

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

3+

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

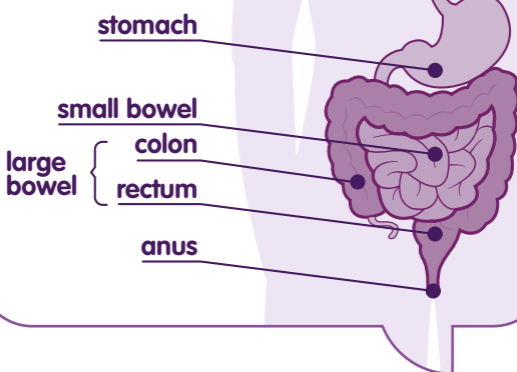
- are **over 50** *or*
- have a **strong family history of bowel cancer** *or*
- have a history of **non-cancerous growths (polyps) in your bowel** *or*
- have **longstanding inflammatory bowel disease** e.g. Crohn's disease or ulcerative colitis *or*
- have **type 2 diabetes** *or*
- have an **unhealthy 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** your intake of alcohol
- **Don't smoke**
- Use your **bowel screening test kit - don't ignore it**

Your bowel is part of your digestive system

The large bowel absorbs water from your digested food. The muscles move the waste towards your anus so it can leave the body.



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Find out more at:
www.bowelcanceruk.org.uk
020 7940 1760



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