

# The facts about bowel cancer

**Bowel cancer is the UK's second biggest cancer killer, but it shouldn't be.**

Bowel cancer is treatable and curable, especially if diagnosed early.

Nearly everyone diagnosed at the earliest stage will survive bowel cancer, but this drops significantly as the disease develops.

## Symptoms to look out for



Bleeding from your bottom and/or blood in your poo



A change in bowel habit lasting three weeks or more



Extreme tiredness for no obvious reason



A pain or lump in your tummy



Unexplained weight loss

**Most people with these symptoms don't have bowel cancer. But if you have one or more of these, or if things just don't feel right, go and see your doctor.**

## Scottish Bowel Screening Programme

Bowel cancer screening could save your life.

Screening can detect tiny amounts of blood in poo, which can't normally be seen.

If you are 50–74 you will receive a screening test in the post every two years.

For more information call the bowel screening helpline for Scotland on **0800 0121 833**

Find out more at [bowelcanceruk.org.uk/screening](http://bowelcanceruk.org.uk/screening)

## You are more at risk if you:

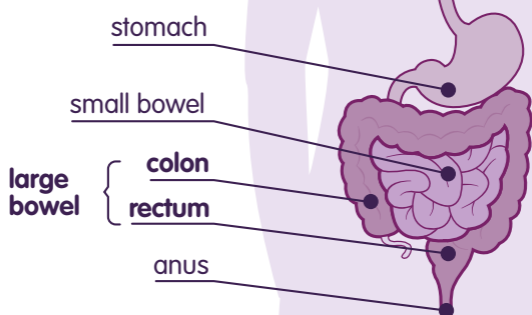
- are **over 50**
- have a **strong family history of bowel cancer**
- have a history of **non-cancerous growths (polyps) in your bowel**
- have **longstanding inflammatory bowel disease** e.g. Crohn's disease or ulcerative colitis
- have **type 2 diabetes**
- have an **unhealthy lifestyle**

## You can reduce your risk by:

- **avoiding** processed meat and **limiting** red meat
- taking action to be a **healthy body weight**
- being more **physically active** in everyday life
- eating plenty of **wholegrains, pulses, veg and fruit**
- **limiting** your intake of alcohol
- **stopping smoking**
- using your **bowel screening test kit – don't ignore it**

## Your bowel is part of your digestive system

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



Registered Charity Number (England & Wales) 1071038. Scottish Charity Number SCO40914.

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

[bowelcanceruk.org.uk](http://bowelcanceruk.org.uk)

 /charitybcuk

 @Bowel\_Cancer\_UK

