

## Bowel Health Test

### Did you know?

Every 30 minutes, one UK woman is diagnosed with bowel cancer and is the third most common cancer for women (after lung and breast cancer). Bowel cancer (colorectal cancer) can affect anyone. More than 35,000 people a year in the UK get it, however it usually strikes older people, but if it is caught early it is one of the most curable, with a 90% chance that you will not have to see a doctor about it again. However, it is not always diagnosed in time and this is because people are too embarrassed to talk about it.

### My Dad had bowel cancer, does this mean I will get it too?

**A.** Just because your father had it, it does not mean that you will get it. However, if a close relative (e.g. mum, dad, brother, sister, son or daughter) had it before they were 45, ask you GP about further screening. Also ask you GP about further screening if two or more older, close relatives from the same side of your family had it.

### Q. What else could put me at risk?

- A.**
- You are over 50 - nine times out of 10, bowel cancer strikes the over 50s
  - You have had polyps - these are usually harmless growths in the bowel, but can lead to cancer in a few cases
  - You are overweight - eating healthily can reduce the risk
  - Smoking & Drinking - can increase the risk of bowel cancer

Getting into the habit of noticing what is in the loo could save your life.

### See your doctor if:

- You experience persistent diarrhoea or constipation that is new for you and lasts for 6 weeks or more.
- You need to empty your bowels more often than usual
- You notice there is blood in your stools. Look in the loo bowl and check what's on your toilet paper.
- You have persistent and severe stomach pains, unexplained tiredness or unexpected weight loss.

For more information: Colon Cancer Concern 06708 506050 [www.coloncancer.org](http://www.coloncancer.org)

