

## SAA蛋白質檢測報告書

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高檢師 先生 鈞啟

## SAA 消化系統癌症檢測報告書-胃癌

SAA Digestive System Cancer Test Report – Gastric Cancer

送檢機構 Examination Agency：俊質生醫股份有限公司 PRN

報告編號 Report No.：JZ113120029GC

報告列印日期 Date of printing：2024-12-10

受檢者基本資料 Basic Information					
姓名 Name	高檢師	性別 Gender	男 Male	機構送檢編號 Original Specimen ID	790324
生日 Date of Birth	1990-03-24	年齡 Age	34	樣本編號 Sample ID	PRN-20241202-0013
病歷號 Chart No.	790324				
檢體資訊 Specimen Information					
採檢日期 Collection Date	2024-12-02	收件日期 Received Date	2024-12-02	檢驗日期 Testing Date	2024-12-09
檢體種類 Specimen Type	血清 Serum	檢體狀況 Specimen Condition	(可接受 Acceptable/ 溶血 Hemolysis/ 乳糜 Lipemia/ 凍溶 Thawed/ 檢體破損外漏 Damaged Tube)		
檢驗資訊 Test Information					
檢驗項目：SAA 消化系統癌症檢測 Test Item：SAA Digestive System Cancer Test			檢驗方法：MALDI-TOF 奈米質譜分析法 Test Method：Nanoprobe-based affinity MALDI-TOF MS		
檢驗結果 Test Result					
檢驗分析項目 Test Item	檢驗結果 Test Result		風險參考值 Risk Reference Value		
胃癌風險分析 Gastric Cancer Risk Analysis	12.8 低風險 (Low Risk)		♂男性(M) < 74 ♀女性(F) < 53		

檢驗人員

Laboratory technician

謝映竹

2024-12-10

醫檢師核發

Medical technologist

醫檢師盧世乾  
檢字第1102號

2024-12-10



備註

1. 本檢驗為實驗室自行開發項目，對本次檢體試驗有效，報告僅供臨床參考用。
2. 檢驗方法：本檢測是以血清澱粉樣蛋白 A (簡稱 SAA)作為生物標記，透過獨家磁性奈米粒子純化血液中的 SAA，以高階質譜儀解析 SAA 異構體紋路的分布狀況，經過獨家開發的 AI 演算技術，判別出受檢者罹患癌症的風險值。
3. 風險參考值來源：SAA Intensity / ISD Intensity 人工智慧 SAA 特徵演算。
4. 檢驗限制：可能暫時影響 SAA 數值提升的原因，例如：檢查前一日熬夜、飲酒、發燒、全身或局部感染...等狀況皆可能影響檢驗的結果。
5. 報告的解讀及建議事項詳見後頁。

Note

1. This test is a laboratory-developed test. This report is valid only for the specimen collected at this time and is for reference only.
2. Test Method: this test purifies Serum Amyloid A (SAA) from the blood using specific magnetic nanoparticles, which are then analyzed by a mass spectrometer to detect the SAA variant pattern. An in-house developed AI algorithm then determines the subject's risk towards cancers of the digestive system (colorectal cancer/ gastric cancer).
3. The Cancer Risk scores are computed based on normalized SAA intensity and ISD Intensity and are incorporated in an AI algorithm.
4. Test Restrictions: the following conditions may temporarily affect the SAA value: having a fever, systemic or local infection, staying up late before the test, and drinking alcohol.
5. Please see the succeeding pages for the interpretation of results and recommendations.

# SAA 消化系統癌症檢測及臨床意義說明

## Clinical Significance of the SAA Digestive System Cancer Test

- 一、SAA 是血清澱粉樣蛋白 A(Serum Amyloid A)的蛋白質簡稱。人體在急性發炎期時，肝臟會分泌 SAA 到血液裡，濃度甚至會急遽升高到未發炎時的一千倍。根據研究顯示，癌症時 SAA 濃度也會升高，因此透過 SAA 消化系統癌症檢測，分析轉譯後修飾的特定蛋白質型態及含量等特徵，可更準確地了解身體罹患胃癌的風險。
- 二、透過獨家磁性奈米粒子純化血液中的 SAA，以高階質譜儀解析 SAA 異構體紋路的分布狀況，經過獨家開發的 AI 演算技術，判別出受檢者罹患癌症的風險值。
- 三、早期胃癌的症狀通常不明顯，也不一定會有不適或出血，利用 SAA 消化系統癌症檢測能評估胃癌的風險，準確度高達 85%，能夠提供及早發現胃癌與胃癌前病變之重大參考訊息，以利進行處置或治療。
- 四、本檢測結果須經醫師的專業問診或胃鏡的進一步檢查，才能做出正確的判斷及安排後續的治療計畫。

1. Serum Amyloid A (SAA) is a protein that is secreted by the liver during acute inflammation, where its concentration can increase 1,000-fold compared to that of the non-inflammation stage. Numerous research has associated SAA with various cancers, including cancers of the digestive system. Through the SAA Digestive System Cancer Test, we can analyze SAA and its variant pattern.
2. This test purifies Serum Amyloid A (SAA) from the blood using specific magnetic nanoparticles, which are then analyzed by a mass spectrometer to detect the SAA variant pattern. An in-house developed AI algorithm then determines a subject's risk towards gastrointestinal cancer (colorectal cancer/ gastric cancer).
3. The symptoms of the early Gastric Cancer are usually not obvious; there may not be any discomfort or bleeding. The SAA Digestive System Cancer Test can assess the risk of gastric cancer with an accuracy of 85% and can provide early detection of Gastric Cancer and related precancerous lesions to facilitate further treatment.
4. It is recommended to consult a physician and/or do a confirmatory test by endoscopy to make a correct judgement and arrange the follow-up treatment plan.

## 結果解讀與建議事項







※ 因性別、年齡的不同可能使評估結果有所差異，請根據檢測報告書中的檢驗結果，查閱所歸類的風險參考區間範圍。

<p><b>高風險</b></p> <p> <b>74 ≤ 數值 &lt; 100</b></p> <p> <b>53 ≤ 數值 &lt; 100</b></p>	<p><b>【特別提醒、及早回診追蹤檢查或治療】</b></p> <p>此次檢測數值偏高，建議及早(通常是一個月內)至門診進一步檢追蹤檢查或治療。</p> <p>請留意有無以下情形發生：長期胃痛、胃脹、消化不良、食慾差、噁心反胃、打嗝、灼熱感、體重驟減、上腹部疼(絞)痛、脹氣、倦怠、不明原因貧血或下痢等。</p> <p>根據 SAA 消化系統癌症檢測的結果，此數值區間較容易有癌前病變(譬如小腸化生，化生不良，萎縮性胃炎等)，將來發生胃癌的可能性較一般人高，建議至醫院做進一步的追蹤檢查。</p>
<p><b>中風險</b></p> <p> <b>54 ≤ 數值 &lt; 74</b></p> <p> <b>46 ≤ 數值 &lt; 53</b></p>	<p><b>【六個月內定期追蹤檢查】</b></p> <p>此次檢測數值略高，雖暫不需立即處置，仍應定期追蹤、進行生活模式及飲食運動調整、或配合醫師門診治療，將有助於預防疾病的發生與進展。</p> <p>請留意有無下列情形發生：長期胃痛、胃脹、消化不良、食慾差、噁心反胃、打嗝、灼熱感、體重驟減、上腹部疼(絞)痛、脹氣、倦怠、不明原因貧血或下痢等。</p> <p>※生活模式及飲食運動調整建議：</p> <ul style="list-style-type: none"><li>一、適度調整生活作息、減少壓力及建立規律的運動習慣。</li><li>二、避免抽菸、喝酒、嚼檳榔、熬夜、暴飲暴食等習慣，同時請調整飲食內容及多注意胃部保養，減少油炸、麻辣等刺激性食物、避免醃漬、煙燻、碳烤、甜膩及加工類食品，保持低油、低鹽、低糖的飲食習慣。</li></ul>
<p><b>低風險</b></p> <p> <b>0 &lt; 數值 &lt; 54</b></p> <p> <b>0 &lt; 數值 &lt; 46</b></p>	<p><b>【無明顯罹病風險仍應定期追蹤檢查】</b></p> <p>此次檢測數值在正常範圍內，表示就此檢查目前所能達到的疾病偵測程度而言，無明顯罹病風險，請繼續保持良好的生活模式及飲食運動習慣，維持健康並定期追蹤，因為影響身體健康狀況的變數很多，將來仍有可能會有變化。</p>

圖示： 男性  女性

## Interpretation of Result and Suggestions

※The test results vary due to differences in gender and age. Please check the risk reference range based on the result in the test report.

<p><b>High Risk</b></p> <p> <b>74 ≤ Value &lt; 100</b></p> <p> <b>53 ≤ Value &lt; 100</b></p>	<p><b>【Special Reminder: please consult a physician for a follow-up and treatment as soon as possible.】</b></p> <p>This test result is in the high range. Please go to a physician (within one month) for further follow-up examination or treatment.</p> <p>Please pay attention to the following symptoms: long-term stomach pain, bloating, indigestion, poor appetite, nausea, burping, burning sensation, sudden weight loss, upper abdominal pain (colic), flatulence, fatigue, unexplained anemia or diarrhea.</p> <p>This test value range indicates high likelihood of precancerous lesions (e.g., small intestinal metaplasia, dysplasia, atrophic gastritis, etc.). The risk of developing gastric cancer in the future is relatively high. It is recommended to consult a physician for further follow-up examination and diagnosis.</p>
<p><b>Medium Risk</b></p> <p> <b>54 ≤ Value &lt; 74</b></p> <p> <b>46 ≤ Value &lt; 53</b></p>	<p><b>【Regular follow-up examinations within six months】</b></p> <p>The test value is slightly higher. Although immediate physician follow-up is not recommended, the following actions are recommended: regular follow-up, adjustments in lifestyle, diet and exercise, or compliance with a physician's recommendations. These will help to prevent the development and progression of disease.</p> <p>Please pay attention to the following symptoms: long-term stomach pain, bloating, indigestion, poor appetite, nausea, burping, burning sensation, sudden weight loss, upper abdominal pain (colic), flatulence, fatigue, unexplained anemia or diarrhea.</p> <p>Suggestions on lifestyle, diet and exercise adjustments:</p> <ol style="list-style-type: none"> <li>Moderately adjust your daily routine, reduce stress and exercise regularly.</li> <li>Avoid smoking, drinking alcohol, chewing betel nuts, staying up late, and overeating. Please adjust your diet. Reduce the consumption of deep-fried, spicy and irritating foods. Avoid pickled, smoked, grilled, over sweet foods and processed foods. Maintain a habit of eating low-fat, low-salt, and low-sugar foods.</li> </ol>
<p><b>Low Risk</b></p> <p> <b>0 &lt; Value &lt; 54</b></p> <p> <b>0 &lt; Value &lt; 46</b></p>	<p><b>【There is no obvious risk of disease. Regular health check-up is still recommended.】</b></p> <p>The test value is within the normal range, which means that there is no obvious risk of disease based on the capabilities of the SAA test. Please continue to maintain a good lifestyle, healthy diet, and exercise habits. Do regular health checkups. Many factors may affect your health and your health status may still change in the future.</p>

Icon :  Male  Female

## 個人健康管理建議：

### 養胃好習慣：

1. 早睡早起減少熬夜，放鬆心情降低壓力能緩和胃部的緊張感
2. 三餐定時定量七分飽，充分咀嚼再吞嚥
3. 飯跟湯及飲料乾溼分離，至少間隔一小時
4. 飯後 2-3 小時內避免躺平有助於食物的消化
5. 減少高鹽醃漬、煎炸、煙燻、碳烤、甜食、菸酒、冰品、碳酸飲料、濃茶咖啡，避忌辛辣跟重口味、忌生食蔥薑蒜洋蔥，可減低胃部不適，糯米製品不易消化盡量少吃
6. 食物質地柔軟，避免食用太堅硬的食物
7. 一天喝足夠的水(每日建議喝水量  $>$  體重公斤數  $\times$  30 毫升/天)，可加速毒素排出體外
8. 每日運動 30 分鐘，維持理想體重 BMI，適度流汗可幫助排毒
9. 每日彩虹五蔬果
10. 盡量吃原型及新鮮無毒之食物



### 顧胃好食物：

1. 柔軟的主食：全穀雜糧，山藥、燕麥、糙米、馬鈴薯、南瓜、地瓜、紅米
2. 軟嫩的蔬菜：高麗菜、地瓜葉、白花椰菜、綠花椰菜、青椒、甜椒、蘆筍、番茄、秋葵、山藥、牛蒡、木耳、菇類、海藻類、黃豆芽、玉米筍、小麥胚芽
3. 優良蛋白質：以豆類製品及海鮮取代部分肉類
4. 不酸的水果：木瓜、香蕉、櫻桃、蘋果、土芭樂等，柳橙、檸檬、奇異果、鳳梨等酸性水果請飯後吃可減少胃部不適感  
(水果糖分高，糖尿病及腎臟病患者請適量食用)
5. 多補充鈣質：適量發酵乳可幫助消化，多食用深綠色葉菜及黑芝麻也可以補充鈣質
6. 顧胃好油脂：苦茶油等植物油能緩和胃部的不適症狀



(資料來源：台灣癌症基金會、衛生福利部國民健康署)

## Personal Health Management Advise:

### Good Habits for a Healthy Stomach:

1. Sleep early and wake up early. **Relaxing and reducing stress** will relieve tensions in the stomach.
2. **Eat** three meals at a **regular time** every day and eat only until you're **70% full**. **Chew your food well** before swallowing.
3. Eat wet and dry food (i.e., **eat and drink**) **separately**. Keep these at least one hour apart.
4. **Avoid lying flat within 2-3 hours after a meal** to help digest food thoroughly.
5. **Reduce** sweets, high-salt, pickled, deep-fried, smoked, and charcoal-grilled foods, tobacco, alcohol, ice product, carbonated drinks, strong tea and coffee. Avoid spicy and strong flavors. Avoid eating raw onions, ginger, garlic and shallots. Eat as little glutinous rice product as possible, because they are difficult to be digested.
6. **Eat soft foods** and avoid hard foods.
7. Drink **enough water** a day (Recommended water intake daily: body weight (kg) x 30 mL)
8. **Exercise** can stimulate intestinal peristalsis, and sweating can also promote body detoxification. It is recommended to exercise 30 minutes every day.
9. **Eat a rainbow of fruits and vegetables everyday (at least 5 kinds)**.
10. **Avoid processed foods**.



### Good Food for the Stomach:

1. **Soft Staple Crops:** whole grains, yams, oats, brown rice, potatoes, pumpkins, sweet potatoes, red rice.
2. **Tender Vegetables:** cabbage, sweet potato leaves, white cauliflower, green broccoli, green pepper, bell pepper, asparagus, tomato, okra, yam, burdock, fungus, mushrooms, seaweed, soybean sprouts, corn shoots, wheat germ.
3. **Good Protein Sources:** replace some meat with soy products and seafood.
4. **Non-sour fruits:** papayas, bananas, cherries, apples, guava, etc. Sour fruits such as oranges, lemons, kiwis, pineapples, etc., can be eaten only after meals to reduce stomach discomfort.  
(Fruits are high in sugar, so individuals with diabetes and kidney disease must eat them in moderation.)
5. **Calcium:** appropriate amount of fermented milk can help digestion, and eating more dark green leafy vegetables and black sesame seeds can also supplement calcium.
6. **Good Fat for the Stomach:** vegetable oils such as tea oil can relieve symptoms of stomach discomfort.



(Information Resources from Taiwan Clinical Oncology Research Foundation and Health Promotion Administration of MOHW.)



## SAA 消化系統癌症檢測報告書-大腸癌

SAA Digestive System Cancer Test Report - Colorectal Cancer

送檢機構 Examination Agency：俊質生醫股份有限公司 PRN

報告編號 Report No.：JZ113120022CR

報告列印日期 Date of printing：2024-12-10

受檢者基本資料 Basic Information					
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大腸直腸癌風險分析 Colorectal Cancer Risk Analysis	7.7 低風險 (Low Risk)		♂男性(M) < 52 ♀女性(F) < 54		

檢驗人員

Laboratory technician

謝映竹

2024-12-10

醫檢師核發

Medical technologist

醫檢師盧世乾  
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- 二、透過獨家磁性奈米粒子純化血液中的 SAA，以高階質譜儀解析 SAA 異構體紋路的分布狀況，經過獨家開發的 AI 演算技術，判別出受檢者罹患癌症的風險值。
- 三、早期大腸直腸癌的症狀通常不明顯，也不一定會不適或出血，利用 SAA 消化系統癌症檢測能評估大腸直腸癌的風險，準確度高達 91%，能夠提供及早發現大腸直腸癌與大腸直腸癌前病變之重大參考訊息，以利進行處置或治療。
- 四、本檢測結果須經醫師的專業問診或大腸鏡的進一步檢查，才能做出正確的判斷及安排後續的治療計畫。

1. Serum Amyloid A (SAA) is a protein that is secreted by the liver during acute inflammation, where its concentration can increase 1,000-fold compared to that of the non-inflammation stage. Numerous research has associated SAA with various cancers, including cancers of the digestive system. Through the SAA Digestive System Cancer Test, we can analyze SAA and its variant pattern.
2. This test purifies Serum Amyloid A (SAA) from the blood using specific magnetic nanoparticles, which are then analyzed by a mass spectrometer to detect the SAA variant pattern. An in-house developed AI algorithm then determines the subject's risk towards gastrointestinal cancer (colorectal cancer/ gastric cancer).
3. The symptoms of the early Colorectal Cancer are usually not obvious; there may not be any discomfort or bleeding. The SAA Digestive System Cancer Test can assess the risk of colorectal cancer with an accuracy of 91% and can provide early detection of Colorectal Cancer and related precancerous lesions to facilitate further treatment.
4. It is recommended to consult a physician and/or do a confirmatory test by endoscopy to make a correct judgement and arrange the follow-up treatment plan.

## 結果解讀與建議事項







※ 因性別、年齡的不同可能使評估結果有所差異，請根據檢測報告書中的檢驗結果，查閱所歸類的風險參考區間範圍。

<p><b>高風險</b></p> <p> <math>52 \leq \text{數值} &lt; 100</math></p> <p> <math>54 \leq \text{數值} &lt; 100</math></p>	<p><b>【特別提醒、及早回診追蹤檢查或治療】</b></p> <p>此次檢測數值偏高，建議及早(通常是一個月內)至門診進一步追蹤檢查或治療。</p> <p>請留意有無以下情形發生：排便習慣改變(最近有間歇性腹瀉或便秘、糞便變細、有時便秘腹瀉交替出現，或者頻率改變、質地變乾硬變水帶黏液)、血便、黑便、常有排便排不乾淨的感覺、不明原因貧血等。</p> <p>根據 SAA 消化系統癌症檢測的結果，此數值區間較容易有癌前病變(譬如腺瘤，管狀腺瘤，絨毛狀腺瘤等)，將來發生大腸直腸癌的可能性較一般人高，建議至醫院做進一步的追蹤檢查。</p>
<p><b>中風險</b></p> <p> <math>45 \leq \text{數值} &lt; 52</math></p> <p> <math>36 \leq \text{數值} &lt; 54</math></p>	<p><b>【六個月內定期追蹤檢查】</b></p> <p>此次檢測數值略高，雖暫不需立即處置，仍應定期追蹤、進行生活模式及飲食運動調整、或配合醫師門診治療，將有助於預防疾病的發生與進展。</p> <p>請留意有無下列情形發生：排便習慣改變(最近有間歇性腹瀉或便秘、糞便變細、有時便秘腹瀉交替出現，或者頻率改變、質地變乾硬變水帶黏液)、血便、黑便、常有排便排不乾淨的感覺、不明原因貧血等。</p> <p>※生活模式及飲食運動調整建議： 請每日攝取足量的纖維素跟水份，每周規律運動及保持正常的生活作息。避免暴飲暴食，油炸、麻辣、醃漬、煙燻、燒烤、加工肉品、抽菸、喝酒、嚼檳榔、熬夜、都是導致大腸癌的致病因子，要盡量避免。</p>
<p><b>低風險</b></p> <p> <math>0 &lt; \text{數值} &lt; 45</math></p> <p> <math>0 &lt; \text{數值} &lt; 36</math></p>	<p><b>【無明顯罹病風險仍應定期追蹤檢查】</b></p> <p>此次檢測數值在正常範圍內，表示就此檢查目前所能達到的疾病偵測程度而言，無明顯罹病風險，請繼續保持良好的生活模式及飲食運動習慣，維持健康並定期追蹤，因為影響身體健康狀況的變數很多，將來仍有可能會有變化。</p>

圖示： 男性  女性

# Interpretation of Result and Suggestions

※The test results vary due to differences in gender and age. Please check the risk reference range based on the result in the test report.

<p><b>High Risk</b></p> <p> <b>52 ≤ Value &lt; 100</b></p> <p> <b>54 ≤ Value &lt; 100</b></p>	<p><b>【Special Reminder: please consult the doctor for a follow-up checking and treatment as soon as possible.】</b></p> <p>This test has high result, you are suggested to go to the doctor asap (usually within one month) for further follow-up examination or treatment.</p> <p>Please pay attention to whether the following conditions occur : changes in defecation habits (recently intermittent diarrhea or constipation, thin stools, sometimes alternating constipation and diarrhea, or changes in frequency, dry and hard texture, watery and mucus-laden stools), bloody stools, black stools, and often a feeling of incomplete defecation, explained anemia, etc.</p> <p>According to the result of SAA Digestive System Cancer Test, within this value range, there is more likely to have precancerous lesions (such as adenomas, tubular adenomas, villous adenomas, etc.) The possibility of developing colorectal cancer is higher than the ordinary people in the future. You are recommended to go to the hospital for further follow-up inspection and diagnosis.</p>
<p><b>Medium Risk</b></p> <p> <b>45 ≤ Value &lt; 52</b></p> <p> <b>36 ≤ Value &lt; 54</b></p>	<p><b>【Regular follow-up examinations within six months】</b></p> <p>The test value is slightly higher. Although immediate physician follow-up is not recommended, the following actions are recommended: regular follow-up, adjustments in lifestyle, diet and exercise, or compliance with a physician's recommendations. These will help to prevent the development and progression of disease.</p> <p>Please pay attention to the following symptoms: changes in defecation habits (recent intermittent diarrhea or constipation, thin stools, alternating constipation and diarrhea, or changes in frequency and texture), bloody stools, black stools, and a recurrent feeling of incomplete defecation, unexplained anemia, etc.</p> <p>※Suggestions on lifestyle, diet and exercise adjustments: Consume sufficient fiber and water every day, exercise regularly every week and maintain a normal daily routine. Avoid smoking, drinking alcohol, chewing betel nuts, staying up late, and overeating. Please adjust your diet. Reduce the consumption of deep-fried, spicy and pickled foods.</p>
<p><b>Low Risk</b></p> <p> <b>0 &lt; Value &lt; 45</b></p> <p> <b>0 &lt; Value &lt; 36</b></p>	<p><b>【There is no obvious risk of disease. Regular health check-up is still recommended.】</b></p> <p>The test value is within the normal range, which means that there is no obvious risk of disease based on the capabilities of the SAA test. Please continue to maintain a good lifestyle, healthy diet, and exercise habits. Do regular health checkups. Many factors may affect your health and your health status may still change in the future.</p>

Icon :  Male  Female

## 個人健康管理建議：

### 有利腸道健康的生活好習慣：

1. 減少熬夜，早睡早起
2. 保持腸道暢通，在固定的時間排便、可縮短致癌物滯留腸道的時間
3. 高纖食物有助於減少身體脂肪的吸收，以及刺激腸道蠕動
4. 一天喝足夠的水(每日喝水建議量 > 體重公斤數 × 30 毫升/天)
5. 運動可刺激腸道蠕動，流汗也會促進身體排毒，建議每天運動 30 分鐘
6. 體重盡量維持在標準 BMI 範圍內
7. 每日彩虹五蔬果，減少紅肉，可參考地中海飲食：少菸酒，低油脂，烹調方式避免煙燻、燒烤、油炸，不要吃香腸、臘肉、火腿等加工肉品



### 避免腸道老化之食物：

1. 高纖的全穀雜糧：燕麥、糙米、馬鈴薯、地瓜、南瓜、紅米、紅(糙)薏仁、蜂蜜
2. 攝取大量的蔬菜：高麗菜、地瓜葉、白花椰、青花椰、青椒、甜椒、蘆筍、番茄、秋葵、山藥、牛蒡、木耳、菇類、海藻類、大蒜、青蔥、洋蔥、黃豆芽、玉米筍、小麥胚芽
3. 白肉、豆類為主：以豆類製品及海鮮類取代部分肉類
4. 水果要挑著吃：香蕉、蘋果、奇異果、香瓜、木瓜、鳳梨、土芭樂、紅色葡萄、柑橘類等（水果糖分高，糖尿病及腎臟病患者請適量）
5. 補充乳品跟鈣質：適量發酵乳助消化、深綠葉菜及黑芝麻能補充鈣質
6. 選擇優質的油品：橄欖油或酪梨油，每天一把堅果



(資料來源：台灣癌症基金會、衛生福利部國民健康署)

## Personal Health Management Advise:

### Good Habits for a Healthy Colon:

1. **Avoid staying up late.** Sleep early and wake up early.
2. **Keep regular bowel movements.**
3. **High-fiber foods** help reduce fat absorption and stimulate intestinal peristalsis.
4. **Drink enough water** a day (Recommended water intake daily: body weight (kg) x 30 mL per day)
5. **Exercise** can stimulate intestinal peristalsis, and sweating can also promote body detoxification. It is recommended to exercise 30 minutes every day.
6. Try to maintain your weight within the **standard BMI range**.
7. **Eat a rainbow of fruits and vegetables everyday (at least 5 kinds) and reduce red meat.** Please refer to the Mediterranean diet: less tobacco and alcohol, low fat, avoiding smoked, grilled and deep-fried foods. Do not eat processed meats such as sausages, bacon and ham.



Avoid Processed Meat

### Good Food for the Colon:

1. **High-fiber whole grain:** oats, brown rice, potatoes, sweet potatoes, pumpkins, red rice, red (brown) barley, honey.
2. **Eating plenty of vegetables:** cabbage, sweet potato leaves, white cauliflower, green broccoli, green pepper, bell pepper, asparagus, tomato, okra, yam, burdock, fungus, mushrooms, seaweed, garlic, shallots, onions, soy bean sprouts, corn shoots, wheat germ.
3. **Eating white meats and beans daily:** replace some meats with soy products and seafood.
4. **Eating food selectively:** bananas, apples, kiwis, melons, papayas, pineapples, tuba guavas, red grapes, citrus, etc. (Many fruits are high in sugar. Individual with diabetes and kidney disease should consume them in moderation.)
5. **Sufficient dairy and calcium:** consume appropriate amounts of fermented milk, dark green leafy vegetables and black sesame seeds.
6. **Choosing high-quality oil:** use olive oil or avocado oil and eat a handful of nuts every day.



Eat fruits and vegetables

(Information Resources from Taiwan Clinical Oncology Research Foundation and Health Promotion Administration of MOHW.)