Kakōlkōl ñan Cancer ilo Ṃōjñal

KŌJPAROK EOK MAKE JĀN CANCER ILO ṂŌJÑAL

Kwōmaroñ bōbrae cancer ilo ṃōjñal — bōk aṃ kakōlkōl in colonoscopy im kadikḷọk men ko rej kōḷapḷọk aṃ maroñ ñan bōk nañinmej in!

Ta in cancer ilo ṃōjñal, im ewi wāween an maroñ kakilene?



Cancer ilo ṃōjñal ej jelōt colon ak ṃōttan ṃōjñal eo eḷap, im rectum ak ṃōttan tulaḷ tata ṃōjñal eo epaake jikin pijek. Ilo juon *colonoscopy,* rej kadeloñ juon camera eo edik ilo rectum ñan etale ṃōttan ṃōjñal ko. Ekkā kwōj aikuj wōt juon colonoscopy kajjojo 10 iiō, ijellọkun ñe taktō eo aṃ ej rōjañ bwe en oktak ippaṃ.

Ewōr lōñḷọk jān juon wāween ñan kakilene cancer ilo ṃōjñal. Wāween ko jet kwōmaroñ kōnono kaki ippān taktō eo aṃ rej koba:

- Kakōlkōl ko rej etale ilowan ṃōjñal, āinwōt flexible sigmoidoscopy ak virtual (CT) colonoscopy, eo rej kōjerbal CT scan ñan pijaiki ṃōjñal.
- Kein teej ko kwōmaroñ kōjerbali ilo ṃweo iṃōṃ, āinwōt fecal occult blood test (FOBT), eo ej etale ñe ewōr bōtōktōk ilo kūbwe me kwōjjab maroñ loe kōn mejāṃ, fecal immunochemical test (FIT), eo ej etale bōtōktōk ilo kūbwe, ak stool DNA test, eo ej etale oktak ko ilo DNA ilo kūbwe.

Ejjab kakōlkōl wōt, ak ewōr bar men ko kwōmaroñ kōṃṃani kajjojo raan ñan jipañ kōjparok eok make:

- Jikejuuli kakōlkōl eo ippān taktō eo aṃ kajjojo iiō ñan bōbrae nañinmej.
- Ekkā aṃ kōṃṃane ejerjaij.
- Dāpij joñan eddo eo eṃṃan ñan ājmour.
- Ṃōñā elōñ leen wōjke, vegetable ko, im whole grain ko.
- Kadikḷọk aṃ ṃōñā kanniōk eo ebūrōrō im kanniōk ko eṃōj aer process.
- Kadikḷọk aṃ arkooḷ im kōbaatat

Jikejuuli kakōlkōl eo aṃ raanin

Kall ae taktō eo aṃ ñan kōnono kōn wāween kakōlkōl ñan nañinmej in cancer ilo ṃōjñal.

Ewōr ke kajjitōk?
Kall tok kōm ilo **1-866-282-6280**<<Awa ko an jerbal>>. Kōm maroñ jipañ eok jikejuuli kakōlkōl eo aṃ ak pukōt iaḷ in ito-itak.

Wāween Pukot juon Taktō?
Jikāān e QR code eo ñan jino!

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