

# **Kheesxawj Hnyuv**

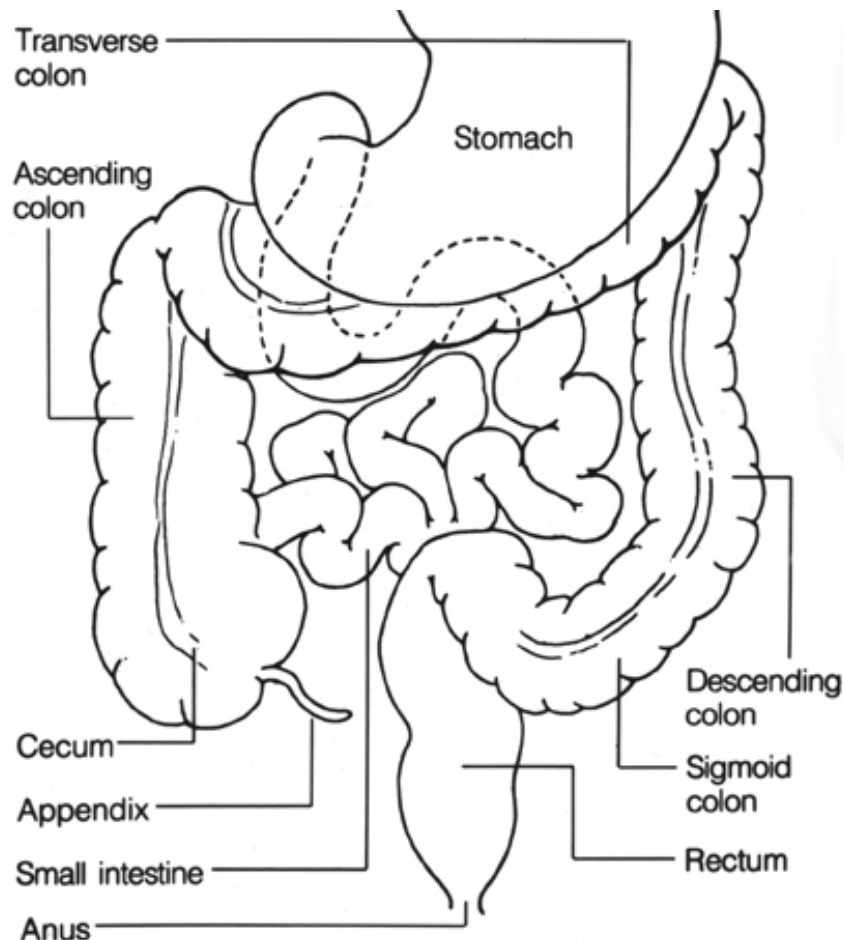
**Translated by Youa Lo & Wa Seng Yang  
Hmong Women's Heritage Association**

## Cov Ntsiab Lus:

- Kawm txog txoj hnyuv laus thiab hnyuv nplog qho quav lub luag hawj lwm.
- Kheesxawj hnyuv yog dab tsi?
- Cov kev muaj feem uas yuav mob kheesxawj hnyuv yog li cas.
- Kev ntsuam xyuas thiab kev tshawb fawb ntawm txoj hnyuv laus thiab hnyuv quav
- Kev kuaj txoj hnyuv laus thiab hnyuv quav
- Kev pib mob, kuaj tau los yog nrhiav pom, thiab kev kho kheesxawj hnyuv.

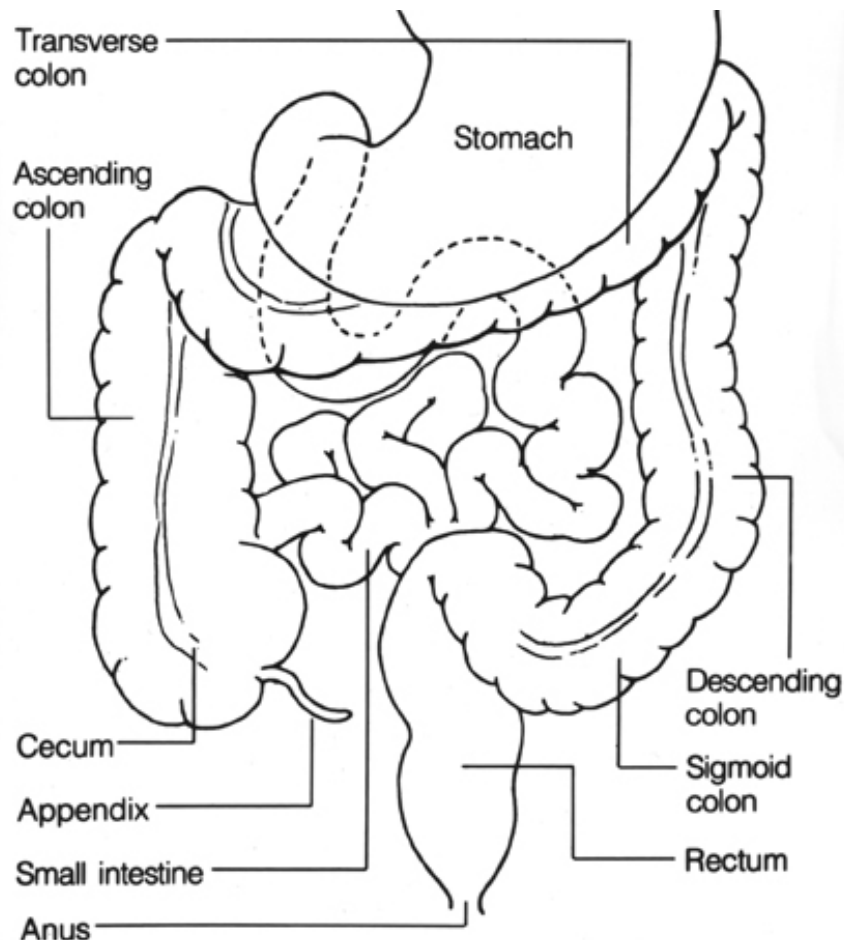
## Txoj hnyuv laus thiab hnyuv plog qho quav

- *Lub luag hawj lwm yog pab zom cov zaub mov.*
- *Txoj hnyuv ntev heev thiab khoob qhov thiaj li hu ua hnyuv loj (thiab hu tau tias hnyuv quav laus)*
- *Ntus hnyuv laus nws ntev cheeb tsam li 4 mus rau 5 fij ntev,*
- *Ntus hnyuv nplog qho quav ntev li 4 mus rau 5 ntiv*



## Txoj hnyuv laus thiab hnyuv plog qho quav

- Txoj hnyuv mos pab zom cov zaub mov me nris mam li mus rau txoj hnyuv laus
- Txoj hnyuv laus pab tshem tawm tej dej thiab zaub mov zoo ntawm cov khoom yus noj, lwm yam tsis siv ces cia ua quav
- Cov quav raws txoj hnyuv laus los mus ces nws tawm ntawm lub cev thiaj tso quav tawm .





## Kheesxawj hnyuv

- Kheesxawj uas yog ua mob rau txoj hnyuv laus hu ua kheesxawj hnyuv laus los yog “colon cancer” hos kheesxawj uas ua mob rau txoj hnyuv nplog qho quav hu ua kheesxawj hnyuv nplog qho quav los yog “rectal cancer”
- kheesxawj uas ua mob rau txoj hnyuv laus los yog hnyuv nplog qho quav kuaj hu ua kheesxawj hnyuv (colorectal cancer).

## Kheesxawj hnyuv Kis Mus Rau Lwm Qhov Chaw

- Kheesxawj kis mus = kis ib qho rau ib qho
  - Cov noob kheesxawj txawj kis ntawm qhov qub chaw mob mus rau lwm qhov ntawm lub cev.
  - Lub qog mob tshiab nws muaj tib yam noob kheesxawj thiaj li hu tau tib lub npe qub

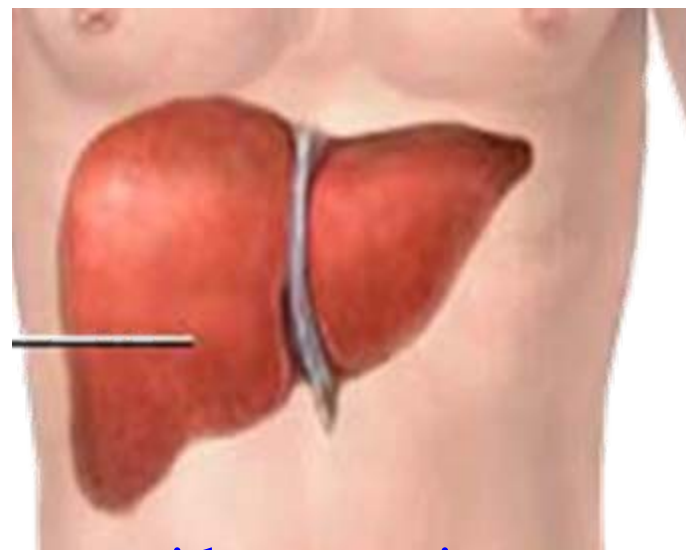


# CANCER INFORMATION SERVICE

Kheesxawj hnyuv kis mus rau lwm qhov chaw:**Piv txwv li**

Thaum kheesxawj hnyuv kis mus rau ntawm lub siab

Cov noob kheesxawj nyob hauv lub siab yeej tseem yog tib cov noob kheesxawj nyob hauv txoj hnyuv.



Tus kab mob kheesxawj no yog kheesxawj hnyuv, tsis yog kheesxawj siab.

Kws kho mob hu qhov mob tshiab no hu ua “distant” los yog hu ua tus mob uas tau kis los.



## Kheesxawj hnyuv: Leej Twg Thiaj Yuav Muaj Feem Mob?

- Tseem tsis tau paub qho tseeb tias dabtsi ua rau tib neeg mob kheesxawj hnyuv.
- Kheesxawj hnyuv yuav kis tsis tau rau lwm tus neeg yooj yim.
- Raws li kev tshawb fawb muaj tej cov tib neeg yuav muaj feem mob kheesxawj hnuv ntau dlua li lwm tus.
  - Kev muaj feem yog tej yam uas yuav ua tau rau yus muaj tus mob ntawd.



## **Kheesxawj Hnyuv:** leejtwg thiaj yuav muaj feem mob?

- **Hnub nyoog:** Kheesxawj hnyuv no pib muaj rau thaum neeg laus zuj zus.
- **Hnyuv ua qog:** cov qog no yog pib ua rau sab hauv txoj hnyuv laus thiab hnyuv nplog qho quav. Feem ntau cov neeg laus 50 xyoo rov saum muaj cov qog no.
- **Tsev neeg tau muaj tus mob kheesxawj hnyuv**
- **Cov keeb hloov:** Keeb hloov yuav muaj feem muaj tau kheesxawj hnyuv.



**Kheesxawj Hnyuv:** leejtwg thiaj yuav muaj feem mob?

- Koj tau muaj kheesxawj hnyuv dua
- Mob ncauj plab kiav txhab, Crohn kab mob: Cov neeg muaj tej yam mob zoo li no ua rau txoj hnyuv mob kub lug.
- Kev noj haus
- Haus luam yeeb



## **Kheesxawj Hnyuv:** leejtwg thiaj yuav muaj feem mob?

- Leej twg txhawj thiab xav tias nws yuav muaj feem mob kheesxawj yuav tsum tau mus nrog kws kho mob sib tham.
- Kws kho mob yuav muaj lwm txoj kev pab txo kev muaj feem mob thiab teem caij mus ntsuam xyuas ntxiv.



# CANCER INFORMATION SERVICE

National Cancer Institute

## 2007 cov kheesxawj muaj nyob teb chaw Amesliskas

**Txivneej 766,80**

- Taub kua xoo –Prostate 29%
- Ntsws thiab hlab Ntsws 15%
- Hnyuv laus thiab hnyuv quav 10%**
- Zais zis 7%
- Qog -Non-Hodgkin’s lymphoma 4%
- Qog ntawm tawv nqaij 4%
- Lub Raum 4%
- Kheesxawj Ntshav 3%
- Qhov ncauj 3%
- Tus po dawb 2%
- Tag nrho lwm yam 19%



**Poj niam 678,060**

- 26% Mis
- 15% Ntsws thiab hlab ntsws
- 11% Hnyuv laus thiab hnyuv quav**
- 6% Tsev menyuum
- 4% Qog
- 4% Qog ntawm tawv nqaij
- 4% Qog pob qa / qog caj pas
- 3% Tsev menyuum
- 3% Lub Raum
- 3% Ntshav kheesxawj
- 21% Tagnrho lwm yam



Excludes basal and squamous cell skin cancers and in situ carcinomas except urinary bladder. Source: American Cancer Society, Cancer Facts & Figures 2007.



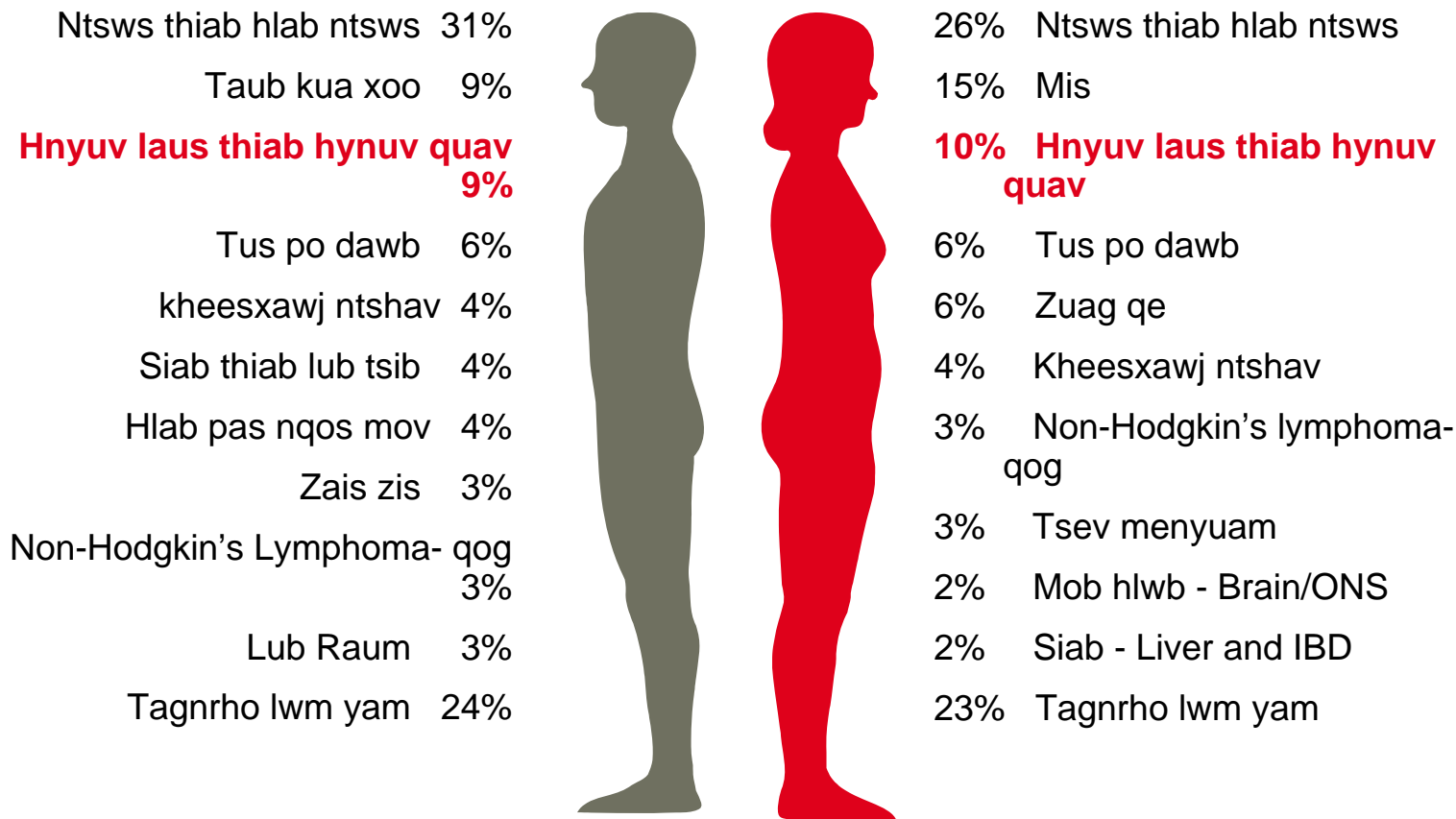
# CANCER INFORMATION SERVICE

National Cancer Institute

## 2007 Teb chaw Ameslika cov tau tag si neeg

**Txivneej 289,550**

**Pojniam 275,100**



ONS=Other nervous. IBD= intrahepatic bile duct  
American Cancer Society, Cancer Facts & Figures 2007.

## Kheesxawj Hnyuv: Txiv Neej

- Rau cov txiv neej, cov Es-xias - Asmesliskas yog cov muaj tus mob nyob nruab nrab hos hais txog cov tau tuag los ntawm tus mob no muaj tsawg los yog qis zog.*

Race / Ethnicity Haiv neeg	Hnyuv, Kho raws Hnub nyoog, Txiv neej	
	Cov muaj mob	Cov ploj tuag
Neeg Dub	72.6	32.7
Neeg tawv dawb	60.4	22.9
<b>Neeg Es-xias/Pacific Islander</b>	<b>49.7</b>	<b>15.0</b>
Neeg Mev	47.5	17.0
American Indian/Alaskan Native	42.1	20.6

<http://seer.cancer.gov/>; Statistics are for 2000-2004, are adjusted to the 2000 U.S. standard million population, and represent the number of new cases of invasive cancer per year per 100,000 males.

## Kheesxawj Hnuv: Poj Niam

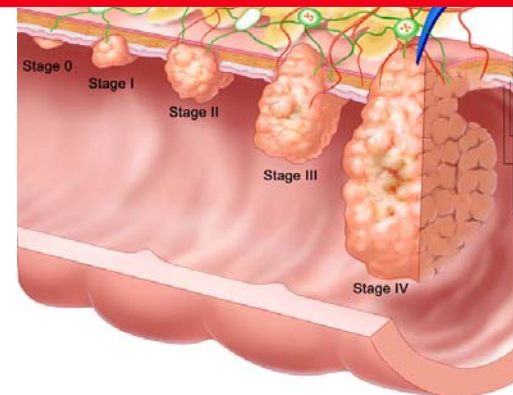
- *Nyob rau pojniam, cov Es-xias yog muaj kev ploj kev tuag thib ob hais txog kheesxawj hnyuv laus thiab hnyuv quav.*

Race / Ethnicity Haiv Neeg	Hnyuv laus hnyuv quav, Kho raws Hnub nyoog, Txiv neej	
	Cov muaj mob	Cov ploj tuag
Neeg Dub-Amelica	55.0	22.9
Neeg tawv dawb	44.0	15.9
<b>Neeg Es-xias/Neeg nyob hauv Pov Txwv</b>	<b>39.6</b>	<b>14.3</b>
Neeg Mev	35.3	10.3
American Indian/Alaskan Native	32.9	11.1

<http://seer.cancer.gov/>; Statistics are for 2000-2004, are adjusted to the 2000 U.S. standard million population, and represent the number of new cases of invasive cancer per year per 100,000 females.

## Kev Kuaj Hnyuv

- Kev mus kuaj yuav pab koj tus kws kho mob nrhiav tau cov qog hnyuv los yog kheesxawj thaum ntxov ua ntej koj pib mob.
- Nrhiav thiab tshem tawm qog hnyuv yuav muaj feem pab tiv thaiv kom tsis txhob muaj tau kheesxawj hnyuv.
- Kev kho kheesxawj hnyuv yuav kho tau yoojyim yog tias nrhiav tau thaum ntxov.



## Kev Kuaj Hnyuv

**Mus kuaj qog hnyuv los yog ntxhov kuaj kheesxawj hnyuv:**

- Cov neeg muaj 50 xyoo rov saud yuav tsum tau mus kuaj.
- Cov neeg uas muaj feem mob kheesxawj hnyuv ntau dua lum tus neeg yuav tsum nrog koj kws kho mob tham:
  - Tham saib seb puas tsim nyog mus kuaj ua ntej muaj 50 xyoo thiab yuav tau mus kuaj li cas
  - Yam zoo thiab yam tsis zoo ntawm kev kuaj
  - Yuav tau teem caij mus kuaj pes tsawg zaus



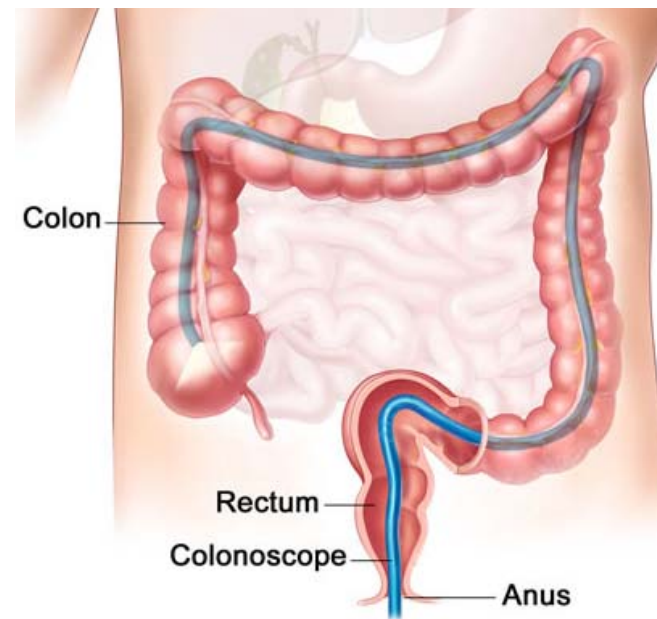
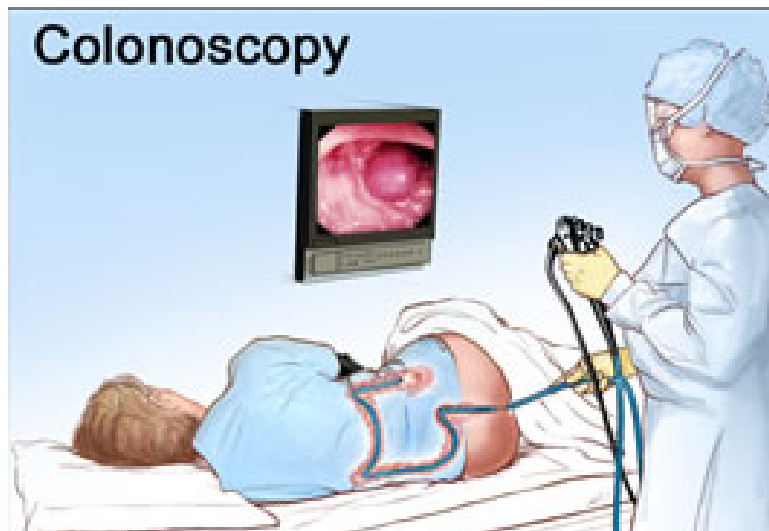
## Kev Kuaj Hnyuv

Cov kev kuaj yog pab nrhiav kheesxawj qog los yog lwm yam txawv txav nyob hauv txoj hnyuv laus thiab hnyuv nplog qho quav

- **FOBT= tso peb zaug quav mus kuaj**
- **Sigmoidoscopy: Siv lub teeb tsom muaj txoj yas me me**
- **DCBE (double-contrast barium enema)= haus dej kua dawb thiab xoo fais fab**
- **DRE (digital rectal exam)= kev nqis tes kuaj txoj hnyuv quav laus**

# Kev Kuaj Hnyuv

- Lub teeb tsoom xyuas txoj hnyuv



## Cov lus nug kws kho mob: txog kev kuaj

- Yam kev kuaj twg thiaj zoo rau kuv? Vim li cas?
- Cov nqi kuaj raug li cas?
- Kuv daim ntawv kho mob puas yuav pab them cov nqi kuaj no?
- Cov kev kuaj no puas yuav mob?
- Yuav tau tos ntev paum li cas kuv thiaj paub tias kuaj muaj dab tsi?

## **Kev pib mob kheesxawj hnyuv**

- Kev txawv txav ntawm cov quav
- Raws plab, tso quav tawv, los yog koj mloog zoo li tso quav los tsis tag
- Muaj ntshav nyob rau cov quav (xim liab los yog doog ntshav)
- Tso tau cov quav me tshaj li txhua zaus

## **Kev pib mob kheesxawj hnyuv**

- Feem ntau Mob plab tsis xis nyob (plab muaj cua, tsam plab, tsau tsau plab, thiab mob plab ntswj)
- Poob phaus yam tsis paub muaj mob dab tsi
- Tsuas muaj pheej nkees zuj zus
- Xeev siab thiab ntuav

## Kev pib mob kheesxawj hnyuv

- Feem ntau, cov kev pib mob tau hais tag los no, muaj qee yam kuj tsis yog kheesxawj. Lwm yam mob yuav muaj cov kev mob zoo li no thiab.
- Yog leej twg muaj tej yam kev pib mob zoo li no, yuav tsum tau mus cuag kws kho mob, yog nrhiav tau thaum ntxov thiaj li paub pib kho kom sai.
- Ntau zaus kheesxawj thaum ntxov yeej tsis hnov mob. Yog ib yam tseem ceeb uas yus yuav tsum tsis txhob tos kom hnov mob lawm mam li mus cuag kws kho mob



## **Kev ntsuam xyuas muaj tus mob**

- Yog muaj cov kev pib mob kheesxawj hnyuv?
  - Tus kws kho mob yuav ntsuam xyuas kom meej thiaj qhia tau tias yog kheesxawj los yog lwm yam mob.
- Yog thaum twb mus kuaj tag ib cev thiab lwm yam kev kuaj es tsis muaj mob kheesxawj dab tsi.
  - Thaum ntawm tus kws kho mob mam txiav txim tias yuav tsis tau kuaj ntxiv thiab tej zawm yuav tsis tag yuav mus kho ntxiv.
- Yog kuaj tau tej yam txawv txav( zoo li muaj qog hnyuv)
  - Ces thaum ntawm kuj yuav tau hlais ib qhov nqaij me me mus kuaj saib puas yog noob kheesxawj



## Kev kho mob

- Ua ntej yuav pib qhov kev kho
  - Cov neeg muaj kheesxawj hnyuv, koj muaj cai xaiv mus ntsib dua lwm tus kws kho mob txog kev ntsuam xyua thiab kev kho mob.
  - Tus kws kho mob yuav xaiv thiab npaj ib txoj hauv kev los kho kom haum koj tus mob.
- Txoj kev kho kheesxawj hnyuv nyob ntawm seb tus mob nyob rau qhov twg, thiab ntu hnyuv twg, thiab twb mob txog theem twg lawm.
- Tus kws kho mob yuav qhia txog cov kev kho tias thaum kho tag yuav zoo li cas.



## Cov Kev Kho

Kev kho kheesxawj hnyuv yuav tau siv ib yam los yog ntau yam kev kho muaj raws li hauv qab no:

- Surgery -kev phais
- Colonoscopy –txoj yas me me muaj lub teeb tsom xyuas lub cev
- Laparoscopy- tho ib qhov nqaij
- Open surgery – kev phais plab
- Chemotherapy – kev tso tshuaj tua kheesxawj
- Radiation therapy - kev siv fais fab hluav kheesxawj



## **Kev txhawb nqa rau thaum nyuaj siab**

- Muaj ntau lub koom haum nrog rau tej tsev kho mob muaj kev txhawb nqa, kev ntaus phooj ywg, pab cov tu siab, chim siab kom lawv pom qhov kaj thiab qhov zoo ntawm lawv lub neej.
- Muaj chaw rau cov neeg mob kheesxawj tuaj sib ntsib sib tham txog lawv tus mob thiab lawv lub neej nyob nrog kheesxawj rau lwm cov uas yuav tau taug txoj kev no.
- Hu tuaj rau HWHA txog cov kev pab txhawb nqa.