



balita

No. 3710, August 31, 2017

GUEST OF HONOR AND SPEAKER



Rtn. Jose S. Pujalte, Jr. MD MHA CESE FPOA FPCS FACS

Orthopedic Surgeon
Medical Center Chief II
Philippine Orthopedic Center
Department of Health

KABALITA

If symptoms persist, make way for our very own Bone Doctor as he finds that perfect antidote to elderly problems at Asia's First Rotary Club.

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THE ROTARY CLUB OF MANILA BOARD OF DIRECTORS and Executive Officers 2017-2018

JIMMIE POLICARPIO
President

TEDDY OCAMPO
Immediate Past President

BABE ROMUALDEZ
CHITO ZALDARRIAGA
Vice President

BOBBY JOSEPH
ISSAM ELDEBS
LANCE MASTERS
CALOY REYES
SUSING PINEDA
Directors

ALVIN LACAMBACAL
Secretary

NICKY VILLASEÑOR
Treasurer

DAVE REYNOLDS
Sergeant-At-Arms

AMADING VALDEZ
Board Legal Adviser

RENE POLICARPIO
Assistant Secretary

NER LONZAGA
Assistant Treasurer

Secretariat
ANNA KUN TOLEDO

PROGRAM

RCM's 9th for Rotary Year 2017-2018

August 31, 2017, Thursday, 12Noon, New World Makati Hotel Ballroom

OIC/Moderator: PP "Cesar" Ubaldo

PROGRAM TIMETABLE

11:30 AM	Registration & Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator :	PP "Cesar" Ubaldo
12:30 PM	Call to Order Singing of Republic of the Philippines National Anthem Invocation RCM Hymn The 4-Way Test Credo	Pres. "Jimmie" Policarpio RCM WF Music Chorale RCM WF Music Chorale All Rotarians
12:35 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	Rtn. "Momo" Mommaerts RCM WF Music Chorale
12:40 PM	Happy Birthday (RCM Birthday Celebrants) Sept. 1.....PD "Mike" Arambulo; Sept. 5.....PD "Ralf" Gonzales, Rtn. "Aldous" Alingog, Rtn. "Roy" Zosa; Sept. 6.....Rtn. "Jay-Jay" Jang, Rtn. "Emyl" Eugenio Happy Birthday Song	 RCM WF Music Chorale
12:45 PM	Presentation on The Rotary Foundation	Dir. "Lance" Masters
12:50 PM	RCM Election of Centennial of Board of Directors, R.Y. 2018-2019 for Sept. 7, 2017, Thurs. IPP "Teddy" Ocampo COMELEC Chairman	
12:55 PM	President's Time	Pres. "Jimmie" Policarpio
1:00 PM	Introduction of the Guest of Honor & Speaker Address: Rtn. Jose "Brix" S. Pujalte, Jr. M.D., FPOA, FACS, FPCS Chief of Clinics, Philippine Orthopedic Center, Department of Health Public Forum Club fund-raising campaign — cash raffle draw Response, Presentation of glass plaque as a token of appreciation to Rtn. Jose "Brix" S. Pujalte, Jr.	Rtn. "Andy" De Rossi Pres. "Jimmie" Policarpio
2:00 PM	Adjournment	

PRESIDENTIAL TIMELINE



August 23, 2017 - IPSDG/IPDCoS/IPD Albert Alday attended the Joint Meeting of the Rotary Club of Manila Premier, the Rotary Club of Manila Sta. Ana, the Rotary Club of Manuel Roxas Boulevard Manila and the Rotary Club of Manila Binondo Prime at the Midas Hotel and Casino in Pasay City, entitled, "Preparing for the Big One".

August 24, 2017 - Rotaract Club of De La Salle University Manila turned over contributions to The Rotary Foundation.

- Talked with Department of Tourism Asec Ricky Alegre regarding Centennial promotions where we discussed, in particular, the possibility of having a Philippine booth at the Rotary International Convention in Toronto, Canada in June 2018 for the purpose of promoting the 100 Years of the Rotary Club of Manila and the Rotary movement in the Philippines

August 25, 2017 - DGE Rudy Bediones, PDG Vince Carlos and I attended the 20th Handover and Induction Ceremonies of the Joint Efforts of Pasay Rotary Clubs (JEPROCS) at the Golden Bay Seafood Restaurant in Pasay City where my classmate, Great President Marcia Sadicon of the Rotary Club of Pasay Centro, was inducted as Chairman for RY 2017-2018.

August 26, 2017 - PDG Obet Pagdanganan and Dir. Lance Masters attended the Rotary International District 3810 Seamless Seminar which combined the previously separate Membership, The Rotary Foundation and Public Image Seminars at the Sofitel Philippine Plaza Manila in Pasay City.

August 28, 2017 - DGE Rudy Bediones, PDG Vince Carlos, Rotary Club of Manila Robinson Club Adviser IPCoS/PP Cesar Ubaldo, IPSDG/IPDCoS/IPD Albert Alday and Dir. Issam Eldebs attended the 1st Charter Anniversary, Handover and Induction Ceremonies of the Rotary Club of Manila Robinson at the Boracay Room of the Sofitel Philippine Plaza Manila in Pasay City where my classmate, Great President Narciso Montilla, Jr., was inducted.

- PDG Vince Carlos, IPCoS/PP Cesar Ubaldo, IPSDG/IPDCoS/IPD Albert Alday and Dir. Issam Eldebs attended the 11th Handover and 12th Induction Ceremonies of the Inner Wheel Club of Manila 101 District 382 at the Grand Ballroom of the Sofitel Philippine Plaza Manila in Pasay City where Maribeth Legado, Past President of Rotary Club of Manila Remedios Circle, was inducted as President for IWY 2017-2018.

- I travelled to Marawi City on a fact finding mission and brought with me 1,500 insect repellants as well as Php 100,000 worth of Vitamin C for the soldiers of the 8th Infantry Mechanized Brigade at Camp Cristina.

-I undertook a feeding program which included chocolate chip cookies in the name of the Rotary Club of Manila for forty (40) children who suffered from Post Trauma Syndrome as a result of the Marawi Conflict at the Laguindigan Airport in Cagayan de Oro.

August 29, 2017 - DGE Rudy Bediones, Rtn. Jackie Rodriguez, Rtn. Raffy Alunan, III and I attended a meeting for the Marawi Project at The Wholesome Table, Infinity Tower Suites in Makati City.

August 31, 2017 - Welcomes our very own Manila Rtn. Brix Pujalte, M.D. to talk about "Elderly Problems, Arthritis, Back Pain and Erectile Dysfunction"

GUEST OF HONOR AND SPEAKER'S PROFILE



Rtn. Jose S. Pujalte, Jr. MD MHA CESE FPOA FPCS FACS

Orthopedic Surgeon
Medical Center Chief II
Philippine Orthopedic Center
Department of Health

Education

- Diplomate, Philippine Board of Orthopedics 1995
- Fellow, Philippine Orthopedic Association 1997
- Fellow, Philippine College of Surgeons 1999
- Fellow, American College of Surgeons 2006
- Grade School & High School, La Salle Green Hills 1980
- Pre-Medicine, University of the Philippines, Diliman 1984
- Medical School, University of the Philippines-Philippine General Hospital 1990
- Orthopedic Residency - Philippine Orthopedic Center 1994
- Master in Hospital Administration (MHA) Ateneo Graduate School of Business 1996
- Career Executive Service Eligible (CESE) 2008

Research and Clinical Fellowships

- Shoulder Surgery, Nobuhara Hospital & Institute of Biomechanics, Hyogo Japan, 1995
- Total Joint Replacement, Hennepin County Medical Center, Minneapolis, Minnesota, USA 1996-97
- Spine & Total Joint Replacement, Nuffield Orthopaedic Centre, Oxford University, Headington UK 1998

Positions, Past and Present

- Founding President, Philippine Shoulder Society 1997
- Founding Member, Philippine Spine Society 1995
- Member, Philippine Hip & Knee Society 2002
- President, Philippine Orthopedic Association 2009
- President, ASEAN Orthopaedic Association 2010
- Regent, Philippine College of Surgeons 2012, 2013, 2016, 2017
- Chief of Clinics, Philippine Orthopedic Center, 2011-2013
- Medical Columnist, Manila Bulletin "If Symptoms Persist" since 1999 Sunday Editorial and Opinion Pages

Books

- ER Orthopedics (1996), 2nd Edition (2003)
- A Bone Joint and Muscle Handbook, Anvil (2004)
- Orthopedic Juvenilia and other Unusual Essays (1999)

Associations and Clubs

- Rotary Club of Manila (1998-)
- Vice-Argentier, Baillage de Manille, Chaine des Rotisseurs (1987-)
- Senior Blackbelt, Karate Development and Arts and Sports (2008-)

THE WEEK THAT WAS



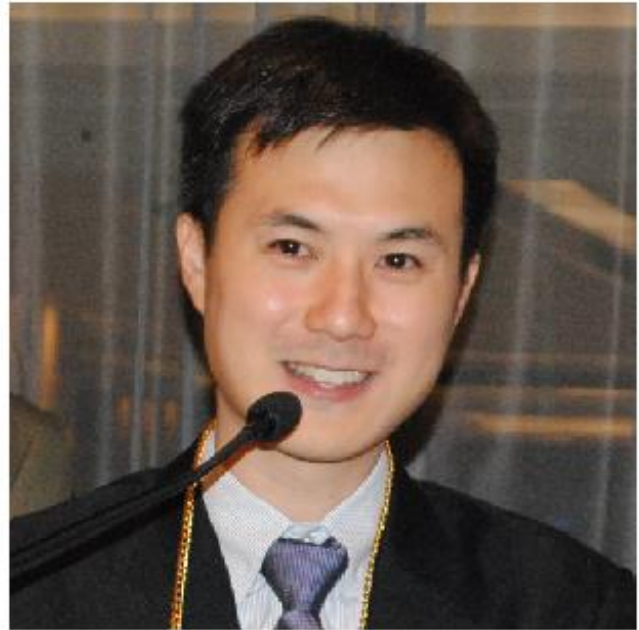
VP **"Chito" Zaldarriaga** as designated presiding officer calls the **8th** meeting of the **Rotary Club of Manila** to order.

PD **"Rod" Valencia** as OIC/
Moderator directs the program
of activities.





PVP "Roy" Golez delivers an ecumenical prayer.



Rtn. "Geof" Yu leads fellow Rotarians in renewing its commitment to Rotary movement by reciting the Rotary credo — 4-Way Test.



Rtn. "Jun" Bella introduces the guests, visiting Rotarians and personalities seated at the presidential table.



PSAA “Fred” Lim does the honour, pleasure and privilege of introducing **Hon. Bayani F. Fernando**, District Representative, Marikina City, 1st District, Congress of the Philippines; Former Secretary, Department of Public Works and Highways; Former Chairman, Metropolitan Manila Development Authority; Former Mayor, Marikina City, as guest of honor and speaker.



Marikina Rep. Bayani “BF” Fernando gave Manila Rotarians, Visiting Rotarians and guests, a glimpse into his advocacies on flood, roads and traffic, as he, particularly, promised to sponsor a resolution in the House of Representatives to declare 2019 as the centennial of the Rotary Club of Manila and the Rotary movement in the Philippines.



A proactive public forum followed suit after the speech of **Marikina Rep. Bayani “BF” Fernando** with RCMers’ raising questions:



Pres. “Jimmie” Policarpio presents to **Marikina Rep. Bayani “BF” Fernando** the clubs’ bell and gavel as a token of appreciation for being guest of honor and speaker.



VP “Chito” Zaldarriaga delivers response and meeting adjournment.
COMMITTEE ON ELECTIONS



The RCM Committee on Elections chaired by **IPP Teddy Ocampo** (at left) during a planning and organizational meeting held last Thursday, Aug. 24, at the New World Makati Hotel, as a prelude to the RCM Election of Board of Directors for the Centennial Rotary Year 2018-2019. Among attendees were **Pres. “Jimmie” Policarpio**, **PP “Ebot” Tan**, **PP “Benny” Laguesma**. Also present was **ES Anna Kun Toledo**.



Marikina Representative Bayani Fernando as guest of honor and speaker in a posterity photo opportunity with **PVP “Roy” Golez**, **PAT “Hermie” Esguerra** and **DSAA “Bollie” Bolton**. Seated is **PSAA “Fred” Lim**.



Another posterity photo opportunity with **Marikina Representative Bayani Fernando** (standing, 3rd from right) with from left, **Dir. “Lance” Masters**, **Rtn. “Andy” de Rossi**, **PP “Frank” Evaristo**, **PVP “Roy” Golez**, **PAT “Hermie” Esguerra**, **Rtn. “Joe” Assad** and **PSAA “Fred” Lim**. (seated)

RCM MUSIC COMMITTEE



The **RCM World – Famous Chorale** performing the musical portions in the program. From left, PP “Frank” Evaristo, PD “Oscar” del Rosario, PS “Ning” Lopez, Rtn. “Warren” So, Rtn. Karl Leung, Rtn. “Jackie” Rodriguez and IPP “Teddy” Ocampo.

FIRST TIME VISITING ROTARIAN



Pres. “Jimmie” Policarpio and Vice Pres. “Chito” Zaldarriaga presents a club bannerette to a first-time visiting Rtn. Akhil Agarwal from RC Gurgaon Qutab Enclave India.

FELLOWSHIP



RCMers' with clenched fists showing solid support to the civic activities of the club, with from left : Rtn. "Jackie" Rodriguez, IPP "Teddy" Ocampo, PD "Rob" Sears and Dir. "Bobby" Joseph.

RCM CENTENNIAL CELEBRATION 2019



Pres. “Jimmie” Policarpio warmly welcomes DOT Asec. “Ricky” Alegre for a special meeting relative to promoting the milestone 100 Years of Service of the Rotary Club of Manila and the Rotary Movement in the Philippines.

PRES JIMMIE TALKS WITH DOT ASEC RICKY ALEGRE ON CENTENNIAL PROMOTION



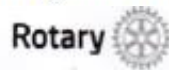
President Jimmie Policarpio held talks with Department of Tourism Assistant Secretary for Office of Public Affairs, Communications and Special Projects Frederick “Ricky” Alegre last August 24, 2017 at the New World Makati Hotel in Makati City on possible tie up’s and promotions regarding the 100 years of the Rotary Club of Manila and the Rotary Movement in the Philippines to the rest of the world. In particular, they discussed the idea of having a Philippine booth at the Rotary International Convention in Toronto, Canada in June 2018 to promote the same.





luncheon meeting at the New World Makati Hotel in Makati City.

Rotaract Club of De La Salle University Manila turned over contributions to The Rotary Foundation in the amount of Php 6,605.00 to its sponsoring club, the Rotary Club of Manila, last August 24, 2017 during the weekly



THE ROTARY FOUNDATION (PHILIPPINES) Payment Guidelines

- ✓ Annual Programs Fund-SHARE
- ✓ Polio Plus
- ✓ Global Grants
- ✓ Return of excess project funds

Clubs can make donations or return unused funds by making a deposit at any Bank of the Philippine Islands (BPI) branch. For payment of invoice (dinars) and other fees not indicated above, please refer to Rotary International Payment Guideline

Fill up the deposit slip with the following details:

DEPOSIT PAYMENT SLIP		BANK COPY	
PLEASE CHECK THE APPROPRIATE BOXES		DATE	8/24/17
☐ NEW	☐ PAYMENT	CURRENCY	PHP
☐ SAVINGS	☐ CURRENT	☐ PLEDGE	☐ NO CASH
ACCT. NUMBER	0011182909	FOR PAYMENTS ONLY	Rotaract Club / RCU
ACCOUNT NAME / MERCHANT'S NAME	THE ROTARY FOUNDATION	POLICY / PLAN / REFERENCE NO.	APP
POLICY / PLAN / REFERENCE NO.		POLICY / PLAN / REFERENCE NO.	
TYPE OF DEPOSIT/PAYMENT		AMOUNT	
CASH		6,605.00	
CHECK(S) (PLEASE BACK FOR DETAILS)			
TOTAL DEPOSIT/PAYMENT			
TELLERS SIGNATURE & YOUR RECEIPT UNDER BANKING GUARANTEE			

Individual Donor:
Donor ID & Donor Name OR
Club ID & Club Name
(example: 123456 / Just De La Cruz)

Multiple Donors:
Club ID & Club Name

APP-SHARE or Polio Plus or GG-Share
or Return Fund-GG/DG/SH

Once remitted, email a scanned copy of deposit slip to Roselyn.Ong@rotary.org together with a filled Donor Form. If the deposit is a lump-sum amount for multiple donors, please complete a Multiple Donor Form. Otherwise, use the Individual Donor form.

You can download the donor forms here:

<https://www.rotary.org/myrotary/en/document/multiple-donor-form>

<https://www.rotary.org/myrotary/en/document/contribution-form-rotary-foundation>

Donations can also be done online by logging in to My Rotary

<https://www.rotary.org/myrotary/en/take-action/give>

For more information, contact Roselyn Ong at email address Roselyn.Ong@rotary.org or the Australia office at apipol@rotary.org

MARAWI PROJECT

DGE Rudy Bediones, President Jimmie Policarpio, Rtn. Jackie Rodriguez and Rtn. Raffy Alunan, III in a meeting for the Marawi Project last August 29, 2017 at The Wholesome Table, Infinity Tower Suites in Makati City.



Pres Jimmie Policarpio together with his brods visited **Camp Cristina** in Marawi City last August 28, 2017 where he donated **1,500 insect repellants** and **Vitamin C worth P100,000.00**.

RC MANILA FOUNDATION MEETING

Pres. "Jimmie" Policarpio with IPP "Teddy" Ocampo, VP "Chito" Zaldarriaga, Dir. "Issam" Eldebs, Sec. "Alvin" Lacambacal, PD "Oscar" Del Rosario, PD "Beda" Fajardo in a RCMFI meeting last Thursday, Aug. 24, at New World Makati Hotel, with Sunlife representative.

INTERCLUB FORA & ACTIVITIES

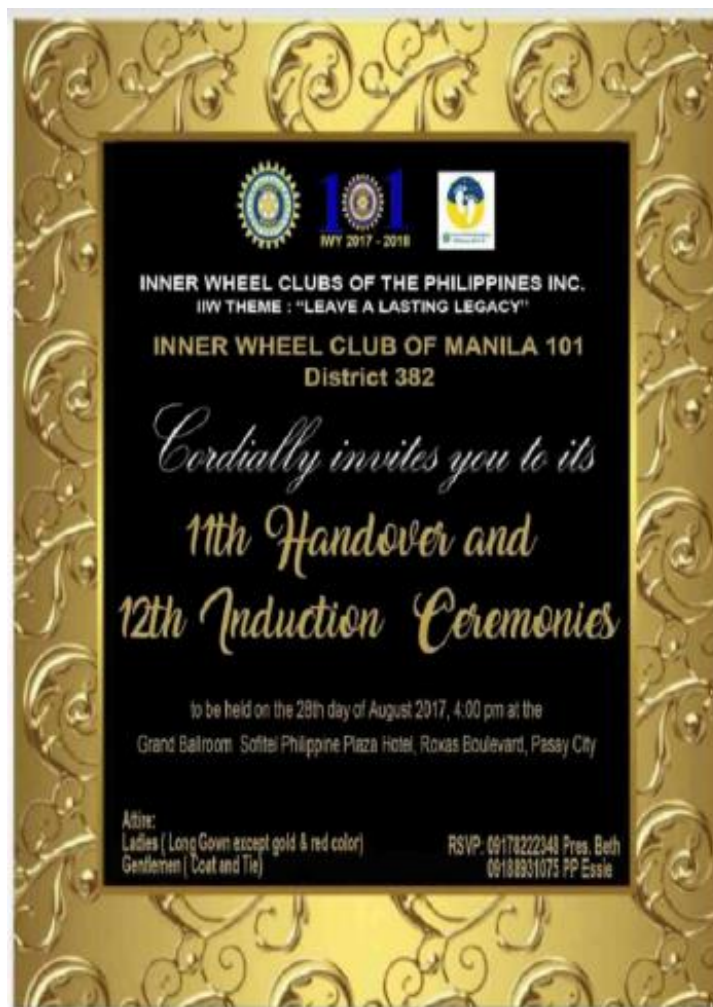


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D3810 SEAMLESS SEMINAR





PDG Obet Pagdanganan and **Dir. Lance Masters** attended the Rotary International District 3810 Seamless Seminar which combined the previously separate Membership, The Rotary Foundation and Public Image Seminars last August 26, 2017 at the Sofitel Philippine Plaza Manila in Pasay City.

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NOMINEES FOR BOARD OF DIRECTORS
FOR RY 2018-2019
As of August 30, 2017

1. PD Albert S. Alday
2. PD Beda G. Fajardo
3. Dir. Lance A. Masters
4. AT Reinerio "Ner" C. Lonzaga
5. Dir. Jesus "Susing" M. Pineda
6. VP F. Francisco "Chito" Zaldarriaga
7. Rtn Joaquin "Jack" Rodriguez
8. Dir. Robert "Bobby" L. Joseph, Jr.
9. Dir Issam "Sam" Eldebs
10. Dir. Hermenegildo Carlos L. Reyes
11. Rtn John Emyl G. Eugenio
12. PD Mariano "Ning" B. Lopez
13. PAS Elias "Eloy" D. Adamos
14. Rtn Abdulgani "Gani" Macatoman
15. Rtn Romeo Thaddeus "Thad" T. Liamzon
16. Rtn Ricardo "Ricky" S. Guevara
17. PD Jesus "Jess" I. Santos
18. Rtn Joseph "Joe" Assad
19. Rtn Rafael "Raffy" M. Alunan

ELECTION COMMITTEE

IPP Teodoro J. Ocampo
 Chairman

PP Eusebio V. Tan
 Vice Chairman

INTERCLUB ACTIVITY

August 24, 2017

Circular to all **RCM Members:**

Subject: Alay Lakad 2017

Dear **Fellow Rotarians:**

The **Alay Lakad Foundation, Inc.**, our partner in service to the youth sector of society will be marking its **45th Anniversary this 2017**. Since its inception in 1972, Alay Lakad has continuously gained the unstinted support of the Filipino public as demonstrated by thousands of walkers who participate in the nationwide activity every first Sunday of September. This year's Alay Lakad will be held on **September 24, 2017, Sunday, 8:00AM**, at the **Quirino Grandstand, Luneta, Rizal Park, Manila**. The objective of the walk is to raise funds for the out-of-school and marginalized youth. This year's theme is ***"Kabataan Para sa Pagbabago."***

This year's Chairman of the National Coordinating Committee is Lion's Club International led by Mr. John Siy and Mr. Anson Ong and the Vice Chairman is Rotary International District 3810 led by Governor Emmanuel "Loy" Cosico.

The Alay Lakad is dedicated to assist the government in enabling and empowering the youth especially the youth especially out-of-school youth (OSY) to become productive and responsible citizens by raising funds through ***"walking"*** which was conceptualized by the late DSWD Secretary Dr. Estefania Aldaba Lim, to enable the OSYs to go to school thru scholarship programs, educational assistance, skills and livelihood trainings to improve their way of life.

To sustain this effort, we need the support of other organizations and individuals who share our commitment and dedication to help the Filipino youth. Through these years, The Rotary Clubs' International is one of the avid supporters of this walk-for-a-cause to benefit the marginalized youth, especially the out-of-school youth.

With the yearly funds that Alay Lakad generates from the walkers, it already provided more than 70,000 educational grants, assistance and livelihood opportunities to the out-of-school youth to improve their quality of life. To sustain this effort, we need the support of other organizations and individuals who share our commitment and dedication to help the Filipino youth.

Our **Rotary Club of Manila** being the ***"First in Asia"*** with the invaluable support of our youth organizations — **Rotaract Club of Manila, Rotaract Club of De La Salle University Manila and Rotaract Club of De La Salle-College of St. Benilde** will again take an active part in this worthwhile endeavor.

As an added incentive to those who will participate in the walk-for-a-cause, t-shirts will be provided for free and complimentary breakfast will be hosted by fellow **Rtn. Enrique "Rickie" Y. Yap, Jr.**, at the Manila Hotel, after the program.



CA confirms Romualdez



Jose Manuel Romualdez is flanked by Senate President Aquilino Pimentel III and Sen. Panfilo Lacson after his confirmation as ambassador to the US yesterday. ERNIE PEÑAREDONDO

MANILA, Philippines - The Commission on Appointments (CA) confirmed yesterday the appointment of Jose Manuel "Babe" Romualdez as Philippine ambassador to the United States.

Romualdez will also have jurisdiction over Jamaica, Haiti, Trinidad and Tobago, Antigua and Barbuda, Bahamas, Barbados, Dominica, The Federation of Saint Kitts and Nevis, Saint Vincent and Grenadines and Saint Lucia.

It was a swift confirmation process for Romualdez, whose appointment was discussed by the CA committee on foreign affairs chaired by Sen. Panfilo Lacson before it was presented and approved in plenary in less than three hours.

Romualdez, a nephew of former first lady Imelda Marcos, told reporters he intends to make relations between Manila and Washington "warmer" despite President Duterte's strong language against the US.

"So with the independent foreign policy advocated by the President, we will try to communicate that as well as we could and I think the US is cognizant of the fact that we try our best to get warmer relations with many other countries as part of our foreign policy," he told reporters.

Romualdez cited that despite the reported strain in relations, ties between the two countries' militaries are "more cordial than ever."

Romualdez said the US has recently delivered military hardware to help strengthen the country's security. He also cited the advantages of maintaining the Enhanced Defense Cooperation Agreement with the US to improve the country's preparedness and response to disasters.



Inside Track



MOST DISTINGUISHED U.P. ALUMNI: Budget Secretary Benjamin Dikno (left), Sen. Cynthia Villar and Supreme Court Senior Associate Justice Antonio Carpio hold their awards as the Most Distinguished Alumni of the University of the Philippines during the alumni general homecoming in UP Diliman, Quezon City. [Story on Page 8.](#)

PUBLIC HEALTH NUTRITION AND CARE

OCCULT BLOOD TEST

Elias D. Adamos, M.D.



Cancer is the third leading cause of mortality and morbidity in the Philippines. The leading cancer types are lung, breast, cervix, liver, colon, and rectum. The Philippine Cancer Control Program that was launched in 1988 utilizes primary, secondary and tertiary prevention. Among the primary preventive measures are cancer education and early detection of cancer. One simple laboratory method that can detect, in particular, colon and rectum cancer, is **fecal occult blood test (FOBT)**.

What is FOBT?

Fecal occult blood test is a laboratory test used to check stool samples for hidden (occult) blood. Occult blood or hidden blood in the stools is passed in such small amounts that are not visible through the naked eye and may only be detected through the chemicals used in FOBT.

What does fecal occult blood indicate?

Occult blood in the stool indicates colon cancer or polyps in the rectum or colon. A Polyp in the colon and rectum can be a precursor to cancer. Fecal occult blood indicates the presence of bleeding. It does not indicate the source of bleeding. Thus, a positive result in FOBT would give an indication or signal for further examination to determine the source of bleeding.

Other conditions wherein FOBT may be indicated?

Aside from colon and rectal cancer, your doctor might request for FOBT if you have unexplained anemia. FOBT can determine whether the cause of anemia is due to bleeding in the digestive tract, as an example, in a case of bleeding ulcer.

Is the test always accurate?

No. The test may give false-negative result when it shows a negative result in the presence of cancer or polyps that don't bleed. It could yield a false-positive result if the test shows a positive result and you have no cancer. The positive result might have come from other conditions, like hemorrhoid, stomach ulcer, or even blood swallowed from some conditions like dental and gum problems and nose bleeding. Various foods, dietary supplements and medications can also affect the results of fecal occult blood test.

Can fecal occult blood test detect all types of colon and rectal cancers?

No. There are some colon and rectal cancers that can be detected by colonoscopy and may not be detected by fecal occult blood test.

How often does one have FOBT?

If you're age 50 and older and you are at average risk of colon cancer, **your doctor may request for FOBT every year to screen for colon cancer.** In addition, your doctor might need to request other screening test to examine the colon and rectum directly.

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M

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