

## HEALTHY COLON: HEALTHY LIFE The Importance for Vietnamese Americans

## Colorectal Cancer

- Colorectal cancer (CRC) is the second leading cause of death from cancer among all Americans
- Colorectal cancer is the second most common cancer among Vietnamese American women
- Colorectal cancer is the fourth most common cancer among Vietnamese American men

## Why Everyone Age 50 and Older Should Get Screening

- Colorectal cancer can be treated if we find it early.
- Colorectal cancer can be prevented if we find changes even before they become cancer and remove them.
- Colorectal cancer screening allows people to live longer and with less worry.

## Screening Guidelines

- Annual FOBT
- Sigmoidoscopy every 5 years
- Annual FOBT and sigmoidoscopy every 5 years
- Colonoscopy every 10 years

## Vietnamese Americans Do Not Get Colorectal Cancer Screening

- Had an FOBT last year: 31%
- Had a sigmoidoscopy last 5 years: 18%
- Had a colonoscopy last 10 years: 22%

## Why Not?

- Don't know about colorectal cancer
- Don't know about tests
- Don't know about prevention
- Don't believe a test is needed if one feels fine
- Fear of finding out something bad
- Fear that test is embarrassing, messy, or uncomfortable
- Think that the preparation is too much trouble
- Doctor didn't recommend test
- Don't have health insurance
- Don't know where to go or how to get test

## Why Should You Help Them?

- You may actually save someone's life
- You can help improve the health of your own community
- To be able to help those who cannot help themselves is a blessing in Vietnamese culture
  - “La lanh dum la rach”
- If not us, who will?

## How Can You Help?

- Some people need to be told that it is the right thing to do
  - Don't know about colorectal cancer
  - Don't know about tests
  - Don't know about prevention
  - Doctor didn't recommend test
- Some people may need to have questions answered
  - Fear that test is embarrassing, messy, or uncomfortable
  - Think that the preparation is too much trouble
- Some people may need help with getting appointments and other problems
  - Don't have health insurance
  - Don't know where to go or how to get test

## The Hardest Part

- Some people may need to be convinced that it is the right thing to do
- There are some qualities one has to learn to teach someone to do what is good for their health
- Most of these qualities already exist in a Vietnamese person who knows how to work and live in the community
  - Be kind and open-minded
  - Be solicitous
  - Be polite
  - Be helpful