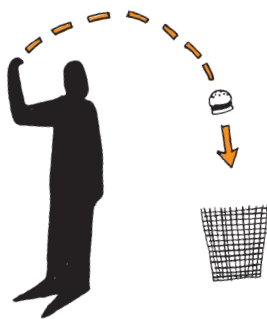


Check how to reduce your risk

- ✓ Get to know your normal bowel habit so that you can recognise sudden changes
- ✓ Be aware of your family cancer history
- ✓ Keep to a healthy weight by exercising regularly



- ✓ Eat at least 5 portions of various fruit and vegetables every day and eat plenty of wholegrain foods, e.g. brown bread and brown rice, to keep up your fibre levels
- ✓ Limit the red meat you eat to a maximum of 500g in a week, or one 80g portion per day
- ✓ Keep saturated fat to a minimum
- ✓ Drink 6-8 glasses of water a day to avoid constipation
- ✓ Don't drink more than the recommended maximum alcohol limit: 21 units a week for men (approximately 7 pints of lager) and 14 for women (approximately 7 small glasses of wine)
- ✓ Stop smoking



www.checkit.org.uk

Check out Bowel Cancer UK

Bowel Cancer UK aims to save lives by raising awareness of bowel cancer, campaigning for best treatment and care and providing practical support and advice

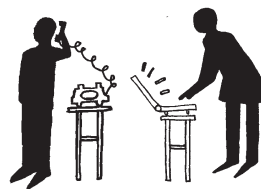
Our specialist nurses give advice on bowel cancer symptoms, screening, treatments and prevention via our confidential telephone and email support service

**CONCERNED ABOUT BOWEL CANCER?
CALL THE BOWEL CANCER ADVISORY SERVICE
FREEPHONE 0800 8 40 35 40
advisory@bowelcanceruk.org.uk**

Send us your cheques!

Bowel Cancer UK is funded entirely by generous donations and grants from individuals and organisations who share our passion to save lives from bowel cancer.

If you would like to support our work, please send a donation to the address below, go online at www.bowelcanceruk.org.uk/home/support-us/donate, or call our fundraising team on 020 7381 9711



Contact us:

England

Bowel Cancer UK
7 Rickett Street
London SW6 1RU

Tel: 020 7381 9711
Fax: 020 7381 5752

Or email: checkit@bowelcanceruk.org.uk

Registered charity number: 1071038

Information correct as at date of publication (April 2009)

Scotland

Bowel Cancer UK
20 Queen Street
Edinburgh EH2 1JX

Tel: 0131 225 5333
Fax: 0131 225 2206

www.checkit.org.uk

Concerned about bowel cancer? check it



Symptoms ✓

Risks ✓

Screening ✓

Prevention ✓

Bowel Cancer UK
raising awareness, saving lives



www.checkit.org.uk

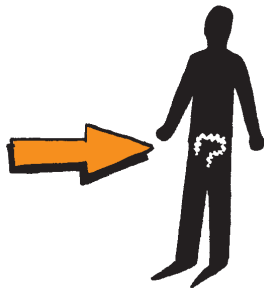
Check the facts

- ✓ More than 36,500 men and women are diagnosed with bowel cancer in the UK every year, making it the third most common cancer; that's someone every 15 minutes
- ✓ Bowel cancer is the second most common cause of cancer death in the UK and more than 16,000 people die each year; that's someone every 30 minutes
- ✓ If diagnosed early, bowel cancer is highly treatable



Check what happens in the bowel

- ✓ Your bowel – also known as the large intestine – is part of the digestive system
- ✓ It soaks up water from the food and drink we consume
- ✓ The bowel turns the food we eat into waste and gets rid of it
- ✓ It is about 1.5 metres long, 6.5 cm wide and contains a hundred trillion bacteria



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Check the symptoms

- ✓ A change in your normal bowel habit lasting four weeks or more
- ✓ Bleeding from the bottom and/or blood in your poo
- ✓ Extreme, unexplained tiredness
- ✓ A pain and/or lump in your abdomen (belly)

If you are concerned about any symptoms, call the Bowel Cancer Advisory Service on:

0800 8 40 35 40

- ✓ Remember: most symptoms do not turn out to be bowel cancer

Check the risks

- ✓ **Age:** 97% of all diagnoses are in people over the age of 50
- ✓ **Polyps:** bowel polyps (growths) which are left untreated have a risk of becoming cancerous if they multiply or grow beyond a certain size
- ✓ **Family history:** if one or more first degree relatives (parent, brother or sister) were diagnosed with bowel cancer before the age of 45, there is a possibility the condition is hereditary

www.checkit.org.uk

✓ Diet, lifestyle and weight:

- It is estimated that 43% of bowel cancer cases could be prevented if people ate more healthily, did regular exercise and avoided being overweight
- A diet high in red and processed meat (e.g. beef, pork, bacon, sausages, burgers), saturated fat (e.g. in butter, cheese, cakes) and low in fibre from a lack of fruit and vegetables may also increase the risk of bowel cancer
- Drinking alcohol to excess and smoking also increases the risk of bowel cancer

- ✓ **Existing conditions:** having a bowel disease (such as ulcerative colitis and Crohn's disease) or type II diabetes may increase the risk of developing bowel cancer

Check if you are eligible for screening

- ✓ The screening programme involves taking a test at home which can identify blood in your stool (poo). For more information about the test, visit the bowel cancer section on www.bowelcanceruk.org.uk or call the Bowel Cancer Advisory Service on 0800 8 40 35 40



- ✓ Bowel screening is gradually being rolled out across the UK: for 60-69 year olds in England and Wales and 50-74 year olds in Scotland. Northern Ireland begins screening in late 2009
- ✓ Make sure you have joined your local doctors' surgery, so that when you reach the correct age and when it is available in your area you will get an invitation to take part in screening
- ✓ In England, the over-70s can request to take part in the screening programme when it is available in their area

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