

Kānjōr eo colon (ak maj) eo ej kein karuo ilo an man elōñ ro ilo U.S. ilo ad jab maroñ kile jino in an walok, kin menin kememej kair im itok ñōn am bok kakkōlkōl ko eo emaroñ kejparok mour eo am.

Wōn ro kauatata jab-in ejelet er?

Lukkun etan Kānjōr in ej colorectal (ak maj) ej lap lok ibbam ilo am ritto lok. Kakkōlkōl in ej ñōn ro 45 aer yio im ritto lok.

Armij ro kajojo ak ro Kānjōr in polyps ak colorectal (maj) ej walaltak ilo bwebwenato in bamle eo, bareinwōt ro ej bwil-metak aer bwidej eo ej walok ilo nañinmij in aljōr in etan colitis ak Crohn rebed ilo kauatata elap.

**jumae
kānjōr.**



Kwe MAROÑ bōbrae jorren in Kānjōr in maj eo ilo am:

- Bok ñōn yuk mōñā ko elap baibor (ak fibers) ie, mōñā ko edrik kūrj ibben leen-wōjke, bijitebōl, im mōñā ko rej walok jen ol kūrein (ak whole grains); im
- Kemourur enbwinūm wot, lale joñan eddo eo am;
- Jab mōñā kaniōk ko ededelok kōmōni, idrak arkol, im kōbatat.

kakkōlkōl ko je make kōmōne imwe-ko imōd kiō ewōr!

Raan ko an remotlok ilo ad aikuij bok kakkōlkōl eo ilo mōjñal eo elap. Elañe kwōj maroñ make kōmōne kakkōlkōl eo, renaj lewaj kein-kakkōlkōl ko im kilen eo ebidodo ñōn am make kōmōne ilo wewen eo emōn ñōn kwe make ilo mweo-imōm make.

Elane Kānjōr in enaj alikar ilo tōre ko jino in, joñan am maroñ naj wōnmanlok im mour jen Kānjōr in ej 90%! Rainin, 4 ian keej kein 10 rar loi kar jino in aer walok, inem kakkōlkōl kein rej wōnmanlok ñōn kejparok mour eo am jen nañinmij in jemaroñ mour jen e.

Wewen an walok kānjōr in maj (ak colorectal) in emaroñ ilo oktak in am bwidej; ewōr bōtōktōk ewalok ak ilo bwidej eo; bidodo, bin-lojeem, am make kile bwe ejanin lukkun maat koban lojeem; metak lojeem ejab jako; ak ilo ejjelok melemen am aidriklok wōt.

Kōlap lok am katak kin jino in an kānjōr in maj in walok im kakkōlkōl ko ilo: <https://www.cancer.org/cancer/types/colon-rectal-cancer/detection-diagnosis-staging/detection.html> ak jikāān e QR Code eo —>

