

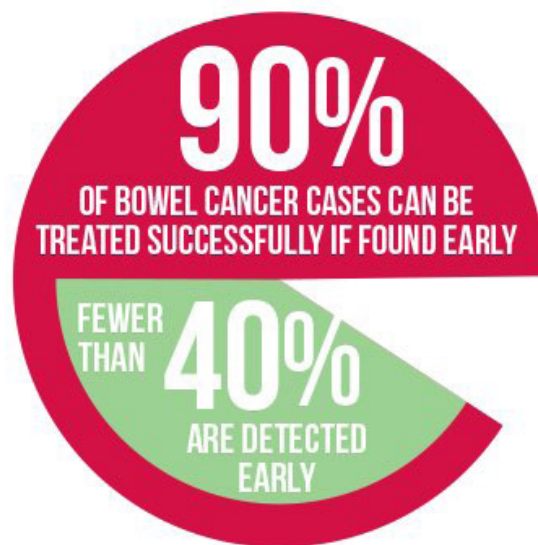


BOWEL CANCER AWARENESS

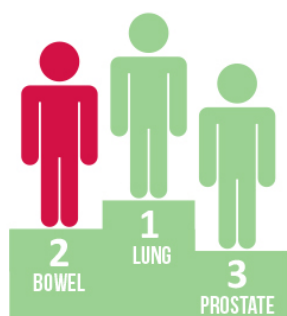
“Bowel cancer is Australia’s second biggest cancer killer. It is preventable, treatable and beatable if detected early.”

Statistics

Australia has one of the highest rates of bowel cancer in the world, with 14,962 Australians told they have bowel cancer each year (including 1,313 people under the age of 50). It is the third most common type of newly diagnosed cancer in Australia, claiming 4,071 lives every year. Bowel cancer is the 6th leading cause of death in Australia.



2ND BIGGEST CANCER KILLER



BOWEL CANCER RISK INCREASES WITH AGE



Prevention

- 1) Be physically active.
- 2) Enjoy a high fibre diet (fruit, vegetables, wholegrains, legumes, nuts and seeds).
- 3) Limit consumption of red and processed meats.
- 4) Limit alcohol consumption.
- 5) Achieve and maintain a healthy weight (particularly around the waist).
- 6) Be smoke-free.
- 7) Participate in regular bowel cancer screening after 50 years of age, or 45 years if you have a family history.

Risk Factors

- 1) Age: risk rises sharply and progressively from the age of 50.
- 2) Family history of bowel cancer.
- 3) Personal history of cancer of the colon, rectum, ovary, endometrium, or breast.
- 4) History of polyps in the colon.
- 5) History of ulcerative colitis (ulcers in the lining of the large intestine) or Crohn’s disease.

