

# HEALTH TIP

JUNE

BOWEL CANCER AWARENESS

2016



Bowel cancer is the **second most common cause of cancer deaths** in Australia, and while it kills more Australians each year than breast or prostate cancer, early detection through screening can improve survival rates. 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.

## Aged Over 50?

Bowel cancer risk rises sharply and progressively from the age of 50, with the majority of those diagnosed at 50 years of age or older. Utilise the free home bowel screen kit you receive in the mail, or order one online from [jodileefoundation.org.au](http://jodileefoundation.org.au)

## 49 and under?

Bowel cancer isn't just an old person's disease. Changes to diet and physical activity could potentially reduce the incidence of bowel cancer by **up to 75%** so it is important to be aware of what can be done to help reduce the risk.

**BOWEL SYMPTOMS?  
SEE YOUR GP**

BLOOD IN THE  
BOWEL MOVEMENT

UNEXPLAINED  
WEIGHT LOSS

PERSISTENT CHANGE  
IN BOWEL HABIT

SEVERE ABDOMINAL PAIN



**90%**  
OF BOWEL CANCER CASES CAN BE  
TREATED SUCCESSFULLY IF FOUND EARLY

FEWER  
THAN **40%**  
ARE DETECTED  
EARLY

## Know Your Risk

- **Find out your family history**
- **Know the symptoms to look out for**
- **See your doctor if you are concerned or notice any unusual symptoms**
- **Get screened regularly (every 1 - 2 years for over 50's)**

## Decrease Your Risk

- **Exercise regularly**
- **Eat at least 5 serves of vegetables every day**
- **Eat a fibre-rich diet, including legumes and wholegrains**
- **Limit processed foods high in salt, sugar and trans fats**



Sources: [bowelcanceraustralia.org](http://bowelcanceraustralia.org), [redappleday.org](http://redappleday.org)

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