

## Asian Americans and Cancer

- ◆ Cancer is the #1 leading cause of death among Asian Americans.
- ◆ Compared to other ethnic groups, Asian Americans have one of the lowest screening rates.
- ◆ Cancer affects Asian Americans in many ways:



- ◆ The rates of new liver cancer cases among **Chinese, Filipino, Hmong, Japanese, Korean, and Vietnamese** groups are 1.7 to 11.3 times higher than Caucasians.
- ◆ **Filipinos** have the 2<sup>nd</sup> lowest 5-year survival rates for colon and rectal cancers of all U.S. ethnic groups.
- ◆ Lung cancer rates among **Southeast Asians** is 18% higher than Caucasians.
- ◆ **Vietnamese American** women are 5 times more likely than Caucasian women to have cervical cancer.

## REMEMBER

More tissue sample donations increases the chances of finding cures and treatments for Asian Americans. Speak with your doctor or a researcher today to learn more about donating.



For more information (English only):

[www.aancart.org](http://www.aancart.org)

- ◆ Asian American Network for Cancer Awareness, Research and Training (AANCART)

[www.aancart.org/apicem-web-tool](http://www.aancart.org/apicem-web-tool)

- ◆ Asian Pacific Islander Cancer Education Materials Tool (APICEM)

[biospecimens.cancer.gov](http://biospecimens.cancer.gov)

- ◆ NCI Best Practices for Biospecimen Resources
- ◆ NCI Patient Corner

[pluto3.nci.nih.gov/tissue](http://pluto3.nci.nih.gov/tissue)

- ◆ NCI Specimen Resource Locator

[cahub.cancer.gov](http://cahub.cancer.gov)

- ◆ The Cancer Human Biobank

*Keep Asian Americans healthy for generations to come...*



*Donate your biospecimens today*

**AAANCART**

The National Center for Reducing Asian American Cancer Health Disparities

Asian American Network for Cancer Awareness Research and Training  
Honolulu • Sacramento • San Francisco • Seattle • Los Angeles



English



## Did you know?

Doctors do not have enough biospecimen samples from Asian Americans to study diseases like cancer. Most studies and treatments were developed or tested using the Caucasian populations. Researchers need to compare different populations to see if findings are the same or not.



## Why is donating biospecimens important?

### Biospecimens contain information that can be used to:

- help find new ways to prevent, diagnose, or treat conditions like cancer, diabetes, and heart disease
- study diseases that are passed on in families
- determine if and how people respond to treatments
- help develop tests and treatments that are more effective for more people



### Studying biospecimens helps doctors answer these questions:

- Why does it develop?
- How does it grow?
- Who has a higher chance of developing it?

### How are biospecimen donations collected?

A trained medical staff member will collect the sample:

- as leftover tissue from surgery,
- as extra samples during a routine blood test, or
- at a community blood drive

For blood donations, the body will replace the blood that was donated.

The samples will get stored in a biorepository which is like a library for samples. Here, scientists can use the samples for research purposes.

## What is informed consent?

For biospecimen collection, informed consent is when the person understands what the research is about and agrees to donate. The potential donor must understand the:

- collection process
- benefits and risks of donating
- other options besides donating

Donating is voluntary and will not affect care. All donor information is kept private and will only be shared with researchers.



## What are biospecimens?

Biospecimens are materials taken from the body. This can be blood, hair, nails, saliva, skin, tissue or urine. These materials from the body can be used by scientists to understand how disease affects the body and from that understanding, more effective treatments could be developed.



## What happens after the research is completed?

Research takes a long time and results may not be ready for many years. As a donor, a person usually does not receive results from the research.





## Asian Americans and Cancer

- ◆ Cancer is the #1 leading cause of death among Asian Americans.
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Cancer affects Asian Americans in many ways:

- ◆ The rates of new liver cancer cases among **Chinese, Filipino, Hmong, Japanese, Korean, and Vietnamese** groups are 1.7 to 11.3 times higher than Caucasians.
- ◆ **Filipinos** have the 2<sup>nd</sup> lowest 5-year survival rates for colon and rectal cancers of all U.S. ethnic groups.
- ◆ Lung cancer rates among **Southeast Asians** is 18% higher than Caucasians.
- ◆ **Vietnamese American** women are 5 times more likely than Caucasian women to have cervical cancer.

## 請記住

捐贈更多的人體組織樣本能增加為亞裔美國人找到醫治和治療的機會。今天就和您的醫生或研究人員討論，進一步了解捐贈的事宜。

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Chinese

## 亞裔美國人和癌症

- ◆ 癌症是亞裔美國人的頭號死亡原因。
- ◆ 與其它族裔相比，亞裔美國人的篩檢率是最低的其中一個族裔。



為世世代代的亞裔美國人  
健康受益...  
請今天就登記捐贈您的人  
體生物樣本



Keep Asian Americans  
healthy for generations  
to come...

Donate your biospecimens  
today

亞裔美國人在多方面受癌症影響：

- ◆ 華裔、菲律賓裔、苗裔、日本裔、韓國裔和越南裔群體的肝癌新病例是白人的 1.7到11.3 倍之多。
- ◆ 菲律賓裔的大腸和結腸癌五年存活率是美國所有族裔中第二最低者。
- ◆ 東南亞裔的肺癌患病率比白人高出18 %
- ◆ 越裔美籍婦女罹患子宮頸癌的機會率是白人的五倍之多。



## 您知道嗎？

醫生沒有足夠亞裔美國人的人體生物樣本來研究癌症等疾病。大部分的研究和治療都是以白人群體來作研究或測試的。研究人員需要多種不同的族裔作為比較，來確定研究結果是否相同。

### Did you know?

Doctors do not have enough biospecimen samples from Asian Americans to study diseases like cancer. Most studies and treatments were developed or tested using the Caucasian populations. Researchers need to compare different populations to see if findings are the same or not.

## 什麼是人體生物樣本？

人體生物樣本是取自身體的物質，可包括血液、毛髮、指甲、唾液、皮膚、身體組織或尿液。科學家可以使用這些取自身體的物質，以了解疾病如何影響身體，然後研發出更有效的治療方法。



### What are biospecimens?

Biospecimens are materials taken from the body. This can be blood, hair, nails, saliva, skin, tissue or urine. These materials from the body can be used by scientists to understand how disease affects the body and from that understanding, more effective treatments could be developed.

## 為什麼捐贈人體生物樣本很重要？

### Why is donating biospecimens important?

#### 從人體生物樣本所獲取的資料可以用作以下用途：

- 協助找出新的方法來預防、診斷或治療癌症、糖尿病和心臟病等疾病
- 研究家族遺傳的疾病
- 確定人們對治療的效果及反應
- 協助研發對更多人及更有效的測試和治療方法



#### 研究人體生物樣本可以幫助醫生解答以下的問題：

- 為什麼癌症會發展？
- 癌症如何生長？
- 什麼人患病率較高？

## 如何收集人體生物樣本？

#### 受過訓練的醫護人員可從以下途徑收集樣本：

- 手術後的剩餘組織，
- 例行驗血時的多餘樣本，或是
- 在社區的捐血活動

捐血後，身體會自動補充所捐出的血液。組織樣本會儲存在生物儲存庫裡，就像圖書館儲存圖書一樣。科學家可以使用樣本作為研究用途。

#### Biospecimens contain information that can be used to:

- help find new ways to prevent, diagnose, or treat conditions like cancer, diabetes, and heart disease
- study diseases that are passed on in families
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#### Studying biospecimens helps doctors answer these questions:

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## How are biospecimen donations collected?

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For blood donations, the body will replace the blood that was donated.

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## 什麼是同意書？

在收集人體生物樣本時，捐贈者需簽署同意書，並了解研究的內容，及同意捐贈樣本。同意捐贈的人士必需明白：

- 樣本組織的收集過程
- 捐贈的益處和風險
- 捐贈以外的其他選擇

捐贈純屬自願性質，並不會影響您所接受的醫療照顧。所有捐贈者的個人資料都會保密，只會和研究人員分享。

### What is informed consent?

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- collection process
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- other options besides donating

Donating is voluntary and will not affect care. All donor information is kept private and will only be shared with researchers.

## 研究完成之後會如何？

研究要花很長時間，可能需要多年才有結果。捐贈者通常不會獲得研究的結果。

### What happens after the research is completed?

Research takes a long time and results may not be ready for many years. As a donor, a person usually does not receive results from the research.



## Asian Americans and Cancer

- ◆ Cancer is the #1 leading cause of death among Asian Americans.
- ◆ Compared to other ethnic groups, Asian Americans have one of the lowest screening rates.



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- ◆ Lung cancer rates among **Southeast Asians** is 18% higher than Caucasians.
- ◆ **Vietnamese American** women are 5 times more likely than Caucasian women to have cervical cancer.

## NCO QAB TIAS

Yog yimfuab muaj neeg coob pub tej khoom hauv lawv lub cev tuaj ntau ces yimfuab yuav kawm tau txoj kev pab khomob zoo rau cov neeg Axias Ameskas. Nrog koj tus kws khomob losis tus kws kawm sibtham hnuv no kom paub txog kev pub tej khoom hauv lub cev ntau ntxiv.

## REMEMBER

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Hmong

**Pab kom cov neeg Exias  
Ameskas nojqab nyobzoo  
ntau tiam lawm yav tomntej.**

**Pub tej khoom hauv koj  
lub cev hnuvno**



**Keep Asian Americans  
healthy for generations  
to come...**

**Donate your biospecimens  
today**

## Cov neeg Exias Ameskas thiab kev mob Kheebxawm

- ◆ Kev mob Kheebxawm yog #1 ua rau neeg tuag coob tshajplaws nyob rau hauv cov neeg Exias Ameskas.
- ◆ Muab piv rau lwm haivneeg, cov neeg Axias Ameskas yog cov muaj kev ntsuamxyuas tsawg tshajplaws.



Kabmob Kheebxawm tsaug rau cov neeg Exias Ameskas los ntawm ntau txoj kev:

- ◆ Kev mob kheebxawm rau lub siab uas tshawbnrhiav tau tshiab tamsim no ntawm cov neeg **Suav, Filivpees, Hmoob, Nyivpooj, Kauslim, thiab Nyablaj** yog 1.7 txog 11.03 npaug siab dua li cov neeg tawv dawb.
- ◆ Cov neeg **Filivpees** yog cov uas qis thib ob ntawm 5 lub xyos txog kev kho tau cov kabmob kheebxawm rau cov nyhuv thiab hauv lub chaw tawmrooj kom zoo ntawm txhua pawg neeg nyob rau hauv Meskas teb.
- ◆ Kev mob kheebxawm rau lub ntsws ntawm haiv neeg tuaj **Exias qabteb phab hnuv tuaj (Southeast Asians)** yog 18% siab dua li cov neeg tawv dawb.
- ◆ Cov **pojnim Nyablaj Ameskas** yog cov mob kheebxawm rau lub ncauj tsev menyuam (cervical cancer) 5 npaug ntau tshaj li cov pojnim tawv dawb mob.



## Koj puas paub tias?

Cov kws khomob tsismuaj tej khoom hauv tibneeg lub cev los ntwam haiv neeg Exias Ameskas txaus koj los tshawbnrhiav txog tej kabmob uasyog kheebxawm. Feemntau ntwam tej kev tshawbnrhiav thiab tej kev khomob no yog siv tej uas twb kawm tau losis twb muab tau los ntwam cov neeg tawv dawv xwb. Cov kws khomob xav muab txhua haivneeg koj los sib piv seb zoo sib thooj losis txawv txav.

## Did you know?

Doctors do not have enough biospecimen samples from Asian Americans to study diseases like cancer. Most studies and treatments were developed or tested using the Caucasian populations. Researchers need to compare different populations to see if findings are the same or not.

## Biospecimens yog dabtsi?

Biospecimens yog tej khoom uas muab hauv tibneeg lubcev los. Xwsli yog tej roojntsha, plaubhau, rantes rautaw, qaubncaug, nqaijtawv, yamub yamno lossis tej zis. Tej khoom uas muab tau hauv tibneeg lub cev los no yuav pab tau cov kws tshawbnrhiav kom totaub seb kabmob tua tibneeg lubcev licas thiab thaum totaub lawm, thiaj yuav paub nrhiav tau txojkev khomob uas zoo los pab.



## What are biospecimens?

Biospecimens are materials taken from the body. This can be blood, hair, nails, saliva, skin, tissue or urine. These materials from the body can be used by scientists to understand how disease affects the body and from that understanding, more effective treatments could be developed.

## Vim licas kev pub tej khoom hauv tibneeg lub cev thiaj tseemceeb?

### Why is donating biospecimens important?

#### Tej khoom hauv tibneeg lub cev muaj ntau yam tseemceeb uas yuav siv tau los:

- pab ntshawbnrhiav txoj hauvkev tshiab los tivthaiv, los totaub, losis los kho tej kabmob kheebxawm, kabmob ntshav qabzib, thiab kabmob plawv.
- kawm txog tej kabmob lawv caj ceg los.
- tsomxam seb puas kho tau neegmob thiab kho tau licas.
- pab nrhiav kom tau txojkev kawm thiab txojkev khomob zoo tshaj qub los kho neegmob ntxiv.



#### Kev siv tej khoom hauv tibneeg lub cev los kawm yuav pab kws khomob teb tau cov lus nug no:

- Vim licas thiaj muaj tej kabmob no?
- Yog licas cov kabmob no thiaj loj hlob?
- Leejtwg yog tus uas yuav muaj cov kabmob no ntau tshaj?

#### Tej khoom hauv tibneeg lub cev yuav muab licas?

Yuav muaj cov neeg uas twb kawm tiav lawm los muab tej khoom ntwam:

- yuav muab tej nqaijtawv uas seem thaum phais tau los,
- yuav muab tej rojntsha uas tso tau koj mus sim tsis tas
- yuav muab tej rojntsha uas tso pub rau qhovchaw khaws ntshav hauv tej zej zos

Txawm tso ntshav pub lawm los lub cev yeej muaj peevxwm rov ua dua rojntsha tshiab los hloov cov uas tso tawm lawm.

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Tej khoom hauv tibneeg lub cev ntwam yuav koj mus ceev cia rau hauv ib qhovchaw khaws khoom uasyog biorepository uas zoo nkaus li lub tsev rau tej khoom siv cia ua kev kawm.

#### How are biospecimen donations collected?

A trained medical staff member will collect the sample:

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## Daimntawv informed consent yog dabtsi?

Nyob rau hauv kev khaws tej khoom hauv tibneeg lub cev, mas informed consent yog daimntawv tsocai kev pomzoo ntwam tus neeg uas pub tej khoom hauv nws lubcev thaum nws totaub tias tej uas nws pub ntwam yuav koj mus kawm txog dabtsi thiab nws txaus siab pub. Tus neeg yuav pub tej khoom hauv nws lubcev yuav tsum totaub txog:

- Kev pub tej khoom hauv nws lub cev yuav tau ua licas
- qhov zoo thiab qhov phem ntwam kev pub tej khoom hauv nws lub cev
- lwmyam dhau li ntwam kev pub tej khoom hauv nws lub cev lawm

Kev pub tej khoom hauv tibneeg lub cev yog kev tuajyeem nkaus xwb thiab tsis muaj feemxyuam txog txoj kev khomob. Txhuayam ntwam cov neeg pub tej khoom hauv lawv lub cev tuaj yuav tsis pub lwm tus paub txog thiab tsuasyog cov kws kawm thiaj paub txog xwb.

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#### Muaj dabtsi tshwmsim tomqab kev kawm tiav lawm?

Txoj kev kawm no yuav siv sijhawm ntev thiab yuav siv ntau lub xyoos thiaj mam tiav. Tus neeg uas pub tej khoom hauv nws lub cev yuav tsis paub txog tias kawm tau dabtsi.

#### What happens after the research is completed?

Research takes a long time and results may not be ready for many years. As a donor, a person usually does not receive results from the research.



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## XIN NHỚ

Hiển tặng càng nhiều mẫu mô thì càng gia tăng khả năng khám phá những cách chữa bệnh và điều trị cho người Mỹ Gốc Châu Á. Hãy bàn với bác sĩ của mình hoặc một nhà nghiên cứu để tìm hiểu thêm về sự hiến tặng.

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Vietnamese

## Giữ cho những thế hệ người Mỹ Gốc Châu Á sau này được khoẻ mạnh...

Hãy hiến tặng mẫu nghiệm sinh học của bạn ngay hôm nay



Keep Asian Americans healthy for generations to come...

Donate your biospecimens today

## Người Mỹ Gốc Châu Á và Ung Thư

- ◆ Ung thư là nguyên nhân gây tử vong số 1 của người Mỹ Gốc Châu Á.
- ◆ So sánh với những sắc tộc khác, người Mỹ Gốc Châu Á có một trong những tỷ suất sàng lọc thấp nhất.



Ung thư có ảnh hưởng đến người Mỹ Gốc Châu Á qua nhiều cách khác nhau:

- ◆ Tỷ suất ung thư gan của những nhóm người **Trung Hoa, Phi Luật Tân, Hmong, Nhật Bản, Hàn Quốc, và Việt Nam** cao hơn cái của người Da Trắng từ 1.7 đến 11.3 lần.
- ◆ Người **Phi Luật Tân** có tỷ suất sống sót 5 năm thấp thứ nhì về ung thư đại tràng và trực tràng so sánh với tất cả các sắc tộc khác tại Hoa Kỳ.
- ◆ Tỷ suất ung thư phổi của người **Đông Nam Á** cao hơn cái của người Da Trắng 18%.
- ◆ Phụ nữ **Mỹ Gốc Việt** có nguy cơ bị ung thư cổ tử cung cao hơn phụ nữ Mỹ gấp 5 lần.



## Bạn có biết?

Bác sĩ không có đủ những mẫu nghiệm sinh học của người Mỹ gốc Châu Á để nghiên cứu những căn bệnh như ung thư. Cho đến nay hầu hết những nghiên cứu và trị liệu đã được phát triển và thử nghiệm chỉ sử dụng đến người Da Trắng. Nhà nghiên cứu cần phải so sánh những giống dân khác nhau để xem những kết quả có giống nhau hay không.

## Did you know?

Doctors do not have enough biospecimen samples from Asian Americans to study diseases like cancer. Most studies and treatments were developed or tested using the Caucasian populations. Researchers need to compare different populations to see if findings are the same or not.

## Mẫu nghiệm sinh học là gì?

Mẫu nghiệm sinh học là những thứ lấy từ cơ thể con người. Những thứ này có thể là máu, tóc, móng tay chân, nước dãi, da, mô hoặc nước tiểu.

Khoa học gia có thể sử dụng những thứ lấy từ cơ thể này để tìm hiểu xem những bệnh tật có tác dụng gì đến cơ thể và từ sự hiểu biết đó, họ có thể khám phá ra những phương pháp trị liệu hữu hiệu hơn.

## What are biospecimens?

Biospecimens are materials taken from the body. This can be blood, hair, nails, saliva, skin, tissue or urine. These materials from the body can be used by scientists to understand how disease affects the body and from that understanding, more effective treatments could be developed.

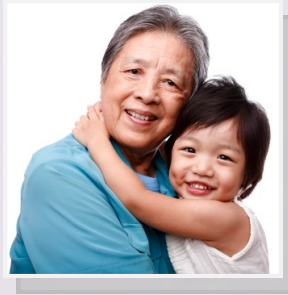


## Tại sao hiến tặng mẫu nghiệm sinh học lại là quan trọng?

### Why is donating biospecimens important?

#### Mẫu nghiệm sinh học bao hàm thông tin có thể được sử dụng để:

- giúp tìm ra những phương cách phòng ngừa, chẩn đoán, hoặc điều trị mới cho những căn bệnh như ung thư, tiểu đường, và bệnh tim
- nghiên cứu về những bệnh tật cha truyền con nối
- xác định người ta có phản ứng gì và như thế nào đối với phương pháp trị liệu
- giúp phát triển những phương pháp kiểm tra và trị liệu có hiệu quả hơn đối với nhiều người hơn



#### Nghiên cứu mẫu nghiệm sinh học giúp bác sĩ trả lời được những câu hỏi sau đây:

- Tại sao nó lại phát sinh ra?
- Nó tăng trưởng như thế nào?
- Ai là người có khả năng cao mắc phải nó?

#### Mẫu nghiệm hiến tặng được thu thập như thế nào?

Một nhân viên y tế có đào tạo sẽ thu thập mẫu nghiệm:

- từ mô bỏ sót lại sau phẫu thuật,
- từ mẫu nghiệm dư thừa lúc thử máu định kỳ, hoặc
- lúc hiến máu ở cộng đồng

Khi hiến máu, cơ thể sẽ thay thế khối máu đã hiến tặng.

Những mẫu nghiệm sẽ được lưu trữ trong một kho sinh học giống như một hình thức thư viện mẫu nghiệm vậy. Tại đây, khoa học gia có thể sử dụng những mẫu nghiệm này vào mục đích nghiên cứu.

#### Biospecimens contain information that can be used to:

- help find new ways to prevent, diagnose, or treat conditions like cancer, diabetes, and heart disease
- study diseases that are passed on in families
- determine if and how people respond to treatments
- help develop tests and treatments that are more effective for more people



#### Studying biospecimens helps doctors answer these questions:

- Why does it develop?
- How does it grow?
- Who has a higher chance of developing it?

#### How are biospecimen donations collected?

A trained medical staff member will collect the sample:

- as leftover tissue from surgery,
- as extra samples during a routine blood test, or
- at a community blood drive

For blood donations, the body will replace the blood that was donated.

The samples will get stored in a biorepository which is like a library for samples. Here, scientists can use the samples for research purposes.

## Sự ưng thuận có đầy đủ thông tin là gì?

Đối với sự thu thập mẫu nghiệm sinh học, sự ưng thuận có đầy đủ thông tin là khi nào một người hiểu rõ về cuộc nghiên cứu và đồng ý hiến tặng. Người hiến tặng tiềm năng phải hiểu về:

- quy trình thu thập
- lợi ích và nguy cơ khi hiến tặng
- những sự lựa chọn khác ngoài sự hiến tặng ra

Sự hiến tặng là một cử chỉ tự nguyện và sẽ không ảnh hưởng đến sự chăm sóc. Tất cả những thông tin về người hiến tặng đều được giữ kín và chỉ chia sẻ với những nhà nghiên cứu.

## What is informed consent?

For biospecimen collection, informed consent is when the person understands what the research is about and agrees to donate. The potential donor must understand the:

- collection process
- benefits and risks of donating
- other options besides donating

Donating is voluntary and will not affect care. All donor information is kept private and will only be shared with researchers.

## Sau khi nghiên cứu xong thì điều gì sẽ xảy ra?

Nghiên cứu mất nhiều thời gian và phải qua nhiều năm mới có kết quả. Một người hiến tặng thông thường không được thông báo về kết quả của cuộc nghiên cứu.

## What happens after the research is completed?

Research takes a long time and results may not be ready for many years. As a donor, a person usually does not receive results from the research.