



Bowel Cancer UK
Beating bowel cancer together

The facts about bowel cancer

Bowel cancer is the second biggest cancer killer in Wales.

However, it shouldn't be because it is treatable and curable especially if diagnosed early.

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

Symptoms to look out for



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 or lump in your tummy

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.

Bowel Screening Wales

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 60-74 you will receive a screening test in the post every two years.

For more information call the bowel screening helpline for Wales on **0800 294 3370**.

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

You are more at risk if you:

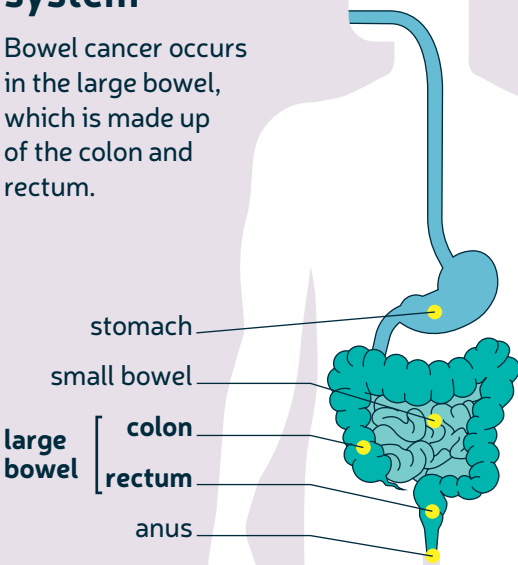
- are **over 50**
- have a **strong family history of bowel cancer**
- have a history of **non-cancerous growths (polyps) in your bowel**
- have **longstanding inflammatory bowel disease**, for example Crohn's disease or ulcerative colitis
- have **type 2 diabetes**
- have an **unhealthy lifestyle**

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, vegetables and fruit**
- **limiting** your intake of alcohol
- **stopping smoking**
- using your **bowel cancer 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 charity. We're determined to save lives and improve the quality of life of everyone affected by the disease.

 @bowelcanceruk

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bowelcanceruk.org.uk

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