



Sức khỏe đường ruột và sàng lọc ung thư ruột



For users of this flipchart

This flipchart has been produced by Cancer Institute NSW as a tool to assist in providing information on bowel cancer and bowel cancer screening to women and men from different cultural backgrounds, particularly those eligible to participate in the National Bowel Cancer Screening Program (NBCSP).

The flipchart has two sections:

Section 1 explains how bowel cancer develops, the risk factors for bowel cancer, ways to reduce the risk and the signs or symptoms of bowel cancer.

Section 2 describes the National Bowel Cancer Screening Program and the bowel screening test (why it is so important and how to do it).

The flipchart is designed to be used by bilingual health or community workers /educators talking with community members about bowel screening. It can be used with groups or with an individual.

Users of this flipchart are encouraged to modify the wording provided to suit their particular community.

The flipchart contains a lot of information. However if time is limited, it is possible to use one section only or even just a few pages. The flipchart is designed to be used in whatever way suits the facilitator and participants the best.

Acknowledgements

This resource draws on earlier work, including:

The flipchart resource 'You're looking good on the outside, but what about the inside? Screening for bowel cancer' developed by Queensland Bowel Cancer Screening Program, Queensland Health, in 2008.

The flipchart resource 'It's not shame, it's a part of life' produced by Menzies School of Health Research (on behalf of the Australian Government Department of Health), to assist health workers to talk with Aboriginal and Torres Strait Islander people about bowel cancer and bowel cancer screening, in 2018.

Illustrations were completed by Julie Haysom.

Cancer Institute NSW gratefully acknowledges the contribution and input into this resource by representatives of the multicultural health, community and education sectors who participated in the consultation and development process.

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Facilitator notes - About bowel cancer

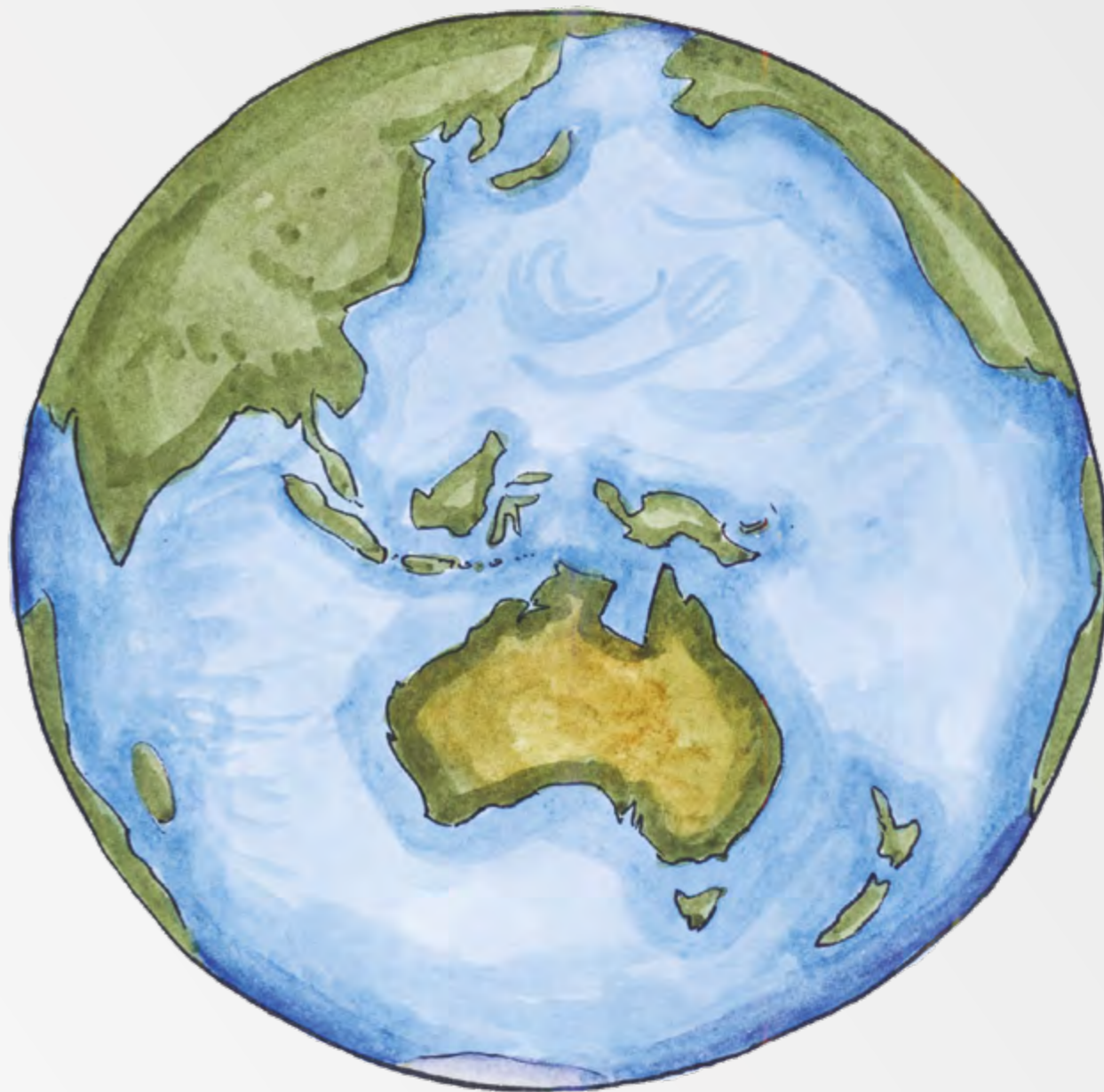
Bowel cancer is the third most common cancer worldwide (after lung and breast cancers).

- In Australia, bowel cancer is the second most common cancer in both men and women.
- Bowel cancer often develops without any early signs or symptoms – you can have bowel cancer without knowing it.
- Bowel cancer is one of the most treatable types of cancer if found early. It can be successfully treated in 9 out of 10 cases if detected in the early stages.
- There is a simple, free test you can do at home to find bowel cancer early, which could save your life.

Phần 1

Về ung thư ruột

Ung thư ruột là loại ung thư phổ biến thứ 3 trên toàn cầu

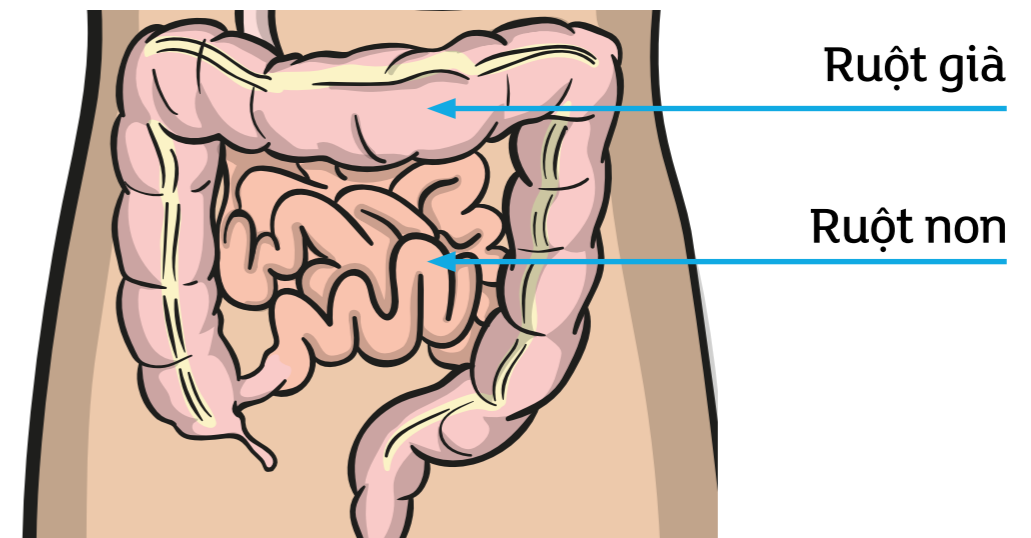
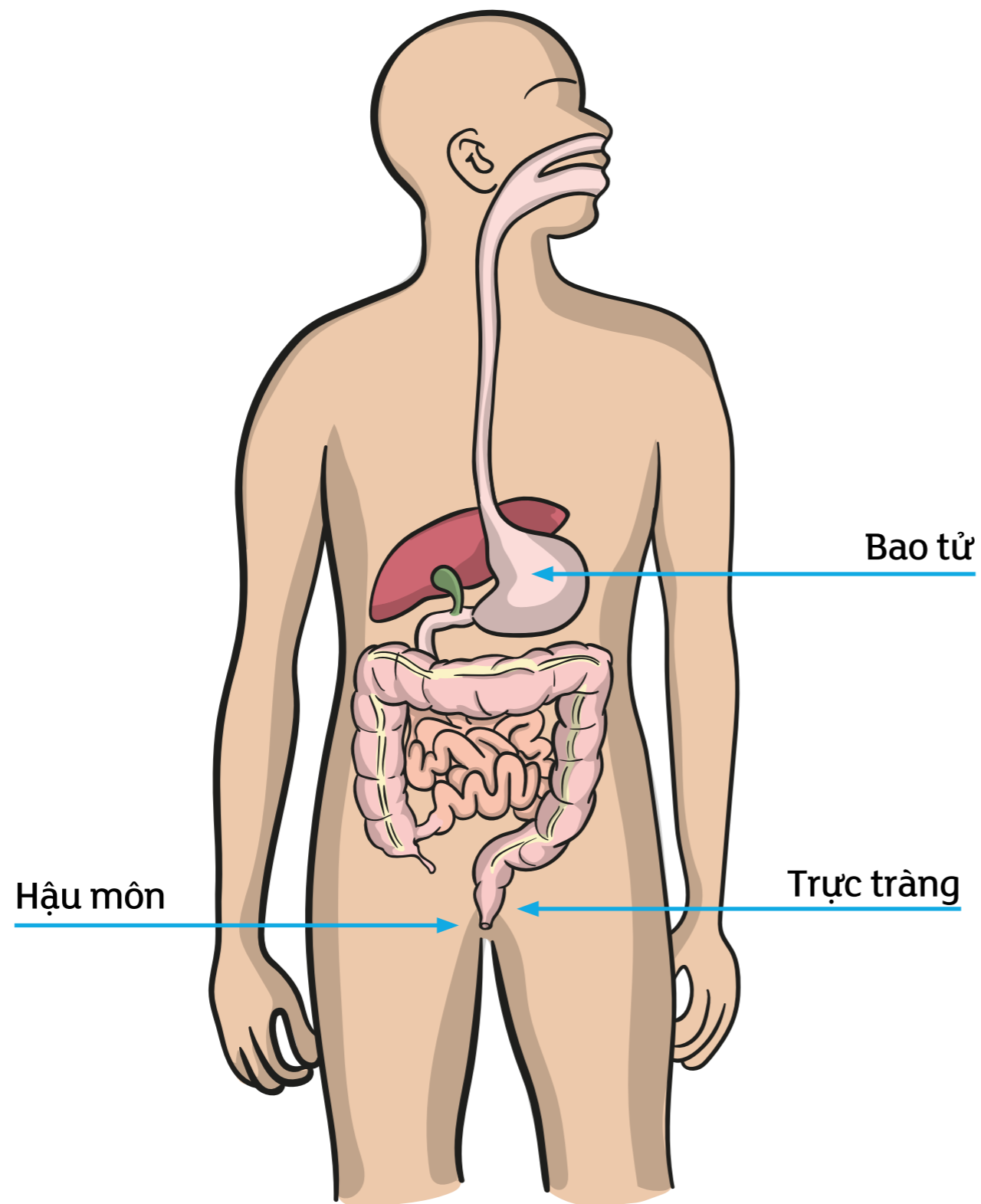


Facilitator notes - What is the bowel?

The bowel connects your stomach to your rectum where waste material (faeces) is stored until passed out from the anus.

- The bowel has 3 main parts:
 - The small bowel – takes in the nutrients (goodness) from our food.
 - The large bowel (colon) – takes in water and salt.
 - The rectum – stores the waste material (faeces).
- The bowel helps digest the food we eat.
- Digestion is when our food and drink are broken down into nutrients for our body to use for energy and to build and support our cells.

Ruột là gì



Facilitator notes - What is bowel cancer?

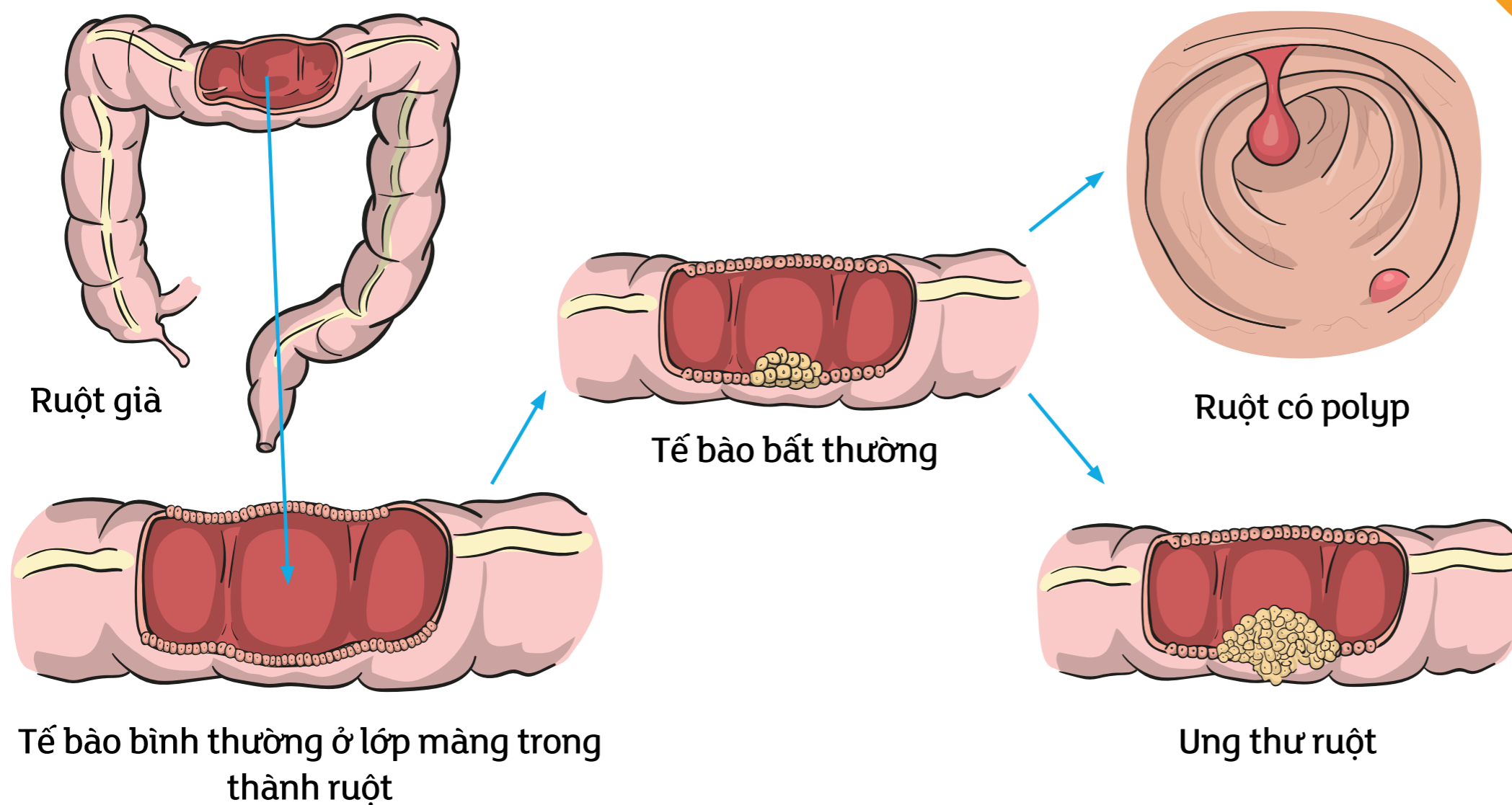
Bowel cancer can take many years to develop and may not show any signs or symptoms in the early stages.

How does bowel cancer develop?

- The bowel is made up of cells.
- For our bowel to stay healthy, old cells are constantly replaced by new cells.
- Sometimes things can go wrong during this process.
- Unlike normal cells, cancer cells don't stop growing. So the cells keep doubling, forming a lump that continues to grow.
- In the bowel, some of these lumps can grow into polyps.
- Polyps are small growths on the lining of the bowel that look a bit like a cherry on a stalk.
- Many polyps are harmless, but some can grow into cancer.
- If polyps are removed, the risk of bowel cancer is reduced.
- If cancerous polyps are not found and removed early, there is a risk that they could grow and eventually spread cancer cells to other parts of the body.

Ung thư ruột là gì?

Ung thư ruột có thể tiến triển trong nhiều năm và có thể không cho thấy biểu hiện hoặc triệu chứng gì trong các giai đoạn còn sớm



Facilitator notes - Who is at risk?

The biggest bowel cancer risk factor for both men and women is being aged 50 years and over. 9 out of 10 bowel cancers are diagnosed in people over the age of 50.

The risk of bowel cancer is also higher for people who have:

- A strong family history. This means having a close family member (such as a parent, sibling or child) who developed bowel cancer under the age of 55, or having more than one close family member who developed bowel cancer at any age.

Note: Most (8 out of 10) people who get bowel cancer have no family history of the disease.

- Bowel diseases which cause ongoing inflammation of the bowel.
- Type 2 diabetes.
- Unhealthy lifestyle behaviours (shown in the next slide).

Ai có nguy cơ?

Các nhân tố nguy cơ ung thư ruột đối với cả nam giới và phụ nữ bao gồm:

- Tuổi tác – trên 50
- Có lịch sử gia đình bị ung thư ruột
- Hiện đang bị chứng bệnh đường ruột
- Bị tiểu đường loại 2
- Lối sống không lành mạnh



Nhân tố nguy cơ lớn nhất là tuổi từ 50 trở lên

Facilitator notes - Lifestyle risk factors

You can reduce your risk of bowel cancer by making healthy lifestyle choices.

Nearly half of all bowel cancers in Australia can be attributed to lifestyle factors, including:

- Smoking.
- What we eat – i.e. eating foods which are highly processed (like white bread, biscuits and chips), eating red meat and processed meats (like bacon, ham and salami), and not having enough fibre (fibre is found in fruit and vegetables).
- Drinking alcohol.
- Being physically inactive.
- Being overweight or obese.

Nhân tố nguy cơ về lối sống

Gần một nửa số ca ung thư ruột ở Úc có thể do các nhân tố về lối sống không lành mạnh gây nên, như là:

- Hút thuốc
- Chế độ ăn không tốt
- Uống rượu bia
- Không hoạt động thể chất
- Thừa ký hoặc béo phì



Quý vị có thể giảm nguy cơ ung thư ruột bằng cách lựa chọn lối sống lành mạnh

Facilitator notes - What can you do to reduce your risk?

You can reduce your risk of bowel cancer by making healthy changes to your lifestyle.

Here are some changes you can make to reduce your risk:

- Quit smoking.
- Eat a healthy diet of wholegrain, wholemeal and high fibre foods such as wholemeal bread, brown rice and porridge. Aim for 2 serves of fruit and 5 serves of vegetables each day.
- Eat less red meat and avoid processed meats (like bacon, ham and salami), as well as highly processed foods like white bread, biscuits and chips.
- Avoid alcohol or reduce the amount you drink.
- Be physically active every day.
- Maintain a healthy body weight.
- If you are aged 50-74, do a bowel screening test every 2 years.

Quý vị có thể làm gì để giảm nguy cơ?



- Bỏ hút thuốc
- Có chế độ ăn nhiều chất xơ
- Bớt ăn thịt đỏ và thịt chế biến
- Bớt uống rượu bia
- Hoạt động thể chất hàng ngày
- Duy trì trọng lượng khỏe mạnh
- Nếu ở độ tuổi 50 - 74, quý vị hãy kiểm tra sàng lọc ung thư ruột mỗi 2 năm một lần



Facilitator notes - Are there any signs and symptoms?

Bowel cancer usually has no signs or symptoms in the early stages. This is why regular bowel screening is essential, even if you feel well and everything seems normal.

However, in some cases signs and symptoms of bowel cancer can include:

- Blood in your bowel movements - there might be blood on the toilet paper or in the water after a bowel movement.
- Unexplained tiredness.
- Stomach pain.
- A sudden and persistent change in toilet habits. For example a person might notice they have looser bowel movements (diarrhoea) or are straining to have a bowel movement (constipation).
- Unexplained weight loss.
- An iron deficiency (anaemia).

If you have any of these symptoms, it does not necessarily mean that you have bowel cancer, but you should follow up with your doctor.

Có biểu hiện hoặc triệu chứng gì không?

Ung thư ruột thường không có biểu hiện hoặc triệu chứng gì trong các giai đoạn còn sớm.

Tuy thế, trong một số trường hợp, triệu chứng ung thư ruột có thể bao gồm:



Đi cầu ra máu



Cảm thấy mệt mỏi
không rõ lý do



Đau bao tử
Thói quen đi cầu
thay đổi không
như bình thường



Sụt ký không
rõ lý do

Facilitator notes - About the National Bowel Cancer Screening Program

The National Bowel Cancer Screening Program (the Program) mails out free kits to eligible people aged 50 to 74 for them to complete at home.

- Medicare provides the Program with a list of people who are aged 50 to 74, so that kits can be mailed out to them every 2 years close to their birthday.
- The National Bowel Cancer Screening Program has been funded by the Australian Government since 2006. The Program aims to reduce deaths from bowel cancer through early detection.
- It is one of the most life-saving public health programs in Australia.

Phần 2

Về Chương trình Sàng lọc Ung thư ruột Quốc gia



Facilitator notes - What is a bowel screening test?

A bowel screening test can detect changes in the bowel long before you would notice any signs or symptoms. If you're aged 50 to 74 and eligible you will be sent a free test kit from the National Bowel Cancer Screening Program every 2 years.

- A bowel screening test involves taking 2 small stool samples in the privacy of your own home and posting them away for testing.
- Bowel cancer or polyps can grow on the inside of the bowel and can leak tiny amounts of blood which are invisible to the eye.
- The test is looking for any tiny traces of blood in the stool samples which might indicate a growth inside the bowel.
- If found in the early stages, 9 out of 10 bowel cancers can be successfully treated.

Sàng lọc kiểm tra ung thư ruột là gì?

- Kiểm tra có thể phát hiện những thay đổi ở ruột trước khi thấy có biểu hiện hoặc triệu chứng gì
- Những người ở độ tuổi 50 - 74 sẽ nhận được bộ dụng cụ miễn phí để kiểm tra mỗi 2 năm một lần



**Nếu phát hiện sớm,
thì 9 trong số 10
trường hợp ung thư
ruột có thể chữa trị
thành công**

Facilitator notes - Who should do a bowel screening test?

Nearly all men and women aged 50-74 should do a test every 2 years.

- However, if you have any signs or symptoms of bowel cancer or a strong family history (see slide 4 for more detail) talk to your doctor as soon as possible as you may need to have some other tests.
- You also may not need to do the test if you have had a colonoscopy in the last 2 years or are seeing your doctor about bowel problems.

Ai nên kiểm tra sàng lọc ung thư ruột?

Hầu như tất cả nam giới và phụ nữ tuổi từ 50 - 74 đều nên kiểm tra 2 năm một lần.

Thay vì kiểm tra, quý vị hãy nói chuyện với bác sĩ nếu:

- Thấy mình có bất cứ biểu hiện hoặc triệu chứng ung thư ruột gì
- Gia đình ruột thịt có người từng bị ung thư ruột
- Gần đây có làm nội soi đại tràng



Facilitator notes - What's in the kit?

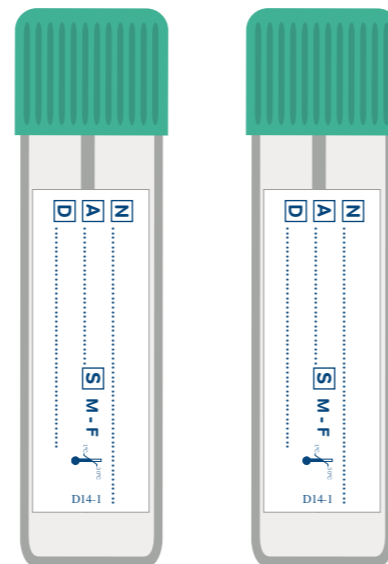
In your kit you will find everything you need to do the test:

- 2 toilet liners (these are to catch your bowel movement so you can take 2 small samples). These are biodegradable and can be flushed down the toilet when you are done.
- 2 green top collection tubes with collection sticks inside (these tubes are to store your 2 samples and contain a preserving agent).
- 1 ziplock bag with 2 compartments (this is to store your collection tubes and further protect them from touching anything whilst being stored at home).
- 1 reply paid envelope (this is used to post your samples back to the Program's pathology lab).

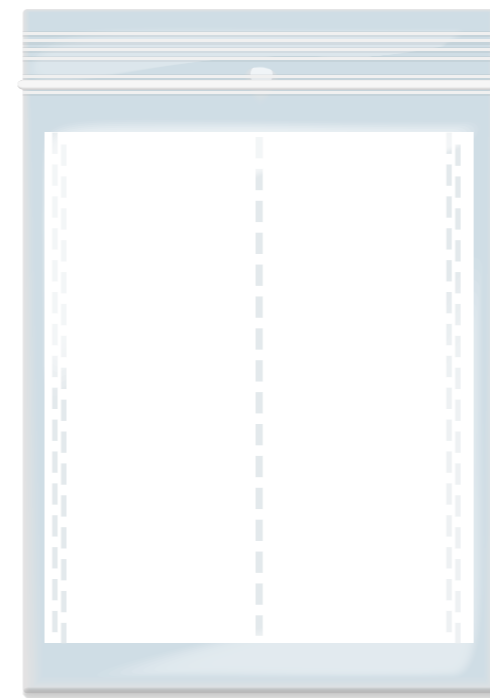
Trong bộ dụng cụ kiểm tra có gì?



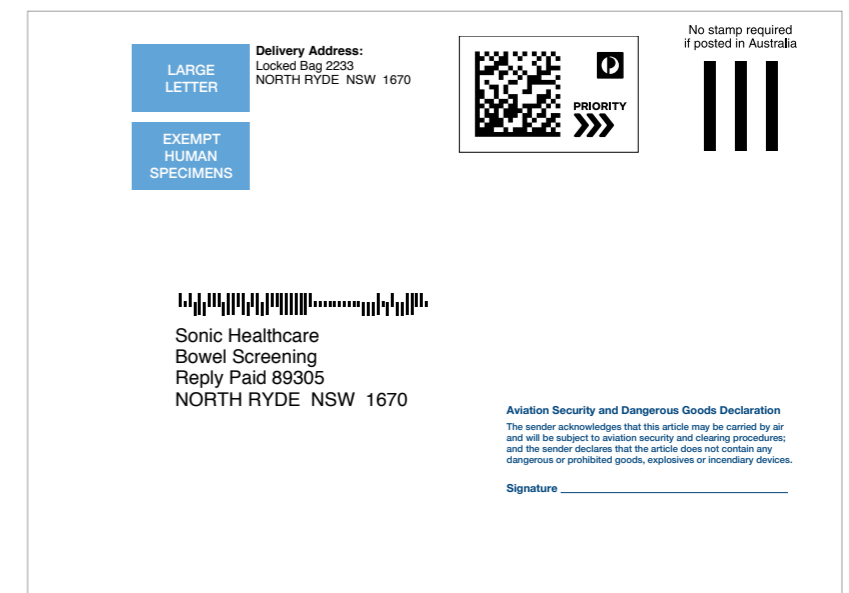
2 x miếng lót bồn cầu



2 x ống lấy mẫu



1 x túi ziplock
(là loại túi nhựa có
miệng ép bịt kín)



1 x Phong bì đã trả trước
bưu phí để trả lời

Facilitator notes - How to do the test

STEP 1 – Prepare

1. On one of the tube labels, write your name, date of birth and date the sample was taken.
2. Before collecting your sample, empty your bladder (do a wee) and flush the toilet.
3. Put the toilet liner over the water in the toilet bowl. The writing should be facing up. If the toilet liner sinks, it's still ok to take the sample, or you can request a new kit.

STEP 2 – Collect

1. Do your bowel movement onto the toilet liner.
2. Open the collection tube by twisting the green cap.
3. Scrape the tip of the stick over different areas of the surface of the bowel movement. The sample only needs to be tiny – **smaller than a grain of rice**.
4. Put the stick back into the collection tube and click the lid shut. Shake the tube up and down several times. Do not remove the stick again.
5. Flush the toilet liner and bowel movement down the toilet. Wash your hands.

STEP 3 – Store and repeat

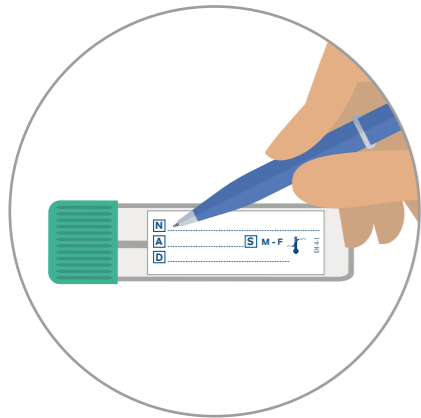
1. Place the tube into one compartment of the ziplock bag.
2. Put the sample in the fridge (**do not freeze**).

Repeat Steps 1 – 3 with the second collection tube when you have another bowel movement (on the same day, the next day, or as soon as you can).

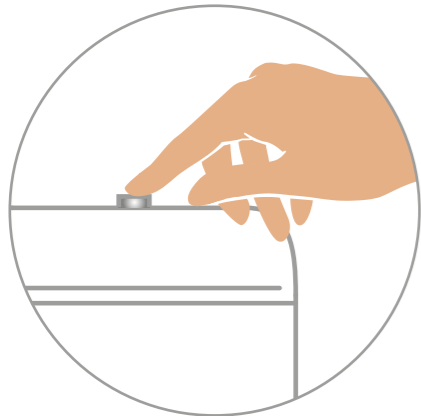
Turn over for Step 4.

Cách làm kiểm tra thế nào?

BƯỚC 1 – Chuẩn bị



1. Viết chi tiết lên nhãn ống lấy mẫu



2. Đi tiểu rồi xả nước bồn cầu

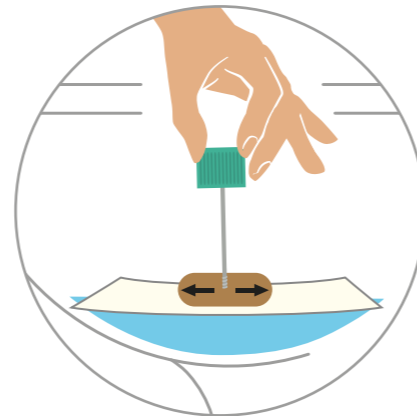


3. Đặt miếng lót bồn cầu lên trên mặt nước

BƯỚC 2 – Lấy mẫu

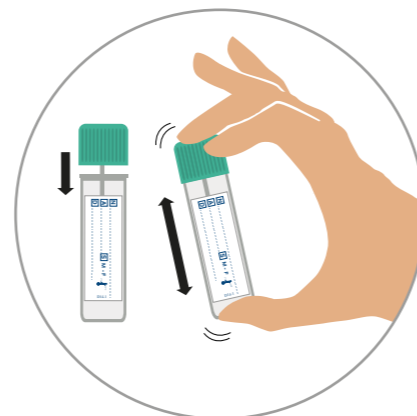


1. Đi cầu lên miếng lót bồn cầu



2. Mở ống lấy mẫu màu xanh

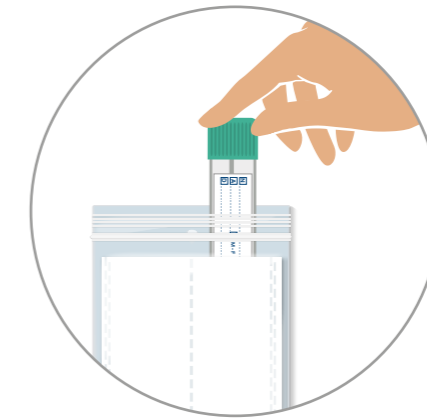
3. Đi cầu rồi lấy que gạt vào phân



4. Cho que vào ống rồi lắc ống

5. Xả nước cho trôi miếng lót và phân

BƯỚC 3 – Cát và làm lần nữa



1. Cho ống lấy mẫu vào túi ziplock
2. Cát ống vào tủ lạnh (KHÔNG để trong ngăn đá)

Làm lại từng bước 1-3 rồi dùng ống lấy mẫu thứ hai khi đi cầu lần sau

Facilitator notes - Posting the test

STEP 4 – Send

1. Complete the Participant Details form.
2. Write your name and address on the back of the Reply Paid envelope and sign the front.
3. Put the Participant Details form and the 2 collection tubes (in the sealed ziplock bag) into the Reply Paid envelope and seal it.
4. Take the envelope to a post office **within 24 hours**, or put the envelope in a mail box in the late afternoon (**before 6pm**) using an Australia Post mail box.

Keeping your samples safe

The samples are sensitive to heat and time.

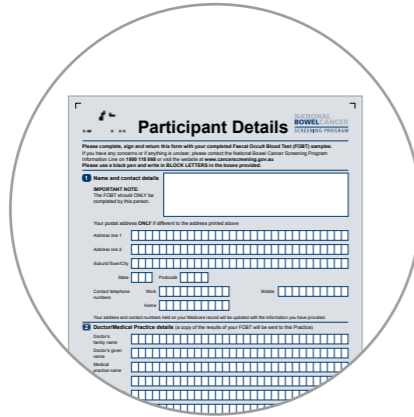
- The samples must remain cool, so do not leave them in a hot place such as a car.
- Store samples in the fridge but never freeze them.
- Post samples within 24hrs of taking your second sample.
- Post at the post office or, if you need to use a post box, do it in the late afternoon when it is cooler (but before 6pm mail collection)



Consider using a sample bowel screening test kit to demonstrate how to do the test.

Gửi kết quả

BƯỚC 4 – Gửi đi



1. Điền chi tiết vào Tờ Chi tiết người Tham gia



2. Viết tên và địa chỉ rồi ký vào phong bì



4. Bỏ bưu điện gửi liền

Giữ an toàn mẫu thử

- Để trong tủ lạnh – không để ở nơi bị nóng
- Gửi đi trong vòng 24 giờ
- Gửi tại quầy ở bưu điện hoặc bỏ vô thùng bưu điện vào giắc chiều muộn khi trời đã mát hơn (mà phải là trước 6 giờ chiều)

Facilitator notes - Before you do the test

The test looks for blood in your bowel movement, so delay doing the test if:

- You have haemorrhoids which are bleeding. Wait until your haemorrhoids calm down before you do the test.
- You have your menstrual period. Wait for 3 days after your period before doing the test.
- There is blood in your urine or blood in the toilet bowl. If this happens, see your doctor.
- You are having treatment for bowel problems.
- You are booked for a colonoscopy in the next few weeks or if you have had a colonoscopy in the last 2 years.

Note: There is no need to change your normal diet or stop taking any regular prescribed medications before doing the test.

Trước khi quý vị làm kiểm tra

Việc kiểm tra là để phát hiện xem trong phân quý vị có máu hay không, bởi vậy hãy tạm hoãn kiểm tra nếu:

- Quý vị bị bệnh trĩ đang chảy máu
- Quý vị đang trong kỳ kinh nguyệt
- Trong nước tiểu hoặc nơi bồn cầu thấy có máu
- Quý vị đang được chữa trị bệnh đường ruột
- Quý vị đã có hẹn sắp làm nội soi đại tràng
- Quý vị đã từng làm nội soi đại tràng trong thời gian 2 năm vừa qua

Facilitator notes - What happens next?

You will receive a results notification letter in the mail about 2 weeks after you post the samples.

A negative test result

- If your test is negative it means no blood was found. You don't need to do anything, just do another test in 2 years' time.
- But talk to your doctor if you have any symptoms before your next test. The test is very accurate but a negative result does not mean that you definitely don't have bowel cancer or can never develop bowel cancer.

A positive test result

- If your test is positive it means blood was found. You will need to see a doctor for a check-up and maybe some more tests.
- **If the test is positive it does not necessarily mean you have cancer.**
- Bleeding may be caused by a number of conditions, including polyps, haemorrhoids or inflammation, and may not be cancer related.
- But it is important to find out why there is blood in your sample.

Tiếp theo là gì?



Kết quả kiểm tra – nghĩa là thế nào:

- Kết quả âm tính nghĩa là không thấy có máu. Hãy kiểm tra lại sau 2 năm.
- + Kết quả dương tính nghĩa là có thấy máu. Đó không hẳn là quý vị bị ung thư. Nhưng quý vị cần phải tới gặp bác sĩ để tìm hiểu nguyên nhân vì sao trong phân có máu.

Facilitator notes - After a positive test result

After a positive test result, it is important to see your doctor as soon as possible so you can receive a referral for another test, usually a colonoscopy.

- The aim of a colonoscopy is to look inside the bowel and find out why you have blood in your bowel movement.
- During a colonoscopy a doctor inserts a tiny camera into the rectum to look for polyps or cancerous growths.
- You will receive some sedation for the procedure so you won't feel any pain.
- The day before the colonoscopy you will need to have a special drink to help empty your bowel. This will allow the camera a clear view of your bowel. You will need to be near a toilet all day.

Results

There are a number of possible things that a colonoscopy might find.

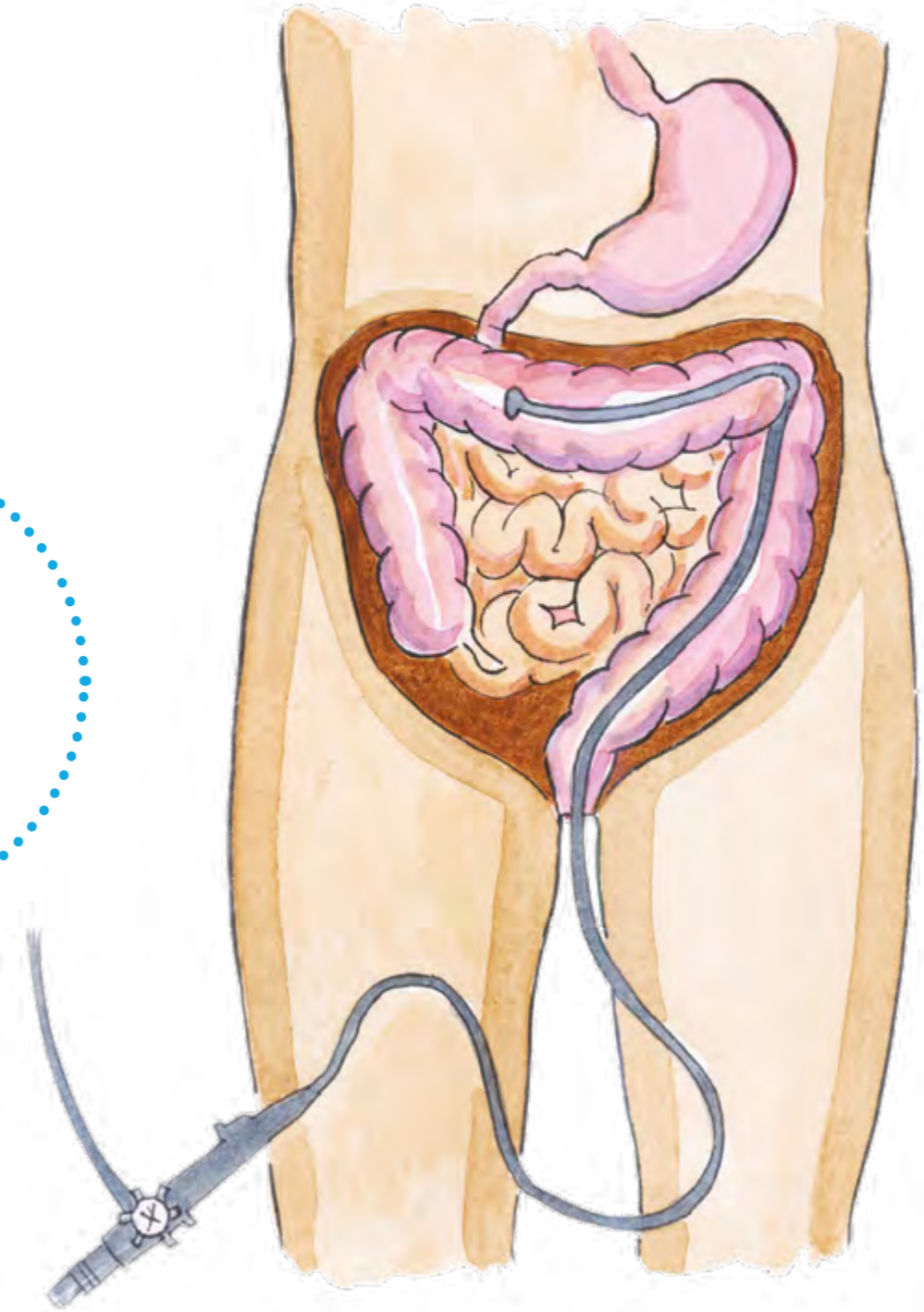
- **Nothing (clear)** – No polyps or cancer. You should do the home test kit again in around 4 years' time. A kit will be sent to you by the National Bowel Cancer Screening Program.
- **Polyps** – The doctor will usually remove them when doing the colonoscopy. You will likely need another colonoscopy in 2-5 years.
- **Cancer** – May need surgery or other treatment (to be determined by a doctor).
If found early, the chance of successful treatment is very high.
- **Other conditions** – The colonoscopy may find other bowel conditions.
Your doctor will follow these up with you.

Nếu kết quả dương tính

1. Tôi gặp bác sĩ

2. Làm nội soi đại tràng

3. Lấy kết quả



Facilitator notes - For more information

- Visit the Program website at www.cancerscreening.gov.au/bowel.
- Find out when your test will be sent (based on your date of birth) by visiting www.cancerscreening.gov.au/eligibility.
- Call the Program Info Line on **1800 118 868**, where you can:
 - Check your eligibility for a free kit – confirm the Program has your correct details and find out when your next kit is coming out.
 - Order a new kit (for people who have received a kit in the last 12 months but lost or damaged it).
- If you need help in your language call the Translating and Interpreting Service on **13 14 50**.
- You can access a range of translated materials in 22 languages by visiting www.cancerscreening.gov.au/translations (including test kit instructions, an information booklet and invitation/results letters).

Muốn biết thêm chi tiết

Vào trang mạng Chương trình Sàng lọc Ung thư ruột Quốc gia: www.cancerscreening.gov.au/bowel

Kiểm tra khi nào quý vị nhận được bộ dụng cụ:
www.cancerscreening.gov.au/eligibility

Gọi số **1800 118 868** để:

- Kiểm tra xem quý vị có hội đủ tiêu chuẩn được bộ dụng cụ kiểm tra miễn phí hay không
- Đặt bộ dụng cụ kiểm tra mới (nếu quý vị bị mất hoặc làm hư bộ dụng cụ ban đầu)

Hoặc gọi cho Dịch vụ Thông dịch và Phiên dịch số **13 14 50** (để được giúp đỡ bằng ngôn ngữ của quý vị)

Tiếp cận các tài liệu đã được dịch :

www.cancerscreening.gov.au/translations

Facilitator notes - Summary

So what are the important take home messages we have learnt today?

1. Bowel cancer can develop over a long period, without any obvious signs.
2. A screening test can detect changes in your bowel early.
3. If found early, 9 out of 10 bowel cancers can be successfully treated.
4. Do the test when it comes in the post.

Tóm tắt

4 điều cần nhớ

- Ung thư ruột có thể tiến triển trong thời gian dài mà không thể hiện dấu hiệu gì rõ ràng
- Việc kiểm tra có thể sớm phát hiện những thay đổi trong đường ruột
- Nếu phát hiện sớm, thì 9 trong số 10 trường hợp ung thư ruột có thể chữa trị thành công
- **Hãy tiến hành kiểm tra khi bộ dụng cụ được bưu điện chuyển tới**



Facilitator notes - National cancer screening programs

Cancer screening is the use of simple tests to look for early signs of cancer, or the conditions that cause cancer.

- Screening tests can find cancer before you can see or feel any changes to your body. When you find cancers early, they are easier to treat successfully.
- In Australia there are 3 national screening programs. These are for bowel, breast and cervical cancers.
- If you are unsure about doing a screening test, talk to your doctor to help you decide.

Chương trình Sàng lọc Ung thư ruột Quốc gia

NATIONAL BOWELCANCER SCREENING PROGRAM



NATIONAL CERVICAL SCREENING PROGRAM

A joint Australian, State and Territory Government Program

**Phát hiện sớm
thông qua kiểm
tra sàng lọc cứu
mạng sống**

Facilitator notes - Breast screening

Women aged 50-74 should have a mammogram every 2 years.

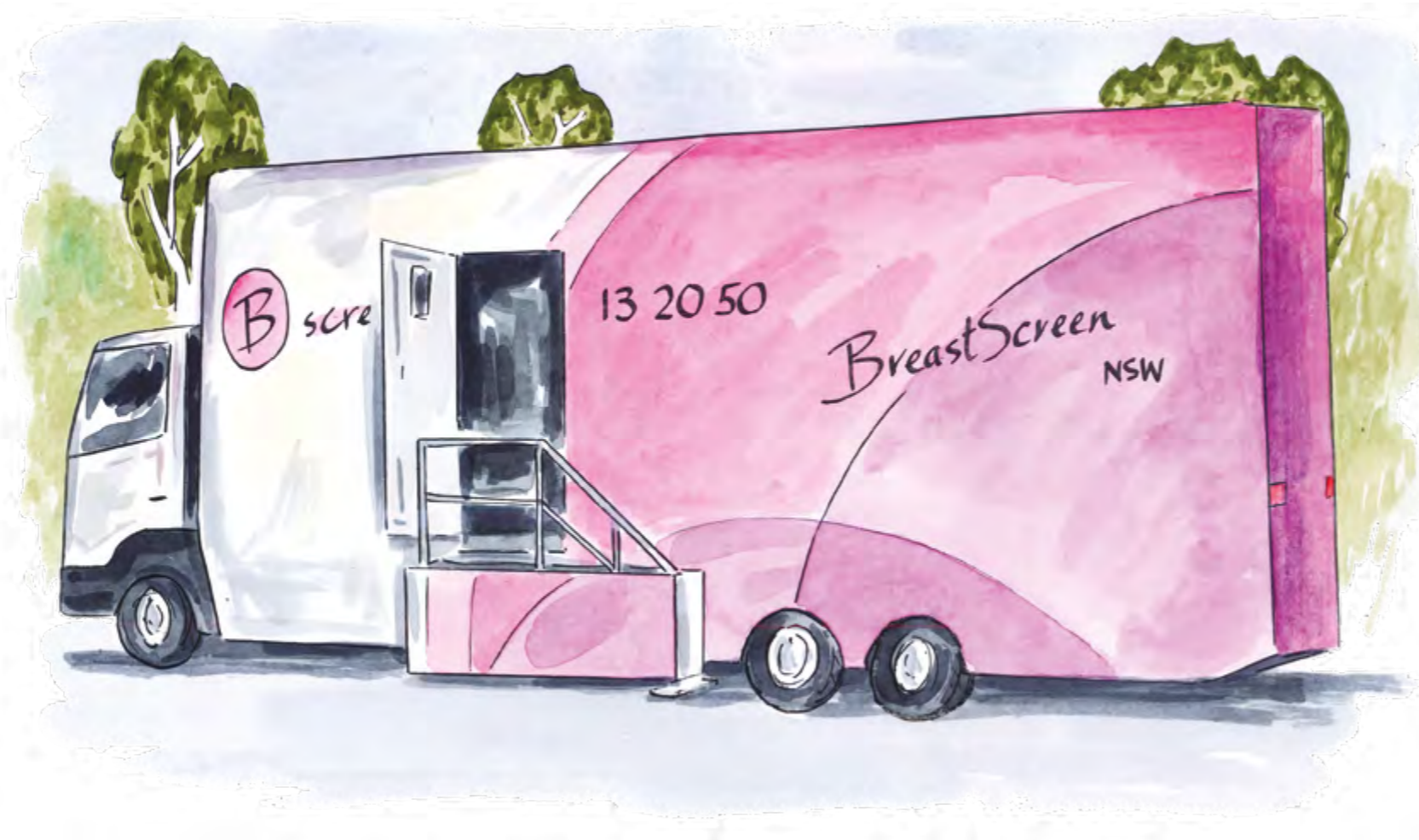
- Mammograms through BreastScreen NSW are free and a doctor's referral is not needed.
- A mammogram (also called a breast x-ray) is the best way to find breast cancer early before it can be seen or felt.
- Almost all women who find their breast cancer in the early stages will get better and get back to their normal lives.
- Most women diagnosed with breast cancer do not have a family history.
- All staff at the breast screening appointment will be female.
- Call **13 20 50** to book a free BreastScreen appointment. There are many sites available so you can choose a date, time and location that suits you.
- Call **13 14 50** if you need someone who speaks your language to help you book the appointment.

Sàng lọc kiểm tra Ung thư vú

BreastScreen NSW là dịch vụ sàng lọc miễn phí và không cần phải có giấy giới thiệu của bác sĩ.

Gọi số **13 20 50** để lấy hẹn hoặc số **13 14 50** để sử dụng thông dịch.

Phụ nữ trong độ tuổi 50–74 cần đi soi chiếu kiểm tra vú mỗi 2 năm một lần



Facilitator notes - Cervical screening

- Women aged 25-74 should have cervical screening every 5 years.
- You can book a Cervical Screening Test with your local doctor or nurse. You don't need to go to a specialist doctor.
- Some doctors provide this for free. You can ask about the cost when you book an appointment.
- You can ask for a female doctor or nurse to perform the test.
- Cervical cancer can be prevented by having the Cervical Screening Test, because it looks for an infection which causes cervical cancer.
- **Book an appointment with your doctor or nurse.**

Note: If it's been more than 2 years since your last Pap test or you have never had a test before, you should book an appointment as soon as possible. If the result is normal you will then be due for your next test in 5 years' time.

Sàng lọc kiểm tra ung thư cổ tử cung

Sàng lọc kiểm tra ung thư cổ tử cung bằng cách phát hiện sự nhiễm trùng gây ung thư.

Lấy hẹn gặp bác sĩ hoặc y tá của quý vị.



Phụ nữ trong độ tuổi 25–74 cần đi soi chiếu kiểm tra cổ tử cung mỗi 5 năm một lần

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