

HEALTH TIP

JUNE

BOWEL CANCER AWARENESS MONTH

2015



BOWEL CANCER AWARENESS MONTH - SAVING LIVES THROUGH EARLY DETECTION

Bowel Cancer Awareness Month is an annual initiative of Bowel Cancer Australia running throughout the month of June, to raise public awareness of a disease that claims the lives of 77 Australians every week.

Bowel cancer is the second most common type of newly diagnosed cancer in Australia and is Australia's second biggest cancer killer after lung cancer. Regardless of age, gender and family history, from age 50, all Australians are at increased risk. Screening every 1-2 years with a simple at home test can help prevent bowel cancer.

BOWEL CANCER SIGNS AND SYMPTOMS

- Persistent changes in usual bowel habits
- Blood in the bowel movement
- Severe abdominal pain
- Unexplained weight loss

PREVENTION

Modifiable risk factors for bowel cancer include:

- Engaging in regular physical activity
- Having a diet high in fibre
- High intake of vegetables and fruit
- Maintaining a healthy body weight and waist measurement
- Eating less red meat and processed meat
- Low alcohol intake
- Limited intake of animal fats, processed fats and sugars in the diet



GET INVOLVED IN BOWEL CANCER AWARENESS MONTH

- Sell Awareness ribbons – purchase a box from the Bowel Cancer Australia website
- Fundraising – organise an event such as a casual day at work, a morning tea or a lunch
- Register to become a volunteer for Bowel Cancer Awareness Month
- Make a donation online - <https://www.bowelcanceraustralia.org/donate>

Source: <https://www.bowelcanceraustralia.org>

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