal cancer?	11
Who gets colorectal cancer (risk factors)?	13
Symptoms of colorectal cancer	15
Screening tests for colorectal cancer	17
What happens if a test is not normal?	29
Treatment for colorectal cancer	31
Commonly asked questions and answers	33
Where can I get more information?	41
Now you know	43

盡早發現 盡早治療

本手冊介紹了有關大腸癌的訊息。大腸癌在美國是一種非常普遍的癌症，在華人社區也多有發生。大腸癌是世界上第三大最常見的癌症殺手，而在美國死於癌症的病例中，大腸癌居第二位。任何人都有可能患上大腸癌。

如果人們能及早知道患癌的危險因素，盡早檢查，盡早發現及治療，並及時辨別大腸癌的症狀，那麼就能減低患上大腸癌的機會。

我們希望這本小冊子提供的訊息，增加你對大腸癌的認識，使你身體健康長壽。

向你的醫生詢問有關大腸癌的檢查!



「預防或及早發現大腸癌最好的方法是定期做大腸癌檢查。」

周兆年醫生 Edward A. Chow, M.D.

三藩市公共衛生署健康委員
San Francisco Health Commissioner
華美醫師協會醫務總監
CCHCA Executive Director

Early Detection Early Treatment

This booklet contains information about colorectal cancer. It is a very common cancer throughout the United States, and within the Chinese Community. It is the 3rd most common cause of cancer in the world, and the 2nd leading cause of cancer deaths in the United States. Anyone can get colorectal cancer.

Fewer people will get colorectal cancer if they know about:

- How to identify symptoms related to colorectal cancer.
- Risk factors for the disease
- Screening tests
- Early treatment

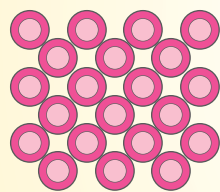
We hope this booklet will provide the information you need to stay healthy, reduce your risk of colorectal cancer and live a long life.

ASK YOUR DOCTOR ABOUT GETTING TESTED!

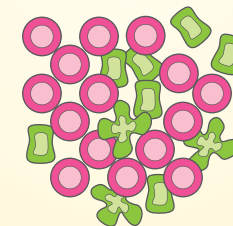
什麼是癌症？

癌症的發生是從構成人體組織的細胞開始。而組織則構成各種器官，例如心、肝、肺、腸、大腦等。

正常情況下，細胞生長及分裂，形成新的細胞。舊細胞死亡，被新細胞取代。但有時，這一過程出了問題，細胞分裂得特別快，而且也不死去。這些快速分裂的細胞就發生異常現象，構成了我們稱為腫瘤的物質。惡性腫瘤會侵入正常組織，並擴散到人體的其他部位。不同的癌症，擴散速度並不相同，有的癌症擴散得比較緩慢。



正常細胞
Normal Cells



癌症細胞
Cancer Cells

What is Cancer?

Cancer begins in cells of the body. Cells are the building blocks that make up tissues. Tissues make up organs such as the liver, heart, lung, colon, brain, and others.

Normal cells grow and divide to form new cells which replace cells that have died. Sometimes, there is problem with this process. Cells start to divide very quickly, and do not die when they should. These rapidly dividing cells also become abnormal in other ways. They can form masses called tumors. Cancerous tumors can invade normal tissue and spread to other parts of the body where new cancerous tumors will grow. Not all cancers act the same way. Some grow more slowly than others.

腫瘤並不都是癌症

並不是所有的腫瘤都會惡化為癌症。目前尚不清楚非惡性腫瘤的發生原因。

- 良性腫瘤 - 非癌症
 - 通常很容易割除良性腫瘤
 - 良性腫瘤不會侵襲周圍的組織，也不擴散到人體的其他部位
 - 良性腫瘤基本不會威脅到人的生命
- 惡性腫瘤 - 癌症
 - 惡性腫瘤的危害通常比良性腫瘤更嚴重。
 - 惡性腫瘤威脅到人的生命。
 - 雖然能夠被切除，但惡性腫瘤可能會重新長出來。
 - 惡性腫瘤會侵襲並破壞周圍的組織及器官。
 - 惡性腫瘤會擴散到人體其他部位，破壞其他器官。這種擴散稱作“轉移”。

Not All Tumors are Cancer

Not all tumors are cancer. It is not known why non-cancerous growths form.

- Benign tumors are not cancer.
 - Most of the time they can easily be removed.
 - They do not invade the tissues around them.
 - They do not spread to other parts of the body.
 - They are usually never life-threatening.
- Malignant tumors are cancer.
 - They are usually more serious than benign tumors.
 - They can be life-threatening.
 - Sometimes they can be removed, but they may grow back.
 - They can invade and damage nearby tissues and organs.
 - They can spread to other parts of the body and damage other organs. This spread is called metastasis.

什麼是大腸癌？

What is Colorectal Cancer

消化系統末端約五英尺的部份稱為大腸或結腸，而此部份最末六吋，靠近肛門的地方又稱直腸。大腸癌就是在這些部位形成。大腸癌的病變速度較為緩慢。一開始時可能只是腸道內長出的一些腫瘤或良性息肉，經年累月，這些逐漸增大的息肉可能會演變成惡性腫瘤。若早作檢查或切除可見的良性息肉，可以避免患上大腸癌，把握盡早治愈的機會。

Colorectal cancer develops in the large intestine or rectum. The large intestine or colon is the lowest portion of the digestive system and measures about 5 feet long. The rectum is the last 6 inches of the colon. Colorectal cancer grows very slowly in the beginning. It can begin as a cancerous growth or it can develop from a benign (non-cancerous) polyp. Over time, some of these polyps grow and become malignant (cancerous).

Screening tests find polyps that can be removed before they turn into cancer. Screening tests can also find early colorectal cancer when the chance of being cured is very good.

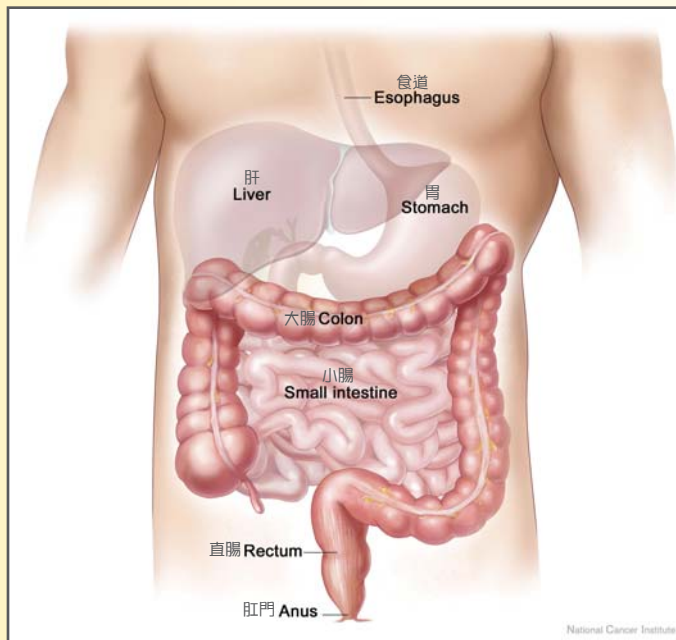
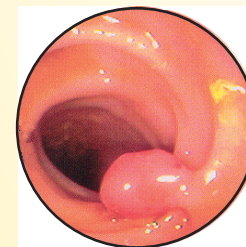
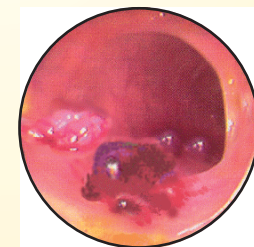


Photo: National Cancer Institute

正常的消化系統 Normal Digestive System



息肉 Polyp



癌腫 Cancer

甚麼人易患大腸癌？

任何人都有可能患上大腸癌，但以下因素使人們患病的機率更大：

- **年齡** - 通常發生在超過**50**歲或以上的人群
- 有患大腸癌的**家族病史**
- **家庭或個人病史**中曾患有腸道炎症等疾病
- **飲食** - 過多吃高脂肪食物（特別是動物脂肪）及肉類，但少吃纖維素
- **飲酒過度**
- **吸煙**
- **身體超重或肥胖**
- **不愛運動**

有的人並沒有任何危險因素，但仍然有可能患上大腸癌。



Who Gets Colorectal Cancer? (Risk Factors)

Anyone can get colorectal cancer, but your risk increases with:

- **Age** - occurs mostly in those age 50 and older
- **Family history** of colorectal cancer
- **Family or personal history** of certain inflammatory bowel diseases
- **Diet** high in fat (especially animal fat), meat, and low in fiber
- High intake of **alcohol**
- **Smoking**
- **Overweight or obese**
- **Physical inactivity**

Some people who develop colorectal cancer do not have any of these risk factors.

大腸癌的症狀

大腸癌是一種**無聲的疾病**。病人可能根本沒有徵兆就已經患上了大腸癌。大便帶血也不定能被肉眼看得到。與大腸癌相關的症狀如下：

- 長期腹瀉或便秘
- 大便時有尚未排清的感覺
- 便血
- 糞便變窄細
- 經常腹部脹氣或腸絞痛
- 不明原因的體重下降
- 常感疲倦

大多數情況下，這些症狀**並不是**癌症的徵兆，其他疾病也會引起類似的症狀。唯一的辦法就是做檢查。有上述症狀的人應該去看醫生，盡早診斷，盡早治療。

記住-

早期癌症並沒有疼痛的症狀

Symptoms of Colorectal Cancer

Colorectal cancer can be a **silent disease**. This means that cancerous changes can take place without a person having any symptoms. Blood in the stool is not always visible. Symptoms that are associated with colorectal cancer include:

- Chronic diarrhea or constipation
- Feeling that your bowel does not empty completely
- Finding blood in your stool
- Stools that are narrower than usual
- Frequent gas pains or cramps, or feeling full or bloated
- Weight loss with no known reason
- Feeling very tired all the time

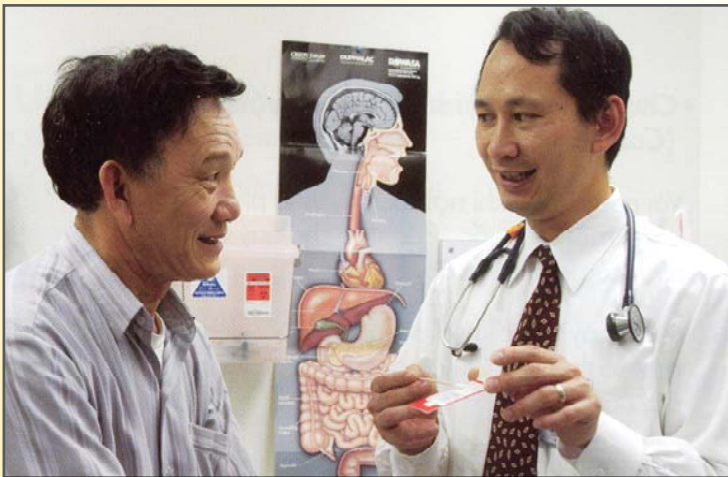
Sometimes other intestinal problems can cause similar symptoms. The only way to know is to get tested. Anyone with these symptoms should see a doctor to be diagnosed and treated as early as possible.

REMEMBER- EARLY CANCER DOES NOT CAUSE PAIN

大腸癌的檢查

大多數導致人們患上大腸癌的原因目前尚未清楚，但也有可能患上大腸癌而全無症狀。以下介紹的腸癌檢查可以儘早發現息肉並將其割除，以免日後演變為癌。即使已患上癌，檢查的作用可使癌症被早期發現，這對日後的治療是否成功相當重要。美國防癌協會建議，凡男女，**從50歲開始**，無論是否有高危因素，都應進行以下其中一項檢查。

因家庭及個人患病史而有高危因素的人士，更應遵從醫生建議，提早或更頻密做檢查。請諮詢你的醫生你應何時或作何種檢查。



Screening Tests for Colorectal Cancer

The cause of most colorectal cancer is not known. Also, it is possible to have colon cancer and not have any symptoms. The tests described here can find polyps, which when removed, can prevent colon cancer from developing. Even if cancer is found, screening tests find many cancers early and greatly improve the chance of successful treatment. The American Cancer Society recommends that, **beginning at age 50**, both men and women, without special risk factors for developing colorectal cancer, do **one** of the screening tests listed.

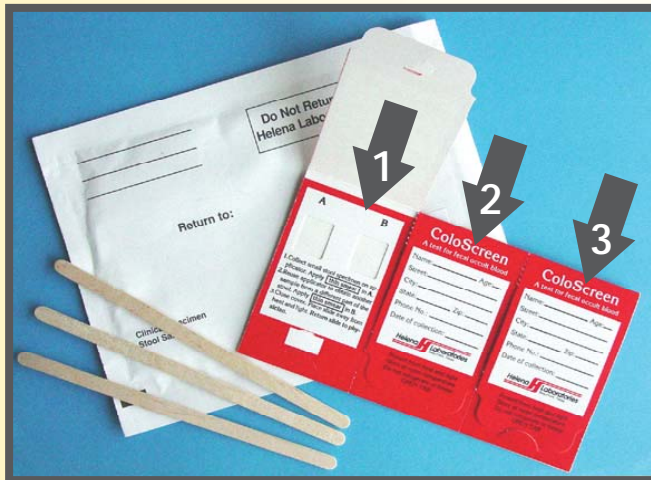
Persons at higher risk, because of family history or certain medical conditions, should begin screening earlier, and more often, as recommended by their physician. Ask your doctor if it is time for you to get tested for colorectal cancer. Your doctor will advise you about which test you should have and when you should have it.

腸癌的檢查

大便潛血檢查 (FOBT)

每年一次

息肉及腫瘤會開始出血。由於出血量不多，肉眼無法看清。這檢查可測試你的大便裡是否有肉眼看不到的血或潛血。分三天收集三次不同的糞便樣本，塗抹少量在測試卡上交回化驗室化驗。身體上其他原因也可能造成便血。



Screening Tests

Fecal Occult Blood Test (FOBT)

- every year

Polyps and tumors can begin to bleed. It might not be very much blood and might not be enough for you to see. However, there can be blood in the stool. Three small stool samples collected on different days are placed on special cards that are returned to the laboratory for testing. There are causes of blood in the stool other than colorectal cancer.



腸癌的檢查

Screening Tests

軟式乙狀結腸鏡檢查 每五年一次

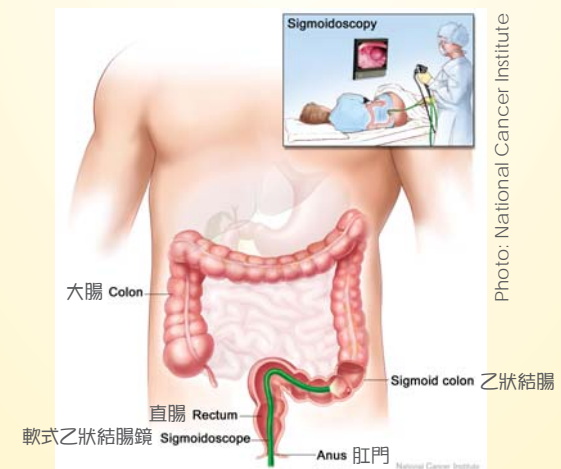
乙狀結腸形似 S 狀，是結腸通往直腸的最末一段。用一條細小帶燈的空心管稱為乙狀結腸鏡管通過直腸插入結腸，能讓醫生檢查到三分之一的結腸內壁。

該檢查通常在醫生診所內進行，不需服用麻醉劑或鎮靜劑。但該項檢查無法檢查到整段結腸。

Flexible Sigmoidoscopy - every 5 years

The sigmoid colon (shaped like an S) is the end section of the colon, which leads to the rectum. A thin, hollow, lighted tube called a sigmoidoscope is inserted into the rectum to the colon, allowing the doctor to see about one-third of the colon.

This procedure is usually performed in the doctor's office, and does not require anesthesia or sedation. It does not examine the entire colon.



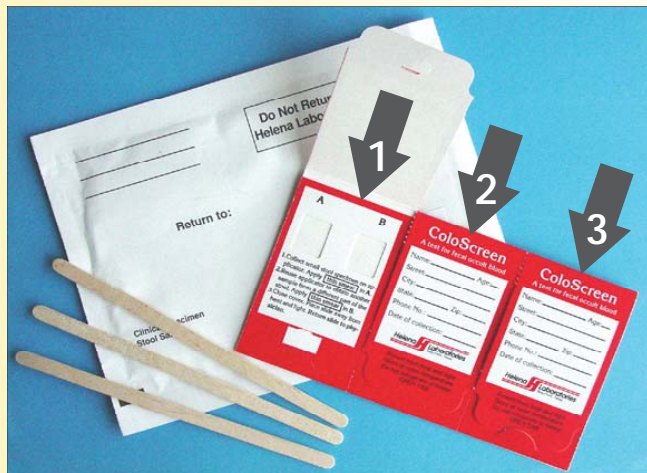
Flexible Sigmoidoscopy
軟式乙狀結腸鏡

腸癌的檢查

Screening Tests

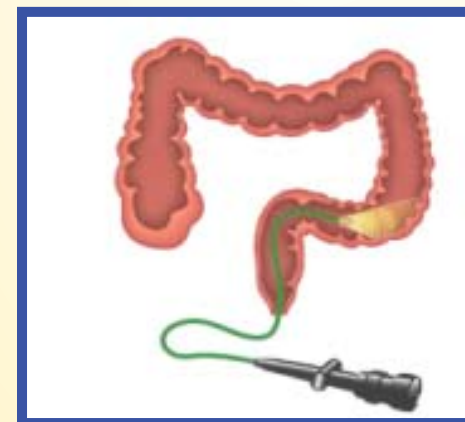
大便潛血（FOBT）及 軟式乙狀結腸鏡合併檢查

合併每年一次的大便潛血檢查（FOBT）及每五年一次的軟式乙狀結腸鏡檢查，有時比單獨做大便潛血檢查（FOBT）或軟式乙狀結腸鏡檢查的效果更好。



FOBT plus Flexible Sigmoidoscopy

FOBT every year and flexible sigmoidoscopy every 5 years is a combination sometimes recommended over FOBT or sigmoidoscopy alone.



Flexible Sigmoidoscopy
軟式乙狀結腸鏡

腸癌的檢查

Screening Tests

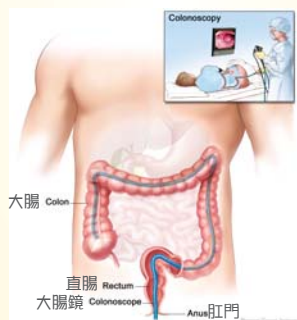
大腸鏡檢查

每十年一次

用一種類似乙狀結腸鏡管但比其稍長的儀器檢查結腸。醫生不但可通過鏡管檢查整段結腸也可在同一時間取出息肉。大腸鏡檢查是目前最為有效檢驗癌性息肉的檢查方法。

大腸鏡檢查也是檢查整段大腸及直腸的最完善、最徹底的方法。在檢查前兩天，醫生會囑咐你吃清淡的食物。檢查前一天，你還需服用輕瀉藥排清大腸內的所有的糞便。這一步驟非常重要，因為醫生必須能夠很清楚地看見大腸內壁。檢查時，醫生會用一根帶燈的管子即大腸鏡檢查直腸及整段結腸。

檢查期間，醫生會給你注射麻醉劑。待檢查結束後才會醒來。你可在當天由別人開車送你回家。



大腸鏡
Colonoscopy

Photo: National Cancer Institute

Colonoscopy

- every 10 years

An instrument, similar to a sigmoidoscope but longer, allows the doctor to see the entire colon. Polyps and other abnormal growths can be removed at the same time. Colonoscopy is the most sensitive method for detection of polyps and cancerous growths.

Colonoscopy provides the most complete and thorough examination of the entire colon and rectum. Two days before the test you will be advised to eat lighter food. The day before the examination you will take a laxative that will completely empty your large intestine of any stool. This is very important, as the doctor must be able to see the inside walls of the colon. During the procedure the doctor examines inside the rectum and entire colon using a lighted tube called a colonoscope.

You will be given medication so you will sleep through the procedure. You will wake up shortly after the procedure is over. You can be driven home the same day.

腸癌的檢查

Screening Tests

雙重對比鋇餐灌腸檢查

每五年一次

鋇酸鹽物質是一種白色粉狀物質。用鋇酸鹽灌滿腸道後，X光能照出結腸輪廓，檢驗出息肉或其他不正常的情况。結腸及直腸X光片能夠顯示息肉或腫瘤的情况，但無法即時取出息肉或腫瘤，有時可能會漏掉一些細小的息肉或腫瘤。如果該檢查發現任何異常情况，必須進行大腸鏡覆查。

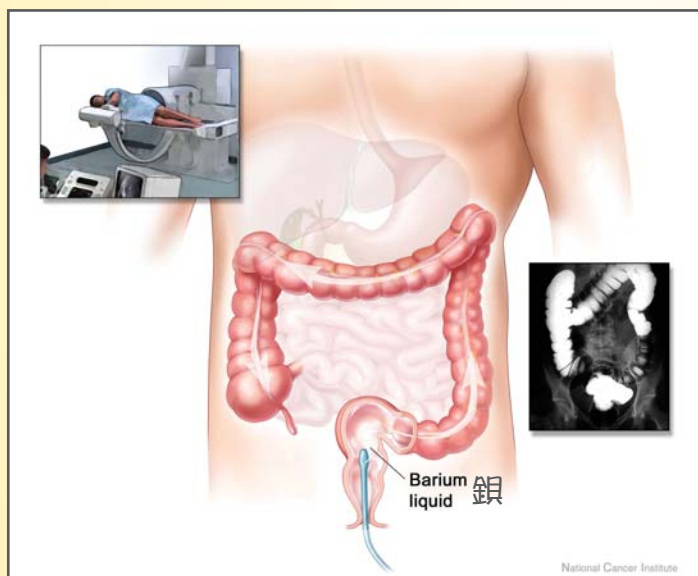


Photo: National Cancer Institute

Double-contrast barium enema - every 5 years

Barium sulfate is a white chalky substance that shows an outline of the colon so that X-rays can be taken to detect polyps or abnormalities. X-ray pictures of your colon and rectum are taken and polyps or tumors can be seen. Polyps or tumors cannot be removed during this procedure. Sometimes small polyps or other growths can be missed. Colonoscopy might be necessary if this test shows any abnormalities.

如果檢查結果不正常， 我該怎麼辦？

如果醫生通知你，說你的大便潛血檢查 (FOBT) 呈陽性反應，即你的大便樣本內有血，但不說明你患上了大腸癌！這也確實表示你要接受進一步檢查，看看陽性反應是因為什麼原因造成的。除了大腸癌以外，痔瘡，服用阿司匹林類的藥物，胃潰瘍或其他原因都會導致便血。

建議做大腸鏡檢查，同時可以發現並取出腫瘤或息肉，或是取出一小片組織送到化驗室化驗。化驗室能診斷取出的組織是惡性還是良性。



Photo: National Cancer Institute

WHAT HAPPENS IF A TEST IS NOT NORMAL?

Let's say that your doctor calls to tell you that your Fecal Occult Blood Test (FOBT) was positive-meaning that blood was found in your stool sample.

It does not mean that you have colorectal cancer! It DOES mean that you will need other tests to find out why the test was positive. There are many reasons, other than cancer, for blood to be in the stool, including hemorrhoids, medication such as aspirin, an ulcer and others.

Colonoscopy is usually recommended, and a polyp might be found and removed. A small amount of tissue might be taken, and sent to the laboratory for examination (biopsy). The laboratory will be able to tell if it is cancer or if it is benign (not cancer).

大腸癌的治療方法

最普遍治療大腸癌的方法是手術治療。其他的治療方法還包括：化療、放射治療、免疫療法，或者綜合療法。

大部份的人都希望能參與自己的治療。你應該向醫生詢問所有的顧慮及疑問。有的人會寫下問題及醫生的建議，以確保自己更好地了解病情。

家庭醫生會推薦你去看專科醫生，例如胃腸病醫生（專門治療消化系統毛病的醫生），外科醫生，腫瘤專家及放射治療腫瘤專家。你可能有多個醫生為你治療。



Photo: National Cancer Institute

手術治療
Surgery



Photo: National Cancer Institute

化療
Chemotherapy



Photo: National Cancer Institute

放射治療
Radiation

TREATMENT OF COLORECTAL CANCER

The most common treatment for colorectal cancer is surgery to remove the cancer. Other treatments can include: chemotherapy, radiation therapy, immunotherapy, or a combination of treatments.

Most people want to take an active part in decision making about their medical care. You should ask your doctor any questions and discuss your concerns. Some people write down their questions, and what the doctor tells them so they can be sure they understand what they were told.

Your doctor will send you to specialists, such as: a gastroenterologist (a doctor who specializes in diseases of the digestive system), a surgeon, a medical oncologist (cancer specialist) and a radiation oncologist. It is likely that you will be in the care of more than one doctor.

常見問題及解答

Commonly Asked Questions and Answers

1. 做結腸或大腸鏡檢查會痛嗎？

大部份的人做了結腸或大腸鏡檢查後並不感到疼痛，只感到少許不適。大腸鏡檢查時會使用鎮靜劑，病人在檢查期間處於昏睡狀態。大部份人說檢查並不如他們想像中那麼難受。

2. 結腸鏡檢查或大腸鏡檢查需時多久？

結腸鏡檢查只需10-15分鐘。大腸鏡檢查大約需要30分鐘。

3. 結腸鏡檢查或大腸鏡檢查時會使人感到尷尬嗎？

醫生及護士會在一間單獨房間為你檢查，並用被單或毛毯蓋住病人下身。他們都會非常尊重病人的隱私。

4. 收集糞便是否會弄得很髒？

收集糞便時用一小木條，挑起一些糞便，塗抹在測試卡上。你無需用手觸及糞便。此過程可在家中浴室進行。

1. Does sigmoidoscopy or colonoscopy hurt?

Most people who have had sigmoidoscopy or colonoscopy say it is not painful, but it is a little uncomfortable. Sedation is used with colonoscopy. Many people sleep though the procedure. Most people say it is not as bad as they expected.

2. How long does sigmoidoscopy or colonoscopy take?

Sigmoidoscopy takes about 10-15 minutes. Colonoscopy takes longer (about 30 minutes).

3. Is having sigmoidoscopy or colonoscopy embarrassing?

Doctors and nurses perform both procedures in a private room. They will cover your private areas with a sheet or a blanket. They are very respectful of your privacy.

4. Is collecting my stool dirty or messy?

The kit has small sticks to pick up some stool and put on the card. You don't have to touch your stool. This is done privately in your own bathroom.

常見問題及解答

Commonly Asked Questions and Answers

5. 我覺得身體很健康。我是否仍要做檢查？

是的，雖然您很健康，您仍需做檢查。生長的息肉或癌症有時是毫無癥兆的。如果發現息肉，醫生可以幫你即時切除，而不用做手術。如果癌症及早發現通常是可以痊癒的。

5. I feel healthy. Do I need to be tested?

YES, you need to be tested. You can have polyps or cancer without any symptoms. If polyps are found, they can often be removed without surgery. If cancer is found early, it can usually be cured.

6. 對於那些沒有明顯症狀的人來說，大腸癌檢查是否包括在州醫療保健計劃？

州政府將大腸癌檢查包括在州醫療保健計劃(Medicaid)。但是，與聯邦保健計劃(Medicare)不同的是，州政府並不保證醫療保健計劃是否承保那些沒有明顯症狀的人所需之檢查費用。

6. Does Medicaid cover colon cancer testing in individuals who have no symptoms?

States are authorized to cover colon testing under their Medicaid programs. Unlike Medicare, however, there is no federal assurance that all state Medicaid programs must cover colon cancer testing in individuals who have no symptoms.

7. 五十歲之前是否不用做大腸癌檢查？

曾經患過腸道炎症或有家族病史的人仕，可能要早些接受大腸癌檢查。向你的醫生諮詢你是否要在五十歲前做檢查。

7. Is it ever necessary to start screening before age 50?

Yes, for a small proportion of people who have certain inflammatory conditions of the bowel or have parents or a brother or a sister with colon cancer. Ask your doctor.

常見問題及解答

8. 如果我是吃素的，或在我的飲食習慣裡已經很少吃脂肪和紅肉，我是否仍需要做大便潛血檢查，結腸鏡或大腸鏡檢查？

健康的飲食能降低患上大腸癌的機率，但你仍需要定期做大腸癌檢查。

9. “我現在無能為力，因我注定會患上大腸癌。”

有些人相信健康是由個人命運一早注定，自己是無能為力的。但是我們沒有意識到，有時我們的確是可以改變自己的命運的。我們每天的行為都會影響到自己的健康。接受檢查來預防大腸癌是對自己健康負責，並值此改善身體健康的一個積極行動。

10. 我可以吃中草藥或一些清理腸胃的特別食物來預防大腸癌嗎？

中草藥有它的優點，但不足以預防大腸癌。最好的預防大腸癌的方法是接受檢查。

Commonly Asked Questions and Answers

8. Do I need to have FOBT, sigmoidoscopy or colonoscopy if I am a vegetarian or if I eat a healthy diet with very little fat or red meat?

Your healthy diet may decrease your chance of getting colon cancer, however you still need to be screened.

9. “There is nothing I can do about it now, because I am destined to get colon cancer.”

Some of us believe that our health is pre-determined in our fate. We are powerless and it is beyond our control. We may not realize that we can control many things in our lives. Our daily actions have an effect on our health. Getting screened to prevent colon cancer is a way to be responsible and improve our health.

10. Can I prevent colon cancer by taking Chinese herbal medicine or eating special foods to cleanse my digestive system?

Chinese herbal medicine has its own merits, but it is not enough to prevent colon cancer. The best way to prevent colon cancer is to get screened.

常見問題及解答

11. 做大腸癌檢查是否有風險存在？

無論做大腸鏡，結腸鏡抑或鋇餐灌腸檢查，所冒風險極微，不會對身體造成損害。但若能夠通過檢查早期發現大腸癌，所受益處無法比較。詳情請諮詢醫生。

12. 我決定要做大腸癌檢查。下一步該怎做？

與醫生討論哪種檢查適合你。醫生會指示你做好檢查的準備。

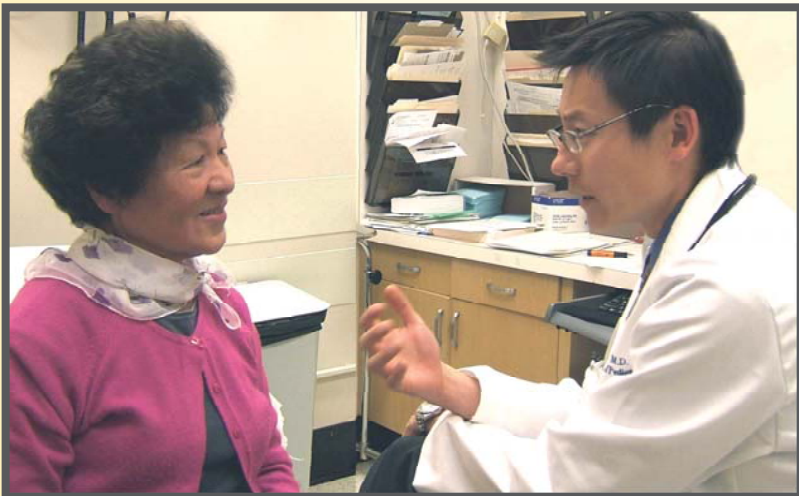
Commonly Asked Questions and Answers

11. Are there any risks associated with the screening tests?

There are very small risks associated with colonoscopy, sigmoidoscopy and barium enema, but the benefit of finding colon cancer early outweighs the risks. Talk with your doctor.

12. I have decided to get tested. What do I do now?

Make an appointment with your doctor and discuss which test is recommended for you. Your doctor will give you instructions about how to prepare for the test, and what to do.



何處索取有關 大腸癌的資料

Where Can I Get More Information

全美癌症學院

www.aancart.org/apicem

全美癌症學院

電話：1-800-4-CANCER (英語)

www.cancer.gov

美國癌症協會

電話：1-800-ACS-2345 (英語)

www.cancer.org

華人社區健康資源中心

電話：415-677-2473

www.cchrchealth.org (中英文)



Asian American Network for Cancer Awareness,
Research, and Training

www.aancart.org/apicem

National Cancer Institute

Tel: 1.800.4.CANCER (in English)

www.cancer.gov

American Cancer Society

Tel: 1.800.ACS.2345 (in English)

www.cancer.org

Chinese Community Health Resource Center

Tel: 415.677.2473

www.cchrchealth.org (in Chinese and English)



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**



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