Bowel Cancer

Know the Facts Not the Myths

- Bowel cancer is also known as colorectal cancer. Poor diet, lack of exercise and obesity are all linked to bowel cancer. Fewer than 1 in 10 cases are due to an inherited gene.

- Each year in the UK 36,700 people are diagnosed with bowel cancer, with 16,000 dying of it each year, making it the second leading cause of cancer deaths.

- Over 90% of cases can be completely cured if diagnosed early and treated in time.

- It is the third most common cancer in the UK and the second leading cause of cancer deaths.

- 8 out of 10 people who get bowel cancer are over 60.
NHS BOWEL SCREENING PROGRAMME (UK)

Men and women are offered screening every two years between the ages of 60 and 69. A testing kit is posted out automatically. The bowel screening programme is still quite new, so if you haven’t received a kit yet, your area may still be ‘catching up’ with all those over 60. People over the age of 70 can request a kit by calling 0800 707 6060.

Know your Symptoms

- Bleeding from the back passage
- Ongoing diarrhoea or constipation
- When you’ve emptied your bowels you still feel you need to go
- Extreme tiredness
- Lump or pain in abdomen or rectum
- Change in bowel habits
- Anaemia - unexplained
- New or different signs or symptoms
- Continuing pain or ache in the tummy
- Energy levels low, tiredness
- Reduced appetite and / or weight loss

There could be other reasons for these signs and symptoms, but if you have ticked ANY make an appointment with your GP or nurse to have them checked out.

NHS South of Tyne and Wear is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public. This information can be made available in another format or language on request. Please contact the Communications and PR Team. Tel: 0191 529 7118 Email: mopil@sotw.nhs.uk. Production date: 30.04.09. Author: Health Improvement Practitioner Community Action. Code: 0409/162