

## 大腸癌篩查(糞便)

### 01 關於大腸癌

大腸癌是香港第二位最常見的癌症<sup>1</sup>。隨著年齡增長、不良飲食習慣、遺傳因素及有其他慢性腸道疾病，都會令患上大腸癌的機會增加。大腸癌常由小瘻肉演變而成，有機會在毫無任何症狀下演變為癌症。若能及早發現，有助提高治愈和存活的机会。

本港  
第2號  
癌症殺手

佔癌症新症總數<sup>1</sup>  
15.8%

2,287人  
死於大腸癌  
(2020年)

#### 常見症狀<sup>2</sup>

- 大便帶血或帶有大量分泌黏液
- 大便習慣改變，如大便變稀或便秘
- 剛大便後還有便急的感覺，但不能排出大便
- 腹部不適(胃氣飽、脹或胃抽筋的感覺)
- 體重無故地下降

### 02 大腸癌篩查介紹

這是一項安全、簡單、方便而無創的大腸癌篩查。只需少量糞便樣本，即可透過先進的聚合酶連鎖反應(PCR)，準確地找出與大腸癌有關的基因突變。這些突變都是細胞早期變異的重要訊號，可以及早讓病人知道自己的身体變化，為他們提示患大腸癌的風險，達到及早發現和及早治療的目的。



採用雙基因(TFPI2與SDC2)檢測，提供更全面保障，能反映左、右結腸和直腸出現癌症之風險。

按專家建議：年齡介乎45歲至75歲人士，應每1-3年進行一次腸癌篩查<sup>3</sup>。

### 03 特點

- 靈敏度高：對於進展期腺瘤(advanced adenoma)及各期大腸癌均有高靈敏度，大腸癌總靈敏度95.3%（進展期腺瘤為63.4%），特異性90.3%。
- 無創無痛：只需收集少量糞便樣本，無需抽血或到醫院進行日間手術，方便快捷。
- 及早發現：早在未有病徵出現之前，就可從基因角度發現一些重要病變訊號，並可作為照腸鏡前篩查。



### 04 檢測流程

取得測試套裝

按說明自行採樣

72小時內  
提交樣本

5個工作天  
出結果

報告講解

### 05 適用人群

- 年齡 ≥ 45歲
- 自己或家族成員曾患有大腸癌或曾發現任何惡性腫瘤
- 患有慢性腸道疾病
- 患有或曾患有腺瘤性瘻肉
- 有長期不良飲食或不良生活習慣(例如飲食不定時、缺乏運動、吸煙或酗酒)



資料來源：  
1. 衛生防護中心(2022)健康資訊-大腸癌。 2. 衛生防護中心(2022)健康資訊-男性常見疾病-大腸癌。 3. American Cancer Society Guideline for CRC Screening (2018).

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## Colon Cancer Screening (Stool)

### 01 ABOUT COLORECTAL CANCER

Colorectal cancer is the second commonest cancer in Hong Kong<sup>1</sup>. Aging, poor diet, genetic factors and other chronic bowel diseases may lead to a higher chance of colorectal cancer. Colorectal cancer often develops from small polyps, and their subsequent development to cancer may have no symptoms at all. Early detection can help improving chance of cure and survival rate.

**NO. 2**  
Cancer Killer

**15.8%**  
New Cancer Cases<sup>1</sup>

**2,287**  
CRC deaths in 2020

#### Common symptoms<sup>2</sup>

- Blood or large amount of mucus in the stool
- A change of bowel habits such as loose stool or constipation
- Persistent urge after passing stool
- Abdominal discomfort (frequent gas pains, bloating, fullness, or cramps)
- Weight loss with no known reason

### 02 ABOUT THIS TEST

This test provides a safe, simple and accurate way for screening colorectal cancer. With a small amount of stool sample, this test can accurately identify genetic mutations associated with colorectal cancer. It is done by the advanced polymerase chain reaction (PCR) method. These mutations are important sign for reflecting early cancerous change, providing the patient an opportunity for early detection and early intervention. In general, the earlier the cancer is detected, the higher the chance of successful treatment.



Two gene targets (namely *TFPI2* & *SDC2*) were adopted for testing. They can provide comprehensive risk assessment and reflect the risk of cancer covering the left/right colon as well as the rectum.

People aged 45 to 75 are recommended to undergo colon cancer screening every 1 to 3 years<sup>3</sup>.

### 03 CHARACTERISTICS

- **Highly Sensitive:** For advanced adenoma and different stages of colorectal cancer, the test has high sensitivity. The overall sensitivity for colon cancer is 95.3% (63.4% for advanced adenoma). The specificity is 90.3%.
- **Non-invasive:** Only a small amount of stool sample is needed. No blood drawing or hospital stay.
- **Early Detection:** May detect genetic changes well before symptoms occur. Serve as a screening tool before colonoscopy.



### 04 STEPS

Get a test kit

Collect Sample

Submit sample within 72 hours

Result ready in 5 working days

Result interpretation

### 05 FOR PEOPLE

- Age ≥ 45 years old
- Have ever had / have family member(s) had colorectal cancer or any malignant tumors in the past
- Have chronic bowel disease(s)
- Have or have had adenomatous polyps
- Have prolonged bad diet or lifestyle habits (such as irregular diet, lack of exercise, smoking or alcoholism)



Source of information:

1. Centre for Health Protection (2022) Health Topics - Colorectal Cancer. 2. Centre for Health Protection (2022) Health Topics - Men's Health Line - Colorectal Cancer. 3. American Cancer Society Guideline for CRC Screening (2018).

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