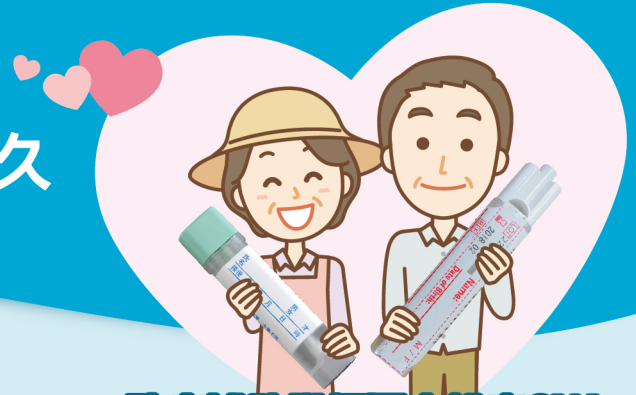


Get Regular Colorectal Cancer Screenings to Stay Health

定期大腸癌篩檢 健康更腸久



A doctor has come to Owen's high school to talk about colorectal cancer prevention.

Doctor: **Colorectal cancer** has been the most common cancer in Taiwan for 12 consecutive years, but it doesn't have any **symptoms** in its early stages.

Owen: So how do you go about preventing it?

Doctor: Aside from maintaining a **balanced diet** and good lifestyle habits, getting a regular colorectal cancer **screening** is very important. If the screening yields a positive result, the next step would be to quickly get a **colonoscopy** to confirm the diagnosis. **Early detection** allows regular follow-ups and appropriate treatment.

Back at home, Owen has a talk with his dad.

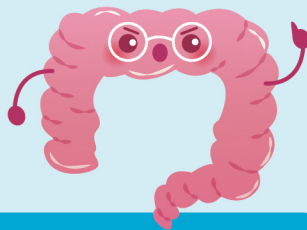
Owen: Dad, if you have the time, you should get a colorectal cancer screening. Today I heard a doctor who came to our class tell us that people who are 50 or older should get regular checks to prevent colorectal cancer.

Dad: But isn't it a real hassle? Is it very expensive?

Owen: The Health Promotion Administration subsidizes a free **fecal occult blood test** for people aged 50 to 74 once every two years, and collecting a sample is really easy.

Dad: OK! Your mother also just turned 50, so we can go together to get screened.

Owen: That's great. There's no reason to feel embarrassed and not get checked.



Keywords

colorectal cancer	大腸癌	screening	篩檢
symptoms	症狀	colonoscopy	大腸鏡
balanced diet	均衡飲食	early detection	早期發現
fecal occult blood test	糞便潛血檢查		

政府補助糞便潛血檢查3W

WHO

50-74歲民眾



WHERE

全國各地健保特約醫療院所檢查



WHEN

每2年1次糞便潛血檢查



| 服務資訊請洽 |

當地衛生局(所)、健康服務中心或至健保特約醫事機構查詢最新特約院所名單

醫師來到Owen的高中，在班級上宣導大腸癌防治的資訊。

醫師: 大腸癌在台灣連續12年是癌症發生人數之首，但早期的大腸癌是沒有症狀的。

Owen: 請問醫師，那要如何預防呢？

醫師: 除了平時維持均衡飲食與良好的生活習慣，定期接受大腸癌篩檢很重要，如篩檢為陽性，建議及早做大腸鏡確診，早期發現就能定期追蹤及妥善治療。

Owen回家跟爸爸聊起這個話題。

Owen: 爸，你有空也去做一下大腸癌篩檢吧，今天我聽來上課的醫師說，50歲以後要定期檢查，才能預防大腸癌。

爸爸: 可是會不會很麻煩？或是很貴？

Owen: 國民健康署有補助50-74歲民眾，每兩年一次免費做糞便潛血檢查，而且採集檢體很簡單。

爸爸: 好喔！你媽今年剛滿50歲，近期我再約媽媽一起去做糞便潛血檢查。

Owen: 對，真的不要怕尷尬而忽略檢查，尤其你們是我最愛的家人呀！