

For “Considering Lung Cancer Screening” in English, see [can-ah-78700](#).

Xav Txog Kev Kuaj Mob Khees Xaws Hauv Ntsws

Mob Khees Xaws Hauv Ntsws

Mob khees xaws hauv ntsws yog ib hom kab mob thaum cov noob cev hauv lub ntsws loj hlob yam tswj tsis tau.

Mob khees xaws hauv ntsws yog hom mob khees xaws uas tua neeg laus ntau tshaj plaws. Muaj neeg uas tuag ntawm mob khees xaws hauv ntsws coob dua cov khees xaws hauv txoj hnyuv, khees xaws hauv mis thiab khees xaws hauv chaw tsim phev huv tib si.

Kev haus luam yeeb yog qhov pheej hmoo loj tshaj rau mob khees xaws hauv ntsws.



8 tus neeg ntawm 10 tus uas raug mob khees xaws hauv ntsws raug vim lawv haus luam yeeb.

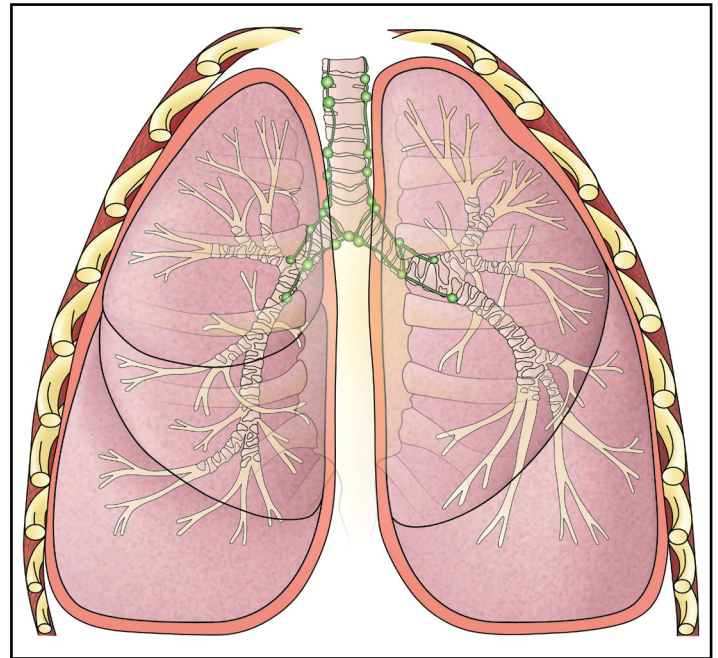
Kev Kuaj Ntsws rau Mob Khees Xaws

Yuav kuaj ntsws rau mob khees xaws kom nrhiav mob khees xaws ntxov thaum tseem muab kho tau yooj yim.

Koj tus kws kho mob yuav nrog koj tham kom saib seb koj puas tsim nyog kuaj lub ntsws rau mob khees xaws. Kev kuaj ntsws no yuav siv CT (computed tomography) kom yees ib tug duab txog koj cov ntsws.

Koj tus kws kho mob yuav nrog koj tham txog tej nram qab no: Neb ob leeg ua ke yuav xaiv qhov zoo tshaj rau koj:

- cov nqi zog thiab cov kev pheej hmoo rau kev kuaj ntsws
- tej uas koj xav ntsig txog kev kuaj ntsws



© Allina Health System

Cov ntsws nyob hauv koj lub hauv siab thiab pab koj ua pa.

Qhov Tseem Ceeb Ntawm Ib Sij Kuaj Ntsws

Yeej tseem ceeb kuaj ntsws txhua xyoo kom saib seb puas tau pib raug mob khees xaws.

Yog tias yuav kuaj ntsws txhua xyoo ces nyaj yuav nrhiav tau mob khees xaws ntxov thiab yooj yim dua kom muab kho.

- kev txiav luam yeeb (Saib daim nplooj 3.)
- nyaj yuav nrhiav dab tsi thiab txoj kev uas lawv yuav qhia koj
- qhov uas koj yuav tsum rov qab kuaj ntsws txhua xyoo.

Cov Lus Qhia Rau Kev Kuaj Ntsws

Lub koom haum Centers for Medicare & Medicaid Services yaum kom kuaj ntsws yog koj muaj 50 xyoo mus rau 77 xyoo thiab yog tej nram qab no phim koj:

- ❑ koj tsis muaj tsos mob ntawm khees xaws hauv ntsws (thaum hnoos los ntshav, txog siav, nkees thiab txawm xiam rog)
- ❑ yav tas los koj tau haus luam yeeb ntau (20 pob hauv ib xyoo). Nov txhais hais tias koj tau haus 1 pob lub yeeb txhua hnuv tau 20 xyoo los yog 2 pob txhua hnuv tau 10 xyoo.
- ❑ koj haus luam yeeb tam sim no los yog tau txiav luam yeeb luv dua 15 xyoo tas los.

Cov Txiaj Ntsig thiab Cov Kev Pheej Hmoo Rau Kev Kuaj Ntsws rau Mob Khees Xaws

Cov Txiaj Ntsig

- Raws li lub koom haum National Lung Screening Trial (NLST), kev kuaj ntsws rau mob khees xaws ua kom qhov feem tuag ntawm mob ntsws khees xaws tsawg dua 20 feem pua thaum kuaj tau 3 xyoo. Yog hais tias yuav kuaj ntsws ib xyoos dhau ib xyoos ces ua kom qhov feem ntawd tsawg zuj zus.
- Kev kuaj ntsws li no yuav nrhiav mob khees xaws thaum tseem ntxov thiab kho tau yooj yim dua.
 - Kwv yees li 3 los 4 qho ntawm txhua 100 qhov txawv hauv lub ntsws yog mob khees xaws.
- Kev kuaj ntsws tsis mob koj hlo li thiab luv dua 1 feeb. Koj kev mus xyuas kws kho mob yuav luv dua 30 feeb tag nrho.
- Lub khoos kas kuaj ntsuas muaj kev sib sab laj kom pab koj txiav luam yeeb.

Cov kev pheej hmoo

- Tej zaum kev kuaj ntsuas yuav qhia tias muaj mob khees xaws tiam sis tiag tiag tsis muaj. Yuav muaj li no thaum muaj ib qho dab tsi uas khws mob khees xaws tiam sis tsis yog.
 - Tej zaum li 1 tug ntawm txhua 8 tus neeg yuav muaj li no. Tej zaum koj yuav tau kuaj ntsuas ntxiv kom paub tseeb tias tsis muaj mob khees xaws.
- Tej zaum kev kuaj ntsuas yuav qhia tias tsis muaj mob khees xaws tiam sis tiag tiag muaj. Yuav muaj li no thaum kev kuaj ntsuas tsis nrhiav pom mob khees xaws tiam sis yeej muaj nyob hauv lub ntsws.



Lub tshuab yees duab CT siv qhov tshav kub tsawg tsawg kom thiab yees koj cov ntsws tus duab. Kev kuaj ntsuas no siv ob peb feeb thiab tsis mob hlo li. Koj tsis tas npaj dab tsi rau kev kuaj ntsuas no.

Koom Haum Pov Hwm Kev Pov Hwm

- Lub koom haum Medicare yuav pov hwm tus nqi rau kev kuaj ntsws rau cov neeg uas muaj 50 xyoo mus rau 77 xyoo.
 - Lub koom haum Medicare qhia tias koj yuav tsum nrog koj tus kws kho mob tham txog seb kev kuaj ntsuas no puas zoo rau koj.
- Tej lub koom haum tuav pov hwm tsis pov hwm tus nqi rau kev kuaj ntsuas no. Hu mus rau koj lub koom haum tuav pov hwm kom saib seb lawv puas pov hwm tus nqi rau kev kuaj ntsws no.
 - Yog hais tias koj lub koom haum tuav pov hwm yuav tsis pov hwm tus nqi rau kev kuaj ntsuas no, nrog koj tus kws kho mob sib tham. Tej zaum koj yuav tsim nyog txo tus nqi rau kev kuaj ntsuas no.

Nrog koj lub koom haum tuav pov hwm sib tham seb koj txais puas tau kev kuaj ntsws no mus txog thaum muaj 80 xyoo.

- Tsawg dua 1 tug ntawm txhua 10 tus tib neeg uas muaj mob khees xaws hauv ntsws yuav muaj li no.
- Qhov tshav kub ntawm kev kuaj ntsuas ib yam npaum li qhov tshav kub uas ib tug tib neeg yuav raug thaum nyob nraum zoov tau 1 xyoos.

Kev Txoj Kev To Taub

| Tej Lus Nug | Tej Lus Teb |
|--|--|
| Yog kuv tsim nyog rau kev yeas duab CT, kuv txais nqi zog npaum li cas? | Kev tshawb fawb qhia hais tias cov neeg haus luam yeeb ntau uas tuag ntawm mob khees xaws hauv ntsws yuav tuag 20 feem pua tsawg zog yog hais tias lawv siv tshuab CT los yeas duab. |
| Lub tshuab yeas duab CT puas yog ib qho zoo rau kuv? | Muaj ib qho tshav kub ntawm kev yeas duab CT no. Txawm li ntawd qhov tshav kub no tseem nyab xeeb. |
| Kev kuaj ntsuas puas yog tib txoj kev kom tiv thaiv ntawm mob khees xaws hauv ntsws? | Tsis yog. Kev kuaj ntsuas yuav tsis kom raug mob khees xaws hlo li. Kev kuaj ntsuas tsuas nrhiav mob khees xaws xwb. Txoj kev zoo tshaj kom tiv thaiv ntawm mob khees xaws hauv ntsws yog kom tsis txhob haus luam yeeb los yog txiav luam yeeb. |
| Puas tsim nyog kuaj ntsuas tom qab Kuv ntsib tus kws kho mob? Yuav tau kuaj ntsuas pes tsawg zaus? | <p>Koj tus kws kho mob yuav xa koj mus yeas duab CT yog hais tias nws xav tias kev kuaj ntsuas li no yuav tsim nyog rau koj.</p> <p>Ib tug neeg teem caij yuav hu tuaj rau koj kom teem caij. Koj yuav tsum rov qab mus kuaj ntsuas dua txhua xyoo (los yog ntau npaum li koj tus kws kho mob hais) tsuas yog koj tseem tsim nyog kuaj ntsuas.</p> |
| Yuav muaj li cas yog hais tias kev kuaj ntsuas nrhiav pom ib qho txawv sab hauv los yog sab nraum lub ntsws? | Yog hais tias kev kuaj ntsuas nrhiav pom ib qho txawv, ces ib tug nais maum yuav hu tuaj rau koj kom sib tham txog seb tau nrhiav dab tsi, tej xwm nrhiav txhais li cas, thiab sib tham txog cov ruam tom ntej, kuj hais txog tej zaum tsim nyog ntsib ib tug kws kho ntsws. |
| Lub koom haum tuav pov hwm puas pov hwm tus nqi rau kev kuaj ntsuas CT? | <p>Lub koom haum Medicare yuav pov hwm tus nqi rau kev kuaj ntsuas no rau cov neeg uas muaj 50 xyoo mus rau 77 xyoo. Lub koom haum Medicare qhia tias koj yuav tsum nrog koj tus kws kho mob tham txog seb kev kuaj ntsuas no puas zoo rau koj. Koj tus kws kho mob yuav txiav txim siab seb kev kuaj ntsws puas tsim nyog rau koj txog thaum koj muaj 80 xyoo.</p> <p>Lwm lub koom haum tuav pov hwm lub phiaj xwm nyias yuav pov hwm nyias qhov. Hu mus rau koj lub koom haum tuav pov hwm kom saib seb koj lub phiaj xwm tuav pov hwm yuav pov hwm dab tsi.</p> <p>Yog hais tias koj lub koom haum tuav pov hwm <u>yuav tsis</u> pov hwm tus nqi rau kev kuaj ntsuas no, nrog koj tus kws kho mob sib tham. Tej zaum koj yuav tsim nyog txo tus nqi rau kev kuaj ntsuas no.</p> |

Puas Xav Tau Kev Pab Kom Txiav Luam Yeeb?

■ Quit Partner

- 1-800-QUIT-NOW (1-800-784-8669)
los sis quitpartnermn.com
- asiansmokersquitline.org

■ kev txhawb nqa rau kev txiav luam yeeb

- smokefree.gov
- American Lung Association/Tobacco Quit Line
— 651-227-8014 los sis 1-800-586-4872

Tej Uas Kuv Nyiam

Khij qhov uas tseem ceeb tshaj rau koj mus txog thaum tau khij txhua yam tag lawm. Tej zaum qhov no yuav pab koj xaiv.

| Tej Lus Nug | Kuv Tej Kev Xav |
|---|-----------------|
| 1. Koj puas to taub kev kuaj ntsuas CT uas tau piav rau hauv daim ntawv no? | |
| 2. Koj puas to taub cov nqi zog thiab cov kev pheej hmoo rau kev kuaj ntsuas log yog tias xaiv kom tsi txhob kuaj ntsuas? Dab tsi tseem ceeb tshaj rau koj? | |
| 3. Thaum koj xav txog cov kev pheej hmoo, koj ntsha dab tsi los sis txhawj txog dab tsi? | |
| 4. Nyob rau hauv lub sij hawm no, koj puas xav tias kev kuaj ntsuas yuav zoo rau koj? | |
| 5. Koj puas xav tias koj muaj kev txhawb nqa txaus thiab ntaub ntawv txaus kom thiaj paub txiav txim siab? | |
| 6. Yog koj teb hais tias “tsis muaj” rau lo lus nug thib 5 no, muaj dab tsi uas cuam tshuam koj txoj kev kuaj ntsuas? | |