

## **Bowel Cancer UK Animation Transcript**

Bowel cancer occurs in the large bowel, which is made up of the colon and rectum.

It's also known as colorectal cancer.

Bowel cancer is the fourth most common cancer in the UK.

More than 42,000 people are diagnosed in the UK every year.

The majority of people who are diagnosed with the disease are over 50, but it can affect people of all ages.

Bowel cancer is also the second biggest cancer killer in the UK, with more than 16,000 people dying annually.

But it shouldn't be this way, as the disease is treatable and curable, especially if diagnosed early.

Do you know the most common symptoms of bowel cancer?

Knowing them could help save your life.

The most common symptoms of bowel cancer include:

- 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 and / or lump in your tummy

If you have any of these symptoms, don't be embarrassed and don't ignore them. Make an appointment with your GP to talk about any concerns.

Most people with these symptoms don't have bowel cancer, but if you have one or more, or if things don't feel right, visit your GP.

We don't know what causes most bowel cancer cases.

Scientists say that around half of bowel cancers are preventable through having a healthier lifestyle. This includes getting plenty of fibre in your diet, avoiding processed meat, and keeping yourself at a healthy weight. Increasing your physical activity is also a great idea.

Nine out of ten people diagnosed at the earliest stage will survive bowel cancer, but this drops significantly as the disease develops.

At stage 4, only 1 in 10 will survive bowel cancer.

That's why it's so important to visit your GP about any symptoms, and to also complete your bowel cancer screening test when invited to do so.

Depending on where you live in the UK, between the ages of 50-60 you'll be sent your first bowel cancer screening test in the post.

Bowel cancer screening aims to find signs of the disease early before any symptoms appear, when treatment has the best chance of working.

The test is quick and easy to do in the privacy of your own home, and requires you to collect a small sample of poo.

After completing your test, place it in the return envelope and send it off.

You'll receive your result through the post within a couple of weeks.

Bowel Cancer UK is the UK's leading bowel cancer charity.

We provide expert information and support for everyone affected by bowel cancer.

We campaign for early diagnosis and access to best treatment and care across the UK.

We support and fund targeted research, and educate the public and healthcare professionals about the disease.

Our vision is a future where nobody dies of bowel cancer.

Our website provides a wide range of information and support

including publications that can be downloaded free-of-charge.

You can also use our website to access our online forum and virtual peer support groups

And our experts can support you with any questions you have about bowel cancer.

Bowel Cancer UK relies almost entirely on donations, and there are lots of ways you can help make sure our work reaches more people affected by bowel cancer.

Join us.

For more information visit [bowelcanceruk.org.uk](http://bowelcanceruk.org.uk)