

Your Health

BOWEL CANCER AWARENESS

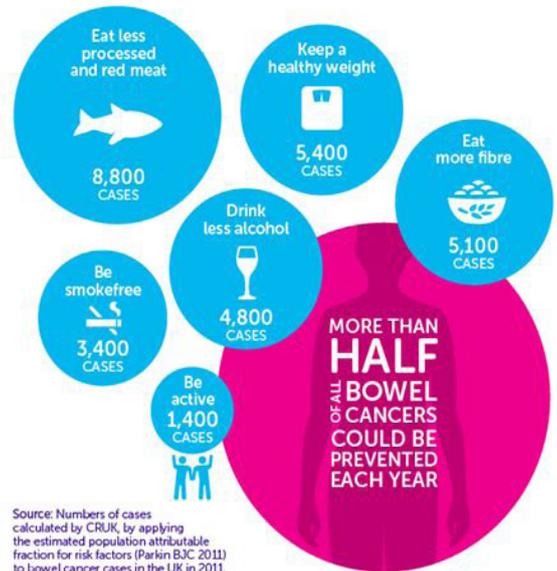
What is bowel cancer? It means cancer that starts in the colon (large bowel) or back passage (rectum). It is also known as colorectal cancer.

Who is at risk?

- Bowel cancer is more common in older people. Six in ten bowel cancer cases in the UK each year are in people 70 or over.
- Those with a parent, brother/sister, son/daughter diagnosed with bowel cancer.
- Growths in the bowel, “polyps” or “adenomas”, while not cancerous can develop into cancer over time.
- Having ulcerative colitis and Crohn’s disease increases your risk of bowel cancer by up to 70%.
- You have an increased risk if you have already had a bowel cancer in the past.
- People with diabetes, gallstones or acromegaly have an increased risk of bowel cancer.
- People with Human papilloma virus (HPV) or helicobacter pylori (H pylori) have an increased risk.
- 10% of bowel cancers in the UK are linked to drinking alcohol.
- 13% of bowel cancers in the UK are linked to being overweight or obese.
- Eating too much red and processed meat and/or eating too little fibre is linked to bowel cancer.

SIX WAYS TO REDUCE YOUR RISK OF BOWEL CANCER...

...AND THE NUMBER OF UK CASES THAT COULD BE PREVENTED



LET'S BEAT CANCER SOONER.
cruk.org



New, easy screening tool available

Detecting disease before symptoms appear means it's easier to treat and there is a better chance of survival. A new improved home test kit for screening is available from April 2018 called a FIT test, which is used to detect and quantify the amount of human blood in a single stool sample. An abnormal result requires further investigation. The FIT test is easy!

- It only needs single sample
- It's more sensitive so detects abnormalities more easily
- No need for repeat tests.

It's offered for those in England aged 60-74, Scotland 50-74 and in Wales from 2019.

Possible symptoms

- Bleeding from the back passage (rectum) or blood in your poo
- A change in your normal bowel habit
- A lump your doctor can feel in your back passage or abdomen,
- A feeling of needing to strain in your back passage (as if you need to poo), even after opening your bowels
- Losing weight
- Pain in your abdomen or back passage
- Tiredness and breathlessness.

See your doctor if you notice a change that isn't normal for you or if you have any of the possible signs and symptoms of cancer.



Red meat – such as beef, lamb and pork – is a good source of protein, vitamins and minerals and can form part of a balanced diet. But eating a lot of red and **processed meat** probably increases your risk of bowel cancer. That's why it's recommended that people who eat more than 90g (cooked weight) of red and processed meat per day cut down to 70g, as this could help reduce your risk of bowel cancer.

- If you eat more than 90g of red/processed meat a day try to reduce your intake to 70g a day. You can do this by eating smaller portions, eating these less often or swapping them for alternatives.
- If you eat more than 90g of red and processed meat on a certain day, you can eat less the following days or have meat-free days so that the average amount you eat each day is no more than 70g.

WORLD HEALTH DAY 2018 - UNIVERSAL HEALTH

This year's message is about Universal Health Coverage (UHC) - ensuring all people can get quality health services, where and when they need them, without suffering financial hardship.

- No one should have to choose between good health and other life necessities.
- UHC is key to people's and nations' health and well-being.
- UHC means that all people and communities receive the health services they need without suffering financial hardship.
- Everyone can play a part in the path to UHC, by taking part in a UHC conversation.