

# Health & Wellbeing

April is



## Bowel Cancer Awareness Month

**Bowel Cancer UK** are the UK's leading bowel cancer charity. They are determined to save lives and improve the quality of life for all those affected by bowel cancer.

### Knowing the SYMPTOMS of bowel cancer could save your life:

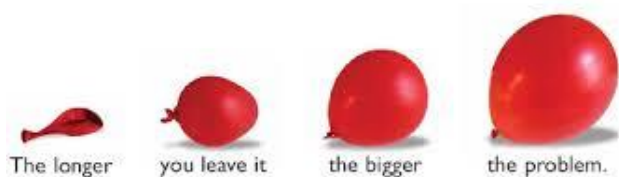
- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

Bowel cancer is very treatable but the earlier it is diagnosed, the easier it is to treat. People whose cancer is diagnosed at an early stage have a much higher chance of successful treatment than those whose cancer has become more widespread.

### The FACTS:

- Bowel cancer is the 4<sup>th</sup> most common cancer in England and the 2<sup>nd</sup> biggest cancer killer
- Every year over 34,000 people are diagnosed with bowel cancer in the country and around 13,000 people die from the disease.
- The number of deaths from bowel cancer has been falling since the 1970s due to earlier diagnosis and better treatment.

Look out for the early signs of bowel cancer.



### Reducing the risk:

Scientists believe around half (54%) of all bowel cancers could be prevented by having a healthier lifestyle. For information on reducing the risk of bowel cancer, go to:

<https://www.bowelcanceruk.org.uk/about-bowel-cancer/risk-factors/reducing-your-risk/>

If you, or a family member, are concerned about bowel cancer you can contact one of the specialist nurses at **Bowel Cancer UK** by emailing [nurse@bowelcanceruk.org.uk](mailto:nurse@bowelcanceruk.org.uk).

Alternatively, you can call **Bowel Cancer UK** on **020 7940 1760**