

How To Prevent Colorectal Cancer?

**Subsidized screening available once every two years at the age of 50-74.
A healthy bowel for a healthy life.**

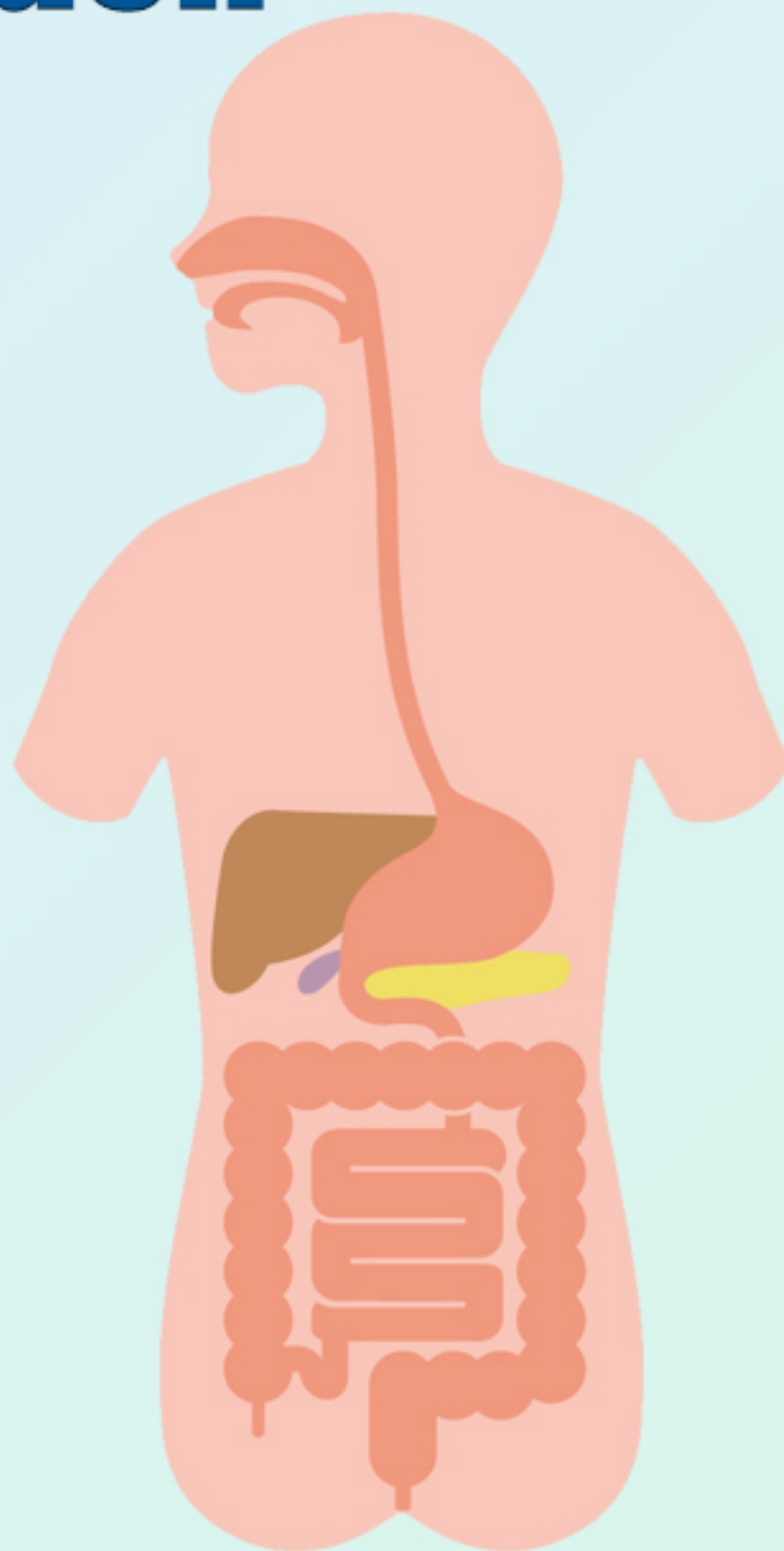


What is the burden of colorectal cancer?

Colorectal cancer in Taiwan ranks second in all cancer incidences and third in mortality.

Approximately 15,000 people are diagnosed with colorectal cancer each year.

90% of colorectal cancers occur after the age of 50.



Colorectal cancers at the early stage are asymptomatic; they will generate the symptoms of fresh blood in stool and bowel habit change when become advanced in stage.

Through the screening, early detection is possible; after prompt treatment, the 5-year survival rate can reach more than 90%.

What are the risk factors?

Unhealthy lifestyle



**Smoking and
excess drinking.**



**Eating too much
processed food
and red meat.**



**Lack of exercise
and obesity.**

What are the risk factors?

Older Age, Family History, and Medical History



**Over the
age of 50.**



**Family history of
colorectal cancer.**



**Histories of inflammatory
bowel disease and
colon polyps.**

3 Tips to Protect Your Bowel

1 Healthy Diet



- Eat less processed food or red meat.
- Replace high-temperature, fried, and grilled cooking methods with the blanched method.
- Take 5 servings of fruit and vegetables every day (3 servings of vegetables and 2 servings of fruits), which can decrease the risk of colorectal cancer by **20-50%**.

2 Regular Exercise and Regular Bowel Movement



- Exercise at least 15 minutes every day can reduce the risk of colorectal cancer by **40%**.
- Control your weight.
- Best time for bowel movement: In the morning after waking up or after breakfast.

3 Regular Screening



- Active screening can reduce the risk of death from colorectal cancer by **44%**.
- People aged 50 years or more should receive fecal immunochemical testing every two years.
- People with inflammatory bowel disease, a history of colon polyp, or a family history of colorectal cancer should discuss with physicians about the need of more intensive surveillance.

3Ws for Colorectal Screening Subsidies

Who 誰



People aged
50 to 74 years.

When 時間



Fecal immunochemical
testing **every 2 years**.

Where 地點



Medical units covered
by NHI.

Medical units covered by
National Health Insurance (NHI).

Please check the list of latest contracted medical units, including the public health stations, clinics, and hospitals.

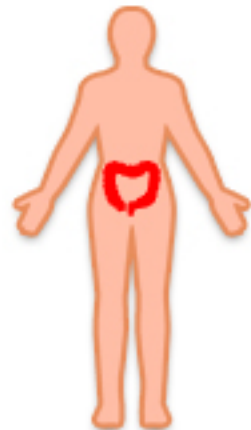
Fecal Immunochemical Test to Protect Your Bowel



Sample collection is easy,
and no dietary restriction is
required before the test.



Those who have
negative test results
should repeat the test
every two years.



Those who have **positive
test results** should
receive colonoscopy as
soon as possible.

Among subjects with **positive results**:



One out of two has **colon polyp**.



One out of 22 has **colon cancer**.

Stool Sampling Made Easy At Home

8 steps to collect stool samples: Steps ① - ④



Take your NHI ID card to contracted medical units to get the sampling tube.



Write down your name, collection date and time on the sticker outside the tube.



Twist the cap and pull it open upward. Do not spill the water inside the tube.



Lay toilet paper on the inner slope of the seated toilet to avoid dropping the stool into the water.

Stool Sampling Made Easy At Home

8 steps to collect stool samples: Steps 5-8



Be seated on the toilet.



Scrape lightly back and forth over the stool; an excessive amount is not necessary.



Recap the tube with the stool sample inside and recap it tightly.



Return the stool sample to the medical units and wait for the test result at home.

(As the blood in the stool can be destroyed at room temperature, please return the sample to the medical units as soon as possible. If it cannot be sent back on the same day of collection, be sure to store the sample in the refrigerator.)

A Healthy Bowel



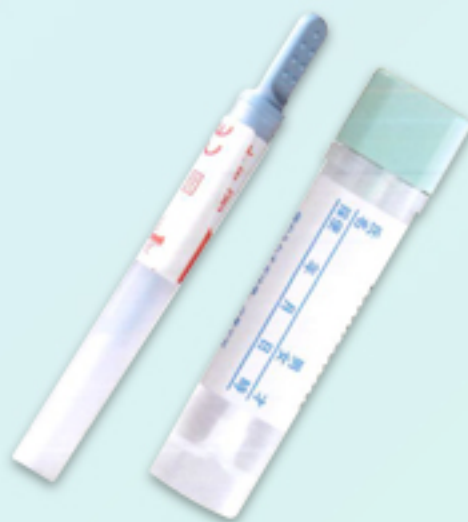
Fruits and vegetables

Less red meat, no smoking and drinking, and 5 servings of fruit and vegetables every day.



Exercise

Regular exercise and weight control.



Screening Test

Over the age of 50, do fecal immunochemical test screening once every 2 years.



Result

After the test, keep track of the results.



Diagnosis

Do colonoscopy if the result is positive.

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