



Bowel Cancer^{UK}

The facts about bowel cancer

Bowel cancer is the fourth most common cancer in England

It's treatable and curable, especially if diagnosed early.

Nearly everyone survives bowel cancer if it's diagnosed at the earliest stage.

However, survival drops significantly as the disease progresses.

Symptoms to look out for



Bleeding from your bottom and/or blood in your poo



A persistent and unexplained change in bowel habit



Extreme tiredness for no obvious reason



Unexplained weight loss



A pain or lump in your tummy

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

You may need to visit your doctor more than once if your symptoms don't get better.

NHS Bowel Cancer Screening Programme

Bowel cancer screening could save your life.

Screening can find tiny amounts of blood in poo, which you can't normally see.

If you're 60-74 you will receive a screening test in the post every two years. The age that people are invited to take part is changing, so you may get a test before you turn 60.

Bowel screening helpline for England:
0800 707 6060.

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

You are more at risk if you:

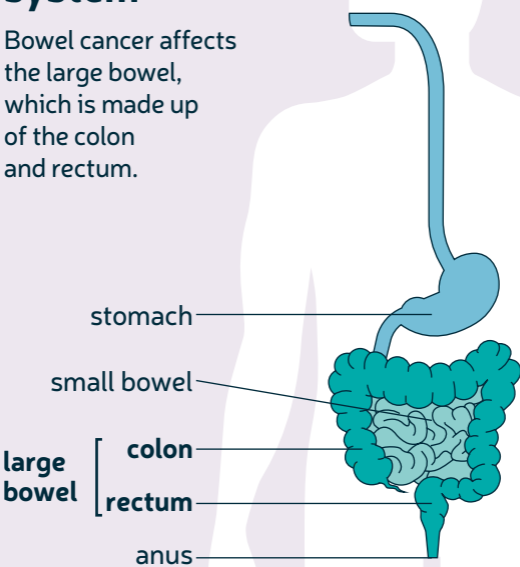
- have a strong family history of bowel cancer
- have a history of non-cancerous growths (polyps) in your bowel
- are over 50, but it can affect anyone of any age
- have longstanding inflammatory bowel disease, for example Crohn's disease or ulcerative colitis
- have type 2 diabetes
- have an unhealthy lifestyle – see below for ways to be more healthy

You can reduce your risk by:

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

Your bowel is part of your digestive system

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



Registered Charity Number 1071038 (England and Wales) and SC040914 (Scotland)

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](https://www.bowelcanceruk.org.uk)

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