

know the facts about bowel cancer

Bowel cancer is the UK's second biggest cancer killer, but it shouldn't be.

If diagnosed early, 9 in 10 people survive bowel cancer.

## What to look out for



Bleeding from your bottom and/or blood in your poo



A change in bowel habit lasting 3 weeks or more



Unexplained weight loss



Extreme tiredness for no obvious reason



A pain or lump in your tummy

These symptoms don't always mean bowel cancer. If you have one or more of these, or if things just don't feel right, go and see your doctor.

## NHS Bowel Cancer Screening Programme

Bowel cancer screening could save your life. It's available to all men and women aged 60-74 (50-74 in Scotland).

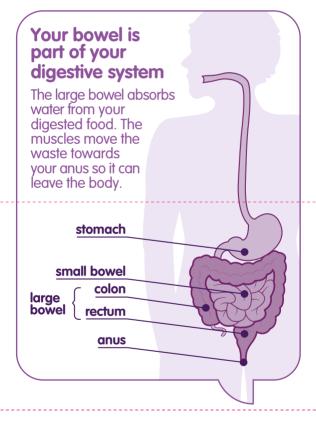
Bowel Cancer UK firmly supports the screening programme. Find out more at www.bowelcanceruk.org.uk

## You are more at risk if you

- are over 50 or
- have a strong family history of bowel cancer or
- have a history of non-cancerous growths (polyps) in your bowel or
- have longstanding inflammatory bowel disease e.g. Crohn's disease or ulcerative colitis or
- have type 2 diabetes or
- have an unhealthy lifestyle

## Reduce your risk

- Avoid processed meat and limit red meat
- Take action to be a healthy body weight
- Be more physically active in everyday life
- Eat plenty of wholegrains, pulses, veg and fruit
- Limit vour intake of alcohol
- Don't smoke
- Use your bowel screening test kit don't ignore it





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Find out more at: www.bowelcanceruk.org.uk **020 7940 1760** Published August 2015 - To be reviewed by August 2017

