

PREVENTING BOWEL CANCER

IN YOUR WORKPLACE

JODI'S STORY



THE TRUTH ABOUT BOWEL CANCER



**SECOND LEADING CAUSE OF
CANCER RELATED DEATHS**



ONE DEATH EVERY TWO HOURS



**IF DETECTED EARLY UP TO
99% OF BOWEL CANCERS CAN
BE SUCCESSFULLY TREATED**

OUR MISSION

TO EMPOWER AUSTRALIANS TO TAKE ACTIVE
STEPS TO PREVENT BOWEL CANCER

JODI LEE
FOUNDATION

PREVENTING
BOWEL ~~CANCER~~



PREVENTING BOWEL CANCER

B

**BE HEALTHY
& ACTIVE**

E

**EXPLORE YOUR FAMILY
HISTORY**

A

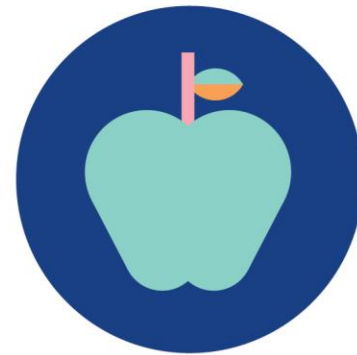
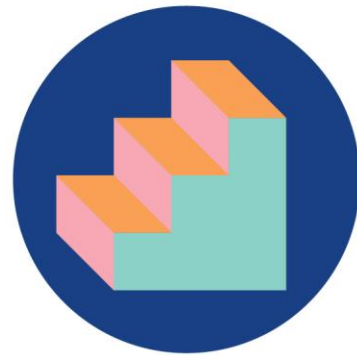
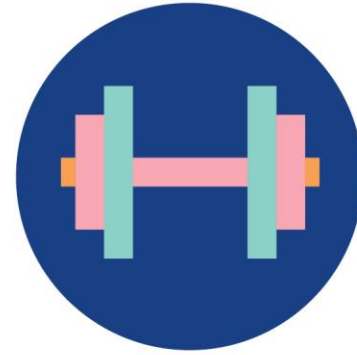
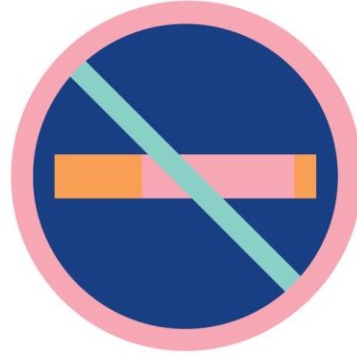
**ACT ON
SYMPTOMS**

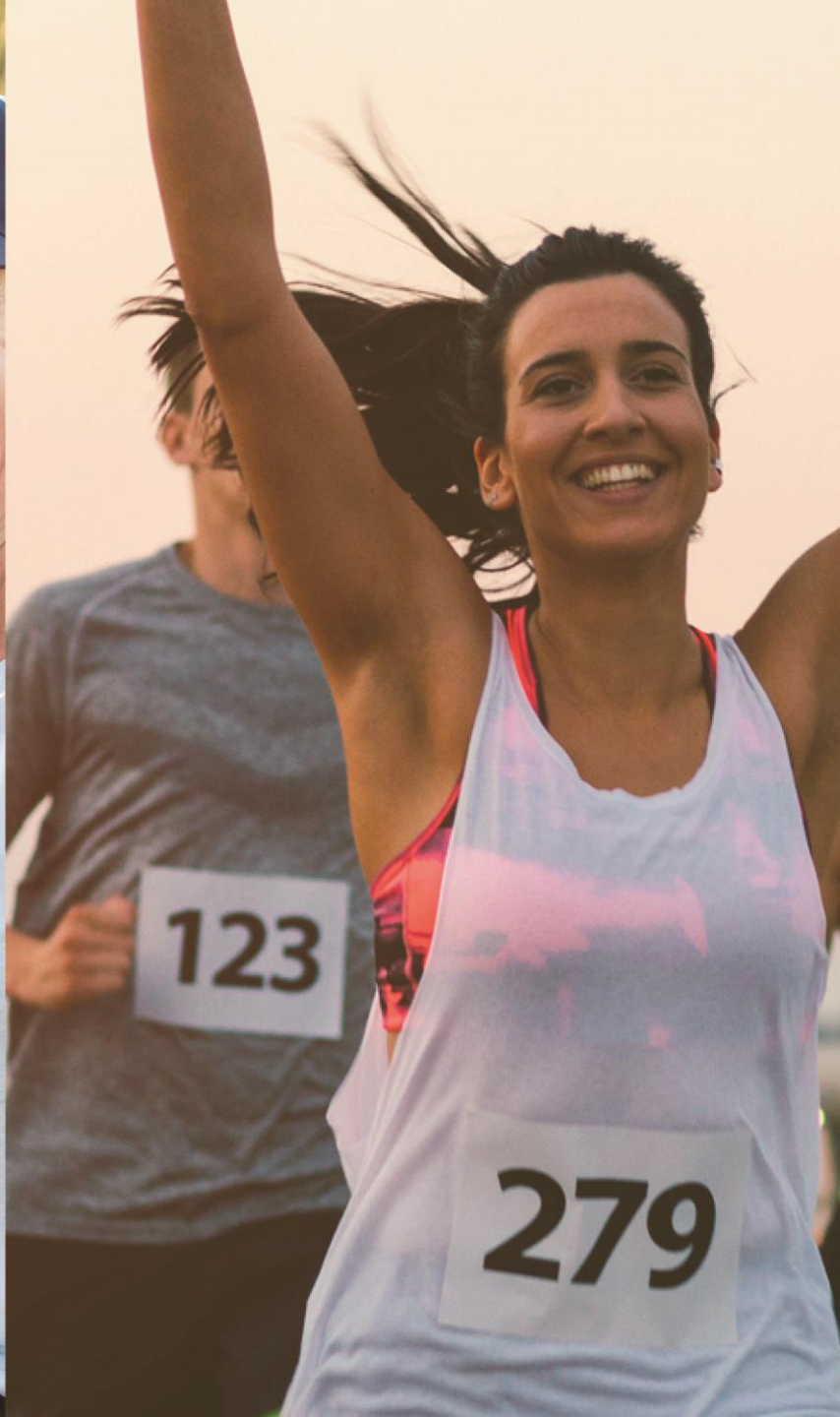
T

**TAKE A
SCREENING TEST**

B

BE HEALTHY & ACTIVE





E

**EXPLORE
YOUR
FAMILY
HISTORY**

KNOW YOUR RISK

1x

3x

**ONE FIRST
DEGREE
RELATIVE**

6x

**TWO FIRST
OR SECOND DEGREE
RELATIVES**



KNOWYOURRISK.ORG.AU

A

ACT ON SYMPTOMS

- **BLEEDING FROM YOUR BOTTOM OR BLOOD IN YOUR BOWEL MOVEMENTS, EVEN IF ONLY OCCASSIONAL SHOULD NEVER BE IGNORED**
- **A CHANGE IN BOWEL HABITS THAT LASTS LONGER THAN TWO WEEKS**
- **UNEXPLAINED FEELING OF TIREDNESS OR WEIGHT LOSS**
- **FREQUENT GAS, BLOATING, FULLNESS OR CRAMPS**

TRUST YOUR GUT

SYMPTOM CHECKER

BASED ON CURTIN UNIVERSITY RESEARCH BY DR D SRIRAM AND COLLEAGUES

IF YOU TICK ANY OF THESE BOXES, MAKE AN APPOINTMENT WITH YOUR GP

Diarrhoea

Constipation

Alternating diarrhoea and constipation

Discharge from your bottom

Swelling, a lump or other discomfort in your bottom

TICK ALL THAT APPLY

☐
☐
☐
☐
☐
☐

TICK IF LONGER THAN

☐
☐
☐
☐
☐

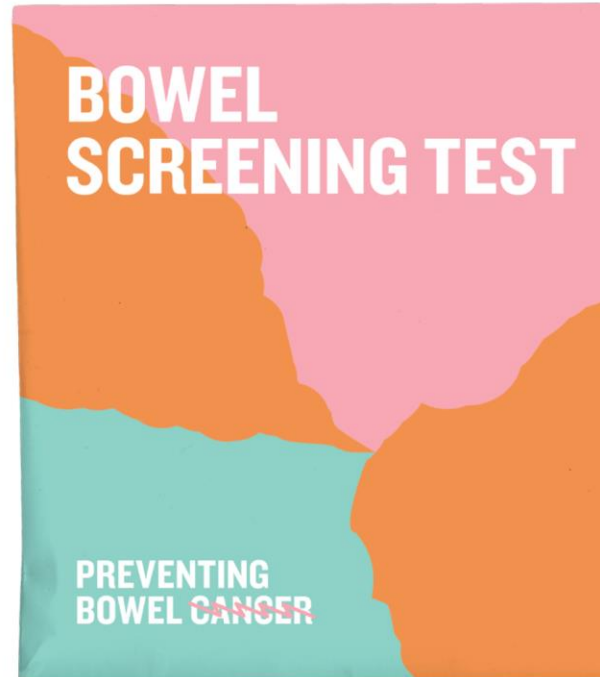
INFORMATION ABOUT THE SYMPTOMS FOR YOUR GP

YES ☐ NO ☐

YES ☐ NO ☐

YES ☐ NO ☐

T TAKE A SCREENING TEST



THE JLF TREK VIC

APOLLO BAY
15 & 16 OCTOBER
2021



PLEASE ACT

JODI LEE
FOUNDATION

JODILEEFFOUNDATION.ORG.AU

