



To News Editor
For Immediate Release

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**Bowel Cancer with no Symptoms:
Results of the First 1,000 Cases of Bowel Cancer Screening**

The Chinese University of Hong Kong (CUHK) Jockey Club Bowel Cancer Education Centre released the preliminary results of the first 1,037 participants under its Bowel Cancer Screening Program today. Four cases of bowel cancers were diagnosed from apparently healthy subjects so far.

Over 1,200 participants were invited to attend the bowel cancer health talk between May and August 2008. Among which, 1,037 qualified participants took up the offer of bowel screening. 597 participants (58%) had chosen fecal occult blood testing and agreed for yearly stool test until 2012, and 440 participants (42%) had chosen colonoscopy and gone through the procedure.

To date, this program has identified 4 cases of colorectal cancer (0.4%), 27 cases of advanced neoplasm (2.6%) and 151 cases of adenoma (14.6%). All cases identified with colonic diseases were successfully treated. There was no complication arising from the screening procedure except for 1 case of bleeding after endoscopic removal of adenoma. The bleeding was successfully controlled. Over 90% of participants who chose stool test complied with the procedures and successfully returned the test in time.

“Screening allows bowel cancer to be detected early and bowel adenoma to be removed before they developed into cancer. Screening should be conducted in subjects before symptoms arise. Many people have the misconception that screening is for those with persistent abdominal pain or bowel bleeding. Bowel cancer screening benefits those who are aged between 50 and 70 with no screening test performed within five years,” said Professor Joseph Sung, Director of Institute of Digestive Disease, Faculty of Medicine at CUHK.

“Those who have features suggestive of serious bowel diseases such as bleeding, weight loss, change in bowel habit and anemia should promptly seek medical consultation. They are not subjects for screening test anymore,” Professor Joseph Sung added.

The Institute of Digestive Disease at CUHK has launched the five-year “Bowel Cancer in Hong Kong: Education, Promotion and Screening” Project and inaugurated the CUHK Jockey Club Bowel Cancer Education Centre with the generous donations from The Hong Kong Jockey Club Charities Trust since May 2008. Through detailed analyses of the findings, the Centre can assess the cost effectiveness of bowel cancer screening tests and advise the Government on the formulation of bowel cancer screening policies for the general public.

About CUHK Jockey Club Bowel Cancer Education Centre

CUHK Jockey Club Bowel Cancer Education Centre provides health and education services, support for people who are at risk of bowel cancer, and reaches out to the communities through its resources, events and partnerships with other health organizations. The Centre hopes to get the message across that early detection and prevention of bowel cancer can save lives. For further enquiries, please call 2603-1437 or browse <http://www.cuhk.bowelcancer.hk/>



致新聞編輯
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大腸癌隱形個案：中大首千例篩查結果

香港中文大學（中大）賽馬會大腸癌教育中心今日公布大腸癌篩查計劃的首千例篩查結果。初步篩查結果顯示，有4名參加者被診斷患有大腸癌。

由2008年5月至8月期間，中心邀請了超過1,200人出席大腸癌健康講座，從中招募了1,037位符合資格的人士參與大腸癌篩查。當中有597人（58%）選擇每年進行大便隱血測試直至2012年，其餘440人（42%）選擇進行大腸鏡檢查。

在這1,037名參與大腸癌篩查計劃的人士中，有4人確診患上大腸癌（0.4%）、27人患有後期腺瘤（2.6%），另有151人患有大腸腺瘤（14.6%）；他們均能成功地診治。另外，大部份參加者在進行大腸鏡檢查後沒有發生任何併發症，只有一人切除瘻肉後出血，惟流血的情況能夠成功受控。更重要的是，超過90%參與大便隱血測試的參加者能依從程序準確收集樣本，並準時交回收集管，反映此測試程序簡單便捷，為大眾接受。

中大消化疾病研究所主管沈祖堯教授指出：「篩查可以及早發現大腸癌，並於大腸腺瘤發展成大腸癌之前立即清除。有不少人對篩查產生誤解，誤以為持續腹痛或大便出血才需要進行篩查。事實上，篩查需要在沒有出現任何徵狀前進行。大腸癌篩查適合年齡介乎50歲至70歲，及過去五年內沒有進行過任何大腸癌檢查的人士參與。」

沈祖堯教授續指：「出現大腸癌病徵的人士並不適合參加篩查計劃，例如大便出血、體重下降、大便習慣改變或貧血，他們應及早求醫，尋求適當治療。」

在香港賽馬會慈善信託基金的慷慨捐助下，中大消化疾病研究所在本港推行為期五年的「香港大腸癌：教育、宣傳及篩查」計劃，並於2008年5月成立了「香港中文大學賽馬會大腸癌教育中心」，評估篩查計劃在經濟層面的效益，協助中心倡議香港政府訂立全面及普及的大腸癌篩查政策。

關於香港中文大學賽馬會大腸癌教育中心

香港中文大學賽馬會大腸癌教育中心成立的主要目標是致力提供大腸癌的健康教育及推廣，支援大腸癌高風險人士，並到社區的不同角落與其他夥伴

機構協作舉辦全港性的教育活動。中心盼望能有效率地讓市民認識更多大腸癌檢查的重要性，並期望大腸癌在未來的罹患和死亡率會不斷下降。如有查詢，請電 2603-1437 或瀏覽中心網頁 (<http://www.cuhk.bowelcancer.hk>)。

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