

To learn more
about this call:

Native Hawaiian Health Care System

Moloka'i	Nā Pu'uwai (808) 560-3653
O'ahu	Ke Ola Mamo (808) 845-3388
Hawai'i	Hui Mālama Ola Nā 'Ōiwi (808) 969-9220
Kaua'i, Ni'ihau	Ho'ōla Lāhui (808) 240-0100
Maui	Hui No Ke Ola Pono (808) 244-4647
Lāna'i	Ke Ola Hou O Lāna'i (808) 565-7204

**Cancer Information
Service** 1-800-4-CANCER
(1-800-422-6237)
www.cancer.gov

**American Cancer
Society** 1-800-227-2345
www.cancer.org



Halehuki circa 1940

'Imi Hale
Native Hawaiian Cancer Network
A Program of Papa Ola Lōkahi

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Colorectal Cancer and Colorectal Cancer Guidelines



What Every Kanaka Maoli Should Know

Endorsed by 'Ahahui o nā Kauka
Native Hawaiian Physicians Association

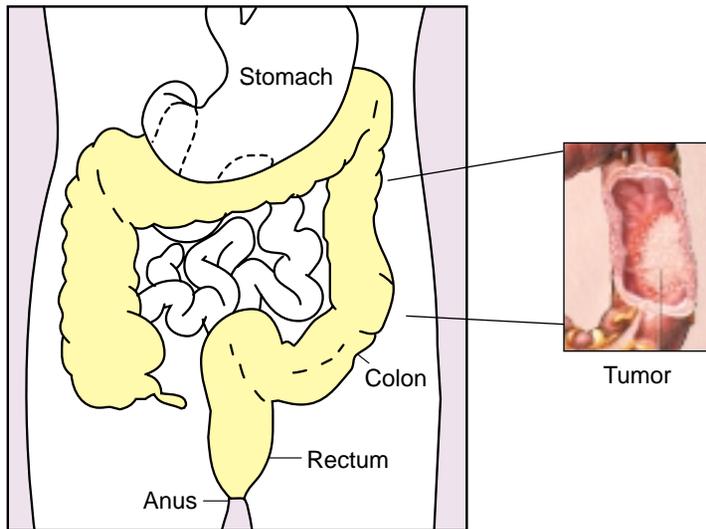
NATIVE HAWAIIAN CANCER AWARENESS SERIES

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, *kūkae*)
- Bleeding from the rectum or anus (*‘ōkole*)
- Diarrhea all the time
- Having a hard time with bowel movements (pooping)
- Thin or narrow stool (bowel movement, poop, *kūkae*)



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.

- FOBT (Fecal occult blood test)
- DRE (Digital rectal exam)
- Flexible sigmoidoscopy
- Colonoscopy
- Double contrast barium enema