

Beating Bowel Cancer is here for you.

Whatever your situation, we'll do everything we can to help.

Whether you're worried about symptoms or you already have a bowel cancer diagnosis – we can help.

Call our nurse helpline on **020 8973 0011** or email nurse@beatingbowelcancer.org.

beatingbowelcancer.org



Health & care
information
you can trust

The Information Standard Certified Member

Registered Charity Nos.
1063614 (England and Wales)
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NHS bowel screening:

Everyone aged 60-74 (50-74 in Scotland) is sent a home test kit which can help detect bowel cancer early before you have any symptoms.

A one-off test called bowel scope screening is being introduced in England for people aged 55.

If you receive an invitation, please **don't ignore it, it could save your life.**

How to lower your personal risk:



Stop smoking



Watch your weight



Be more active



Cut down on alcohol



Eat well

A quick guide to bowel cancer

Here for you
beatingbowelcancer.org



Talking to your GP about problems with your bowels could save your life.

Bowel cancer is the UK's second biggest cancer killer. But if diagnosed early, 97% of cases can be treated successfully.

97%


of people will survive five years or more if diagnosed at stage 1

Statistics from Cancer Research UK.

We all experience problems with our bottoms and bowels from time to time, but usually there's nothing to worry about.

However, if you have any of these symptoms for three weeks or more, **see your doctor.**



Bleeding from the bottom (rectal bleeding) or blood in your poo without any obvious reason, such as local soreness, piles (haemorrhoids), a tear (anal fissure).



Any change in bowel habit that lasts for three weeks or more, especially if you are going to the toilet more often or experiencing unexplained looser stools or ribbon-like stools. Symptoms may also include unexpected constipation, and a feeling of fullness or incomplete emptying from your back passage (rectum) after you have used the toilet.



Any constant, unexplained pain anywhere in the abdomen, especially if it is severe. It may also be linked to going to the toilet, or it might come and go like cramps or colic.



An unexpected lump in your abdomen, especially if it is on your right hand side.



Unexpected weight loss perhaps due to loss of appetite, or feeling bloated or sick.



Unexplained tiredness, dizziness or breathlessness (symptoms of anaemia).