

Check the facts

- Bowel cancer is the second most common cancer in England.
- Both men and women are at risk. The chance of developing bowel cancer increases with age.
- Over 90% of those diagnosed with early stage bowel cancer are successfully treated.

It's a fact:

Screening reduces the risk of getting bowel cancer.



Follow the advice in this leaflet to:

- ✓ Learn about the symptoms of bowel cancer
- ✓ Find out more about the bowel cancer screening programme
- ✓ Reduce your risk of bowel cancer

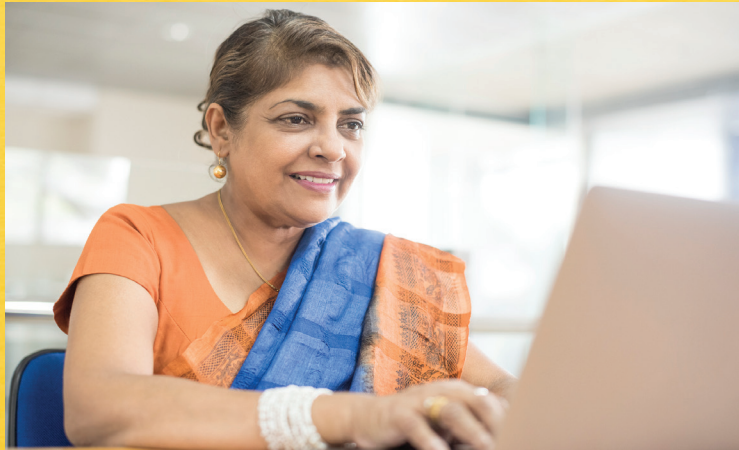


Bowel Cancer Screening Programme

Aged 60 - 74?

Here's what you can do now:

- Call **0800 707 6060** to request your free kit
- For information and advice please call the freephone line **0800 707 6060**
- For more information about screening visit **cancerscreening.nhs.uk**



Screening for life



Bowel Cancer Screening Programme

Home testing kits for men and women aged 60 - 74

Bowel cancer screening programme

All men and women aged between 60-74 and who are registered with a GP are invited to participate in the Bowel Cancer Screening Programme.

A test kit is sent in the post every two years and provides a simple, hygienic and discreet way for you to collect a small sample of your bowel motion (poo) in the privacy of your own home.

If you are 75 and over you can request a test kit by calling 0800 707 6060.

The home testing kit

The test kit can detect tiny amounts of blood that you cannot normally see. Please do not be alarmed if blood is detected, it could be from other medical conditions such as haemorrhoids (piles).

The test kit cannot detect if you have bowel cancer but will indicate whether you need further tests carried out.

Look out for your test kit in the post.



Symptoms of bowel cancer

See your doctor straight away if, for the last three weeks, you've had blood in your poo or looser poo.

Other bowel cancer symptoms include:

- A pain or lump in your tummy
- Feeling more tired than usual for some time
- Losing weight for no obvious reason

Remember...

These symptoms do not necessarily mean that you have bowel cancer but you should get it checked out with your GP.

Visit cancerresearchuk.org for more information about bowel cancer and its symptoms.



Reduce the risk

There are several things that you can do to help reduce the risk of bowel cancer.

✓ Eat healthily

Try to get your 5-a-day. Eat more vegetables and fruit, fish and whole grain foods. Eat less fatty foods like cakes and pastries and fewer processed meats like bacon and ham.

✓ Cut down on alcohol

Drinking too much alcohol can lead to a number of health problems and is linked to bowel cancer. By drinking less, you'll reduce your health risks.

✓ Look after yourself

Keep active. Swim, cycle, go dancing... The more you can do, the better. Even walking to your local shops instead of taking the car can make a difference.

✓ Stop smoking

It's never too late to quit. Giving up will lower your risk of getting bowel cancer. There's plenty of help and support available from the NHS.

Visit www.smokefree.nhs.uk or call 0300 123 1044 for help and advice.