

الكشف المبكر
لسرطان الثدي والأمعاء

BREAST & BOWEL
SCREENING

A Simple Test
can save lives!

Bowel Cancer Screening

Contact Us
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وزارة الصحة العامة
Ministry of Public Health
دولة قطر - State of Qatar



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HEALTH - EDUCATION - RESEARCH



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

البرنامج الوطني
National Cancer
Program
للسرطان



Qatar Cancer Society
الجمعية القطرية للسرطان

سدرة للطب
Sidra Medicine

Screen For Life!

Bowel cancer is the second common cancer in Qatar among men and women (1)
But this can be changed!

“ Screening saves Live! When detected at early stage, through screening, survival rate from Bowel cancer might reach up to 90% ⁽²⁾ ”



The national bowel cancer screening program

The Breast and Bowel Screening Program is a **life-saving**, population-based initiative that aims to promote education, awareness and early detection of breast and bowel cancer in Qatar. Titled 'Screen for Life', it is being conducted under Qatar's National Cancer Program, which represents a shift towards preventive and community-based care. The Primary Health Care Corporation (PHCC), a provider of a wide range of primary healthcare services across the State of Qatar, has been given the authority to lead the program. The program encourages **men and women aged 50-74 years** with **no symptoms** to receive bowel cancer screening through the **FIT kit**, which is generally considered safe, quick and painless. The Ministry of Public Health recommends bowel cancer screening **once every 2 years**. (3)

Dedicated breast and bowel screening suites have been opened across Qatar at the following Health Centers:

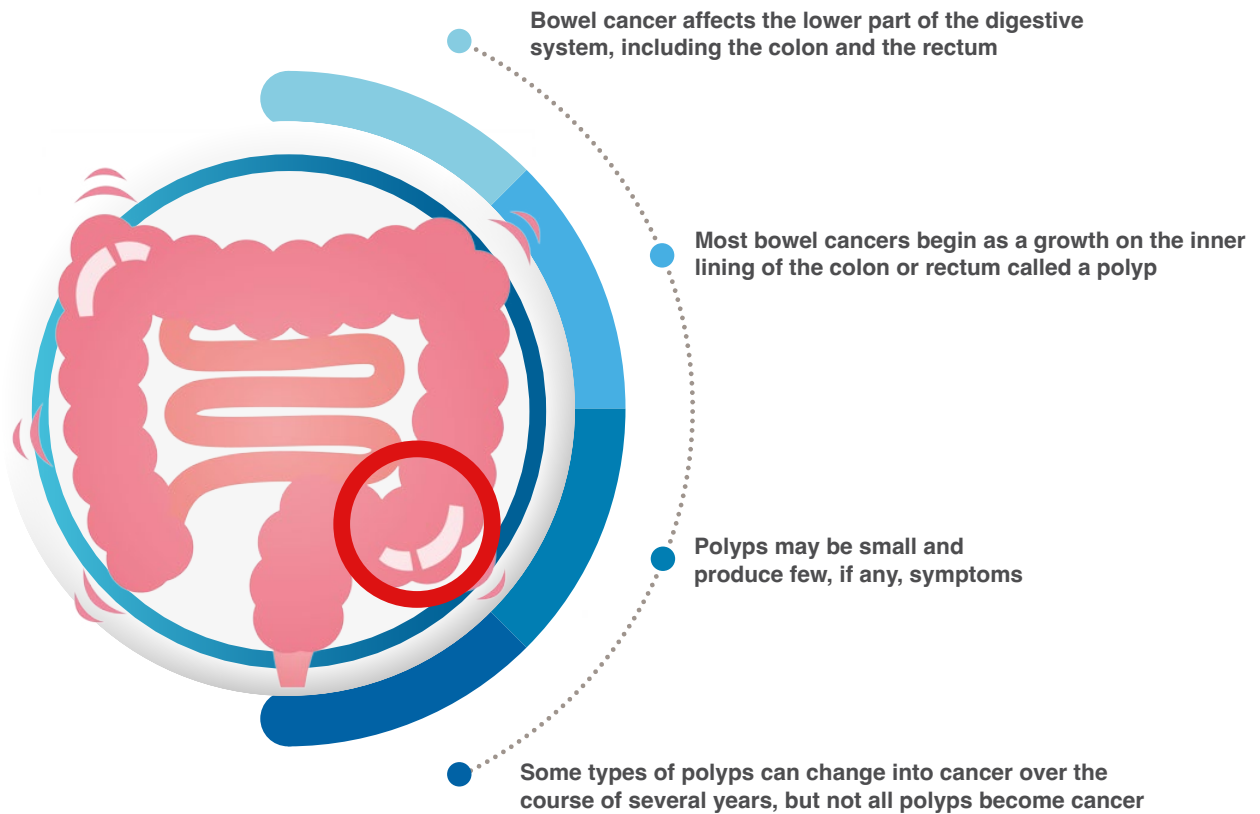
- Al Wakrah health center
- Rawdat Al Khail health center
- Al Sadd health center (bowel cancer screening only)
- Muaither health center
- Leabaib health center
- In addition to the Mobile screening unit

(1): Qatar Cancer Registry 2019

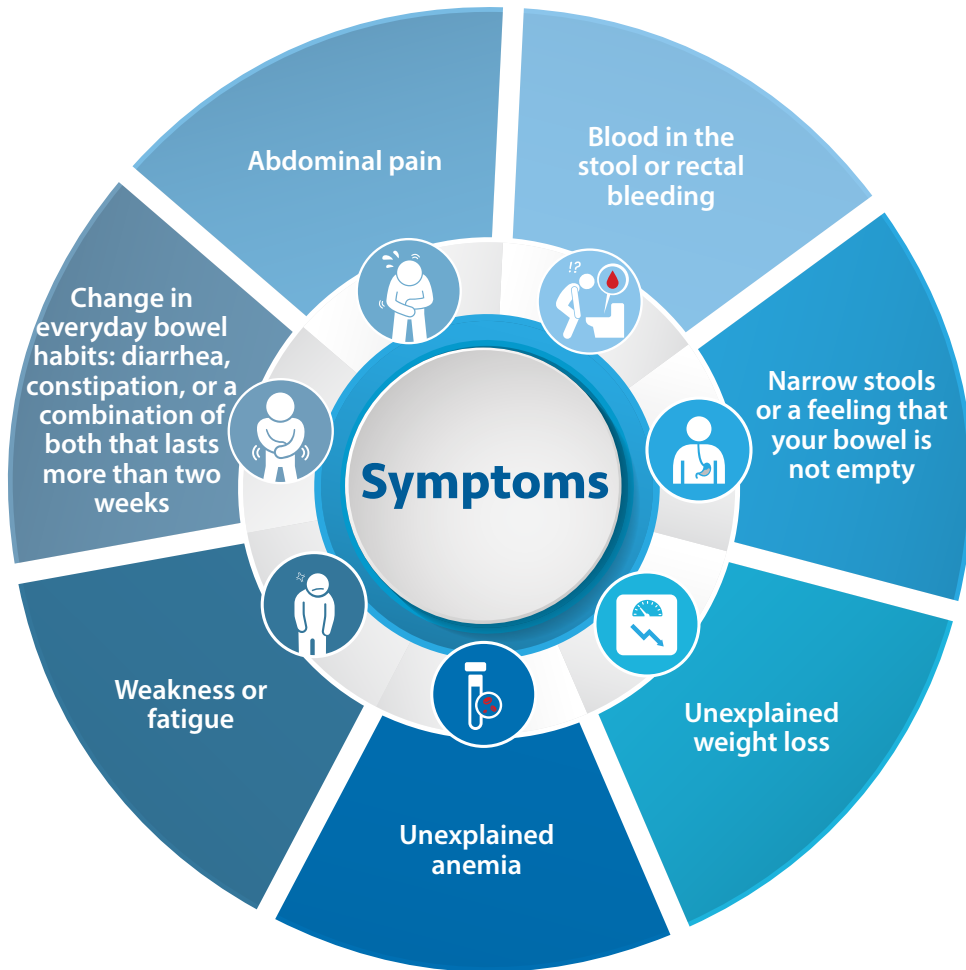
(2): American Cancer Society

(3): Qatar's Ministry of Public Health National Guidelines

What is **Bowel Cancer**?



What are the **Symptoms** of Bowel Cancer?



If you have one or more of the above symptoms, call 107 to consult a family physician

What are the **Risk Factors** of Bowel Cancer?

1

Family history of bowel cancer or polyps.

2

You have a chronic inflammatory diseases of the bowel, such as Ulcerative Colitis or Crohn's Disease.

3

You have inherited abnormal genetic syndromes that indicate risk, particularly familial adenomatous polyposis and hereditary non-polyposis colorectal cancer.

4

You have a personal history of bowel cancer or adenomatous polyps.

5

You are overweight.

6

You have a low-fiber, high-fat diet. like processed food and red meats

7

You have diabetes. People with Diabetes Mellitus (DM) are 47% at higher risk compared to those who don't have DM

8

You have a sedentary lifestyle.

9

You smoke.

You should get screened if you are aged between 50 and 74 years old and have no symptoms related to bowel cancer.

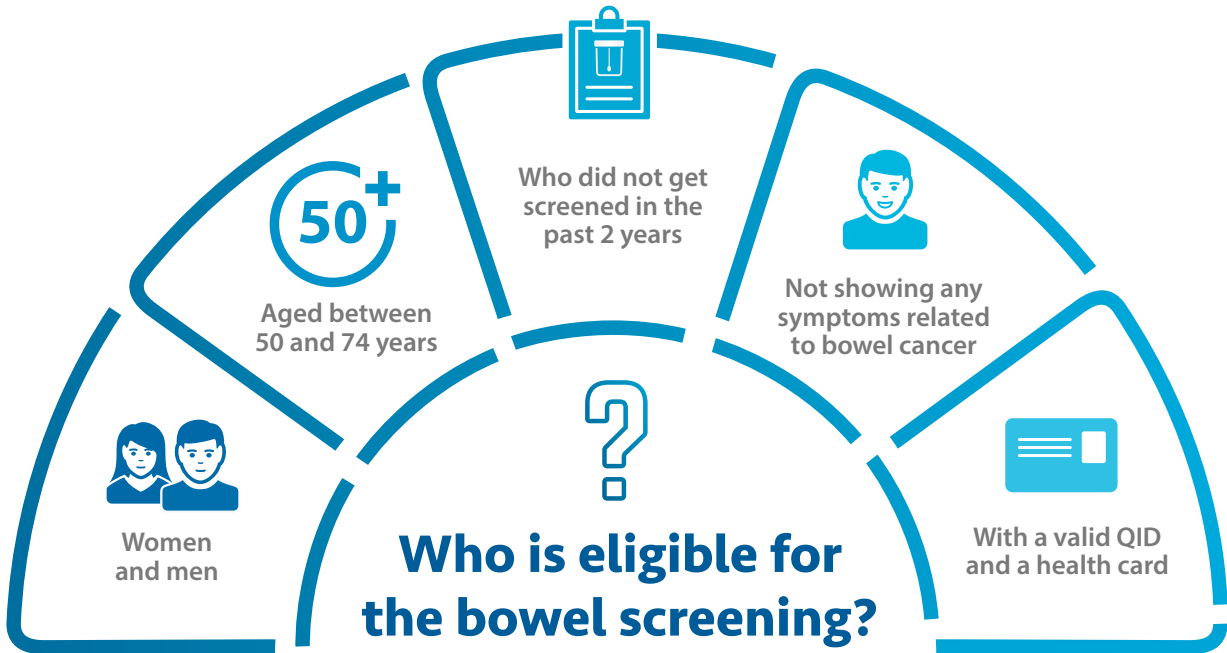
To book an appointment, contact the cancer screening call center at PHCC on 8001112.

What about the **Prevention?**

The keys to bowel health and colorectal cancer prevention are **healthy lifestyle** and **screening**.



Screening



What Will Happen During My Screening?

No special diet. No exam risks. Bowel cancer screening couldn't be easier. Screening is performed at home through a non-invasive test called FIT (Fecal Immunochemical Test). The FIT is a new test that detects small amounts of blood hidden in the stool. This trace amount may indicate polyps or cancer, which will then require further investigation

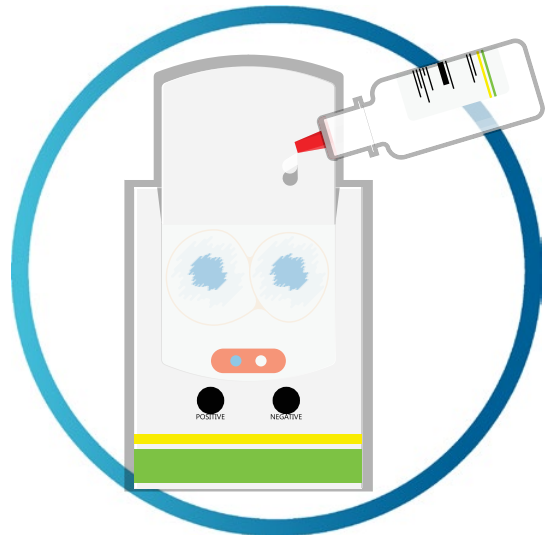
You can pick up the safe, easy-to-use FIT kit and collect the necessary samples in the comfort and privacy of your own home. The FIT kit comes with complete instructions on how to collect and return samples.

The Results:

1- If you have **normal result**, you will receive a text message from PHCC informing you about the results and to **repeat the test after 2 years**.

2- If you have **abnormal result**, you will receive a call from the cancer screening call center to book a follow-up appointment. You will be then **referred to do a colonoscopy or to the Gastro-Intestinal clinic** at HMC for further assessment.

Please note that abnormal result does not mean you have cancer!



The **FIT** test

What is it?

The fecal immunochemical test (FIT) is a new test that detects small amounts of blood hidden in the stool. This trace amount may sometimes indicate polyps or cancer; however, this is not necessarily the only reason. Sometimes, it can be due to any other abnormality.

An abnormal test result DOES NOT mean you have Bowel Cancer

What to avoid?

- Do not collect the specimens if you have acute bleeding or hemorrhoids.
- For women, do not begin testing during your menstrual period or during the first three days after the end of your period.
- Do not collect the specimens that were completely in contact with toilet water.

FIT Kit

- When you visit the screening clinic for your appointment, you will receive the FIT Kit which contains 3 bottles you will use to collect the samples.
- Before collection be sure to keep sample bottles unopened at a storage temperature of 1-30°C. Do not open any bottle till you begin using it.
- Do not use the sample collection bottle that has passed its expiration date. Expiration date is written on the bottle label.
- Stool specimens must be collected from 3 bowel movements respectively from 3 different days.
- Follow this procedure each time you collect a sample.

How to collect the **samples?**



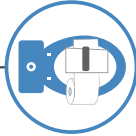
1

Be sure that each sample bottle is correctly labeled with your information and the number of the sample (1, 2 or 3).



2

Wash your hands well before and after specimen collection.



3

Place a toilet paper between the toilet seat and toilet bowl or use a disposable clean and dry plastic container, then have your bowel movement on top of the collection paper or into the plastic container



4

Remove the green cap by twisting and pulling upwards.



5

Collect the fecal sample with the sampling probe by scraping from different areas of the surface of the feces.

Collect the amount enough to cover the groove of the probe only.

*In case of diarrhea follow these instructions:

- Diarrheal stool: scrape from as wide a range of the feces surface as possible.
- Watery stool: scrape 2 times for 1 sampling bottle.



6

Insert the sampling probe straight to the sample collection bottle and close the cap. Do not repeat more than once.

Shake the bottle vigorously up and down several times.



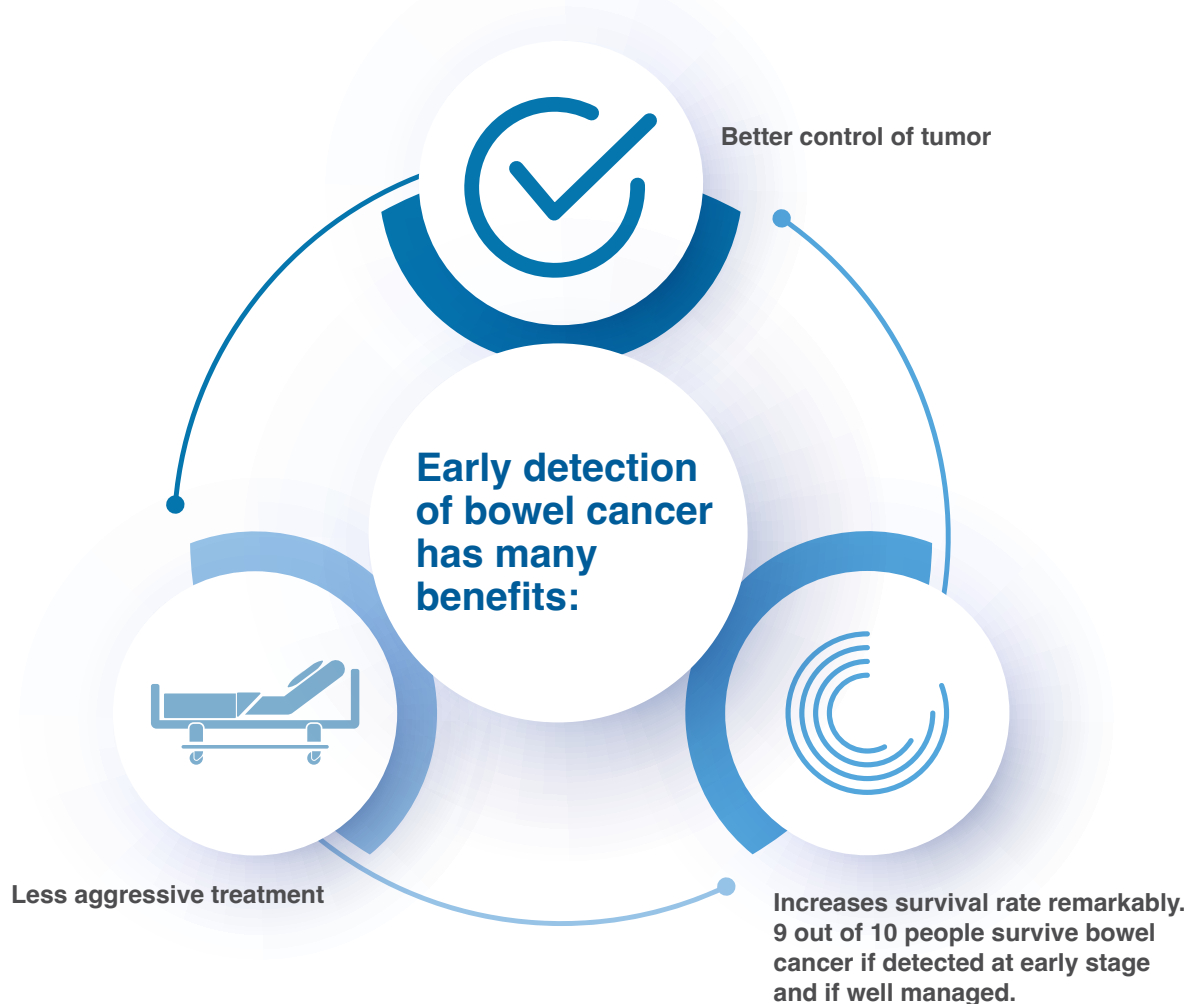
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The sample collection tube can be stored in a specimen bag at room temperature for up to three consecutive days (an air-conditioned room) or in a refrigerator for up to seven days.

Once you collect the 3 samples, drop them off altogether as early as possible to the nearest PHCC laboratory.

Importance of **Screening**

When caught early, **the survival rate** for bowel cancer is about **90%**. A polyp takes up to 10 years to develop into bowel cancer. With regular screening, suspicious polyps can be removed before they ever have a chance to become cancerous. Screening can help find bowel cancer early, when it is highly curable.



you should **get screened** if you are aged between **50 and 74 years old** and have no symptoms related to bowel cancer.



To book an appointment,

Contact the national bowel cancer screening call center at PHCC on



Or scan the QR code to register online.





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