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

**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.

**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

**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)

Sources: bowelcanceraustralia.org, redappleday.org

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**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**

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**22ND JUNE IS RED APPLE DAY**

bowelcancerawarenessmonth.org

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