

## Don't Forget to Get Your Flu Shot



Protect yourself. Protect your family. Get your flu shot Monday to Friday, 8:30 a.m. to noon and 1 to 4:30 p.m., at Kaiser Permanente Medical Offices in Honolulu, Kailua, Koolau, Mapunapuna, Moanalua, Waipio, West Oahu, Wailuku, Lahaina, Hilo, Kona and Lihue. No appointment needed. Flu shots also are available at Hawaii Kai, and Waimea offices on Mondays, Wednesdays, and Fridays, 8:30 a.m. to noon and 1 to 4:30 p.m. You can get your flu shot on Saturdays at Honolulu, Koolau, Waipio, and Hilo offices from 8 a.m. to noon. No appointment needed. Shot clinics are closed on holidays.

Our flu shot clinics are open for adults and children 6 months or older. You also can get your COVID-19 vaccine at most locations. For everyone's safety, please wear a mask when you visit any of our flu shot clinics. To find out more, visit [kp.org/flu](https://kp.org/flu). On Oahu, call **808-432-2000**. On Maui, call **808-243-6000**. TTY **711**.

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## Colorectal Cancer ("colon cancer")

**What is colorectal cancer?** Colorectal cancer happens when cells that are not normal grow in your [colon or rectum](#). Most people just call it "colon or rectal cancer." This is the third most common cancer in the United States. And it occurs most often in people older than 50.

### What are the symptoms?

See your doctor if you have any of these symptoms:

- Pain in your belly
- Blood in your stool or very dark stools
- More frequent stools or a feeling that your bowels are not emptying completely

### Why is regular screening important?

Early detection makes the cancer easier to treat. And colon cancer may be prevented.

### What is Fecal Occult Blood Test (FOBT):

One of the best ways to detect colon cancer is to test the stool for the presence of blood. Blood in the stool might indicate polyps that can develop into cancer. The FOBT is a simple test that can detect blood in the stool. If you need a new test kit, please call us at 808-432-8020, leave your name and medical record number, and we'll send a kit via USPS mail. If you have received your kit in the mail already, please collect your sample and send it back to us as soon as possible (See page 5 for instructions).

### How is it treated?

Colon cancer is usually treated with surgery, [chemotherapy](#), [radiation](#), or [targeted therapy](#). Rectal cancer may be treated with [immunotherapy](#).

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For help or more information, please call 808-432-5330 (Oahu), 1-800-651-2237 (toll-free), 1-877-447-5990 (toll free for the hearing/speech impaired)

# 4 easy steps to COLON CANCER PREVENTION

*Did you know? In Hawaii, colorectal cancer is the third most common cancer. Colorectal cancer can be prevented 9 out of 10 times through early detection*



Your Immunological Fecal Occult Blood Test (iFOBT) kit contents:

- Pre-paid envelope
- Collection tissue paper to place on the toilet
- Absorption pad to wrap bottle
- Collection bottle
- Plastic bag

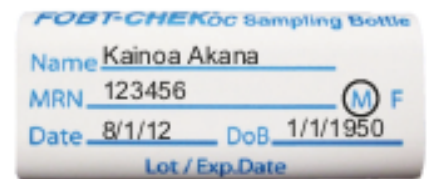
Please keep your kit in your bathroom as a reminder that the test should be completed as soon as possible after receipt of the iFOBT kit.

**1. CHECK** the sample bottle expiration date. If kit is expired go to a Kaiser Permanente facility to get a new kit.



**2. FILL OUT** the label with your:

- name,
- medical record number (MRN),
- and the date of collection.



**3. COLLECT** your sample. **Do not empty liquid from the bottle!**

Option #1:

- Place unfolded tissue on top of the water.
- Have bowel movement onto tissue paper.
- Scrape the tip of the collection bottle cap across the sample on the tissue paper.
- Recap sample bottle, making sure cap clicks into place.

Option #2:

- Wipe your bottom.
- Scrape the tip of the collection bottle cap across the sample on the toilet paper.
- Recap the sample bottle, making sure cap clicks into place.



**4. RETURN** your completed specimen tube in the provided prepaid envelope (If you received a kit in the mail, include the form in the envelope.)



# October is National Domestic Violence Awareness Month



## How is it going?

Everyone deserves to have partners listen to what they want and need.

Ask yourself:

- ✓ Is my partner or the person I am seeing kind to me and respectful of my choices?
- ✓ Is my partner willing to talk openly when there are problems?
- ✓ Does my partner give me space to spend time with other people?

If you answered YES to these questions, it sounds like you have a supportive and caring partner. Studies show that being cared for by the person you are with leads to better health, a longer life, and helps your kids.

## Are there times...

My partner or the person I'm seeing:

- ✓ Shames or humiliates me, makes me feel bad about myself, or controls where I go and how I spend my money?
- ✓ Even hurts or scares me with their words or actions?
- ✓ Makes me have sex when I don't want to?
- ✓ Keeps me from seeing my doctor or taking my medicine?

**These experiences are common. 1 in 4 women is hurt by a partner in her lifetime.** If something like this is happening to you or a friend, call or text the hotlines on the next page.

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## Safety Planning

*If you are being hurt by a partner, it is not your fault. You deserve to be safe and treated with respect.*

### If your safety is at risk:

- ✓ **Call 911 if you are in immediate danger.**
- ✓ Prepare an emergency kit in case you have to leave fast with: money, phone charger, keys, medicines, birth certificates and shot records.
- ✓ Talk to your health care provider for help using their phone to call the local or national hotlines on this card so the number you called can't be traced. Develop a safety plan using this app: <http://www.joinonelove.org/myplan>

The National Domestic Violence Hotline is confidential, open 24/7. and has staff who are kind and can help you with a plan to be safer.

### The Hotline

**1 -800-799-SAFE (1 -800-799-7233)**

**TTY 1-800\*787-3224 [www.thehotline.org](http://www.thehotline.org)**

**Text trained counselors about anything that's on your mind:**

### Crisis Text Line

**[www.crisistextline.org](http://www.crisistextline.org)**

**Text "START" to 741741**

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## Frequently Asked Questions

### 1) What's the best way to communicate with my PCP?

- For non-emergent concerns, log into your KP.org account. <https://healthy.kaiserpermanente.org/hawaii/register>.



### 2) How do I make an appointment with a doctor?

- Book online at [kp.org/appointments](http://kp.org/appointments).
- During clinic hours, call a clinic.
- After clinic hours, call After-Hours Advice Line. On Oahu call: [1-808-432-2000](tel:1-808-432-2000). On Neighbor Islands: [1-800-243-6000](tel:1-800-243-6000) (toll free). Or 711 TTY for hearing/speech impaired.



Create my account

### 3) How do I get help with my medication refills?



Fill and refill medication at [kp.org/pharmacycenter](http://kp.org/pharmacycenter)  
 Order refills by phone, 24 hours a day, 7 days a week 808-643-7979 (statewide)  
 TTY 711 (toll free)

### 4) How do I get help with transportation to my doctor appointments?

If you need help to get to your appointment but are unable to get transportation, a Member Care Services Associate (MCSA) may be able to assist you if it is medically needed. Please call at least one week before your scheduled appointment. Call a MCSA phone number by Primary Care Provider Clinic Location (Hours: Monday–Friday, 8 a.m.–4:30 p.m., except State holidays).

#### Oahu

Honolulu, Hawaii Kai, Kailua, Koolau, Kahuku, nursing facilities, and foster homes

808-432-2236



West Oahu Medical Office at Kapolei call 808-432-3677



Mapunapuna call 808-432-1239

Waipio - Children only: call 808-432-3677, Adults only: call 808-432-1239

#### Maui

Maui Clinics call 808-243-6613

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