## Native Hawaiian Health Care System

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Numbers</th>
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<tbody>
<tr>
<td>Moloka‘i</td>
<td>Nā Pu‘uwai (808) 360-3653</td>
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<tr>
<td>O‘ahu</td>
<td>Ke Ola Mamo (808) 845-3388</td>
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<tr>
<td>Hawai‘i</td>
<td>Hui Mālama Ola Nā ‘Ōiwi (808) 969-9220</td>
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<td>Kaua‘i, Ni‘ihau</td>
<td>Ho‘ōla Lāhui (808) 240-0100</td>
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<tr>
<td>Maui</td>
<td>Hui No Ke Ola Pono (808) 244-4647</td>
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<tr>
<td>Lāna‘i</td>
<td>Ke Ola Hou O Lāna‘i (808) 565-7204</td>
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**Cancer Information Service**
- 1-800-4-CANCER (1-800-422-6237)
- [www.cancer.gov](http://www.cancer.gov)

**American Cancer Society**
- 1-800-227-2345
- [www.cancer.org](http://www.cancer.org)
Screening can find growths in the colon before it becomes cancer.

Regular screening can help save lives.

- This kind of cancer can be stopped or cured if found early through screening.
- 9 out of 10 patients will usually survive if found and treated early.

Colorectal cancer is cancer of the colon or rectum (yellow shaded area below).

Symptoms or signs of colorectal cancer

- Blood in the stool (bowel movement, poop, ʻūkākē)
- Bleeding from the rectum or anus (ʻōkole)
- Diarrhea all the time
- Having a hard time with bowel movements (pooping)
- Thin or narrow stool (bowel movement, poop, ʻūkākē)

All men and women 50 years and older should be screened.

- If you are over 50, you should be screened even if you do not feel sick or have signs of illness.
- If you or someone in your family has had colorectal cancer, or problems with the colon before, screening may need to start before age 50.

Ask your doctor about types of screening.

- Colonoscopy
- Flexible sigmoidoscopy
- FOBT (Fecal occult blood test)
- Double contrast barium enema