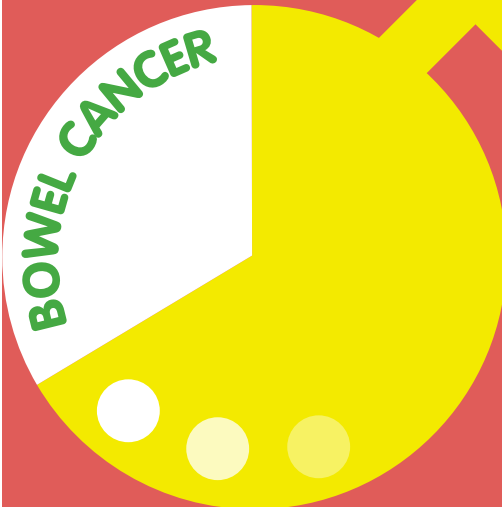
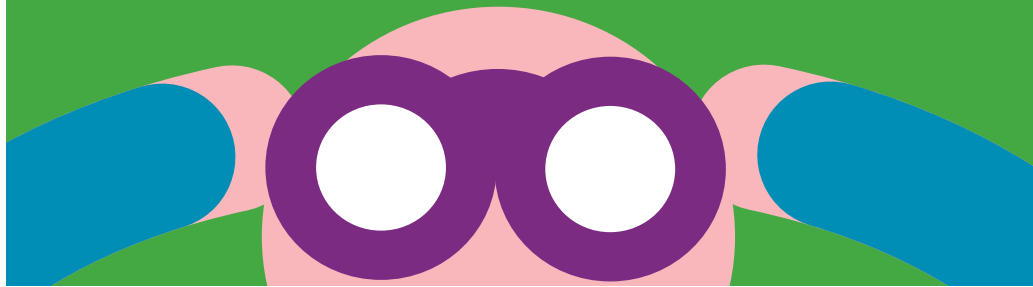


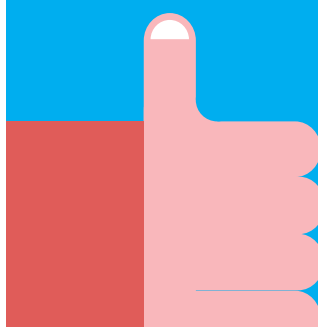
THIRD MOST COMMON CANCER IN MEN



WHAT TO LOOK OUT FOR Bleeding from the bottom and/or blood in your poo A change in bowel habit lasting 3 weeks or more Unexplained weight loss Extreme tiredness for no obvious reason A pain or lump in your tummy.



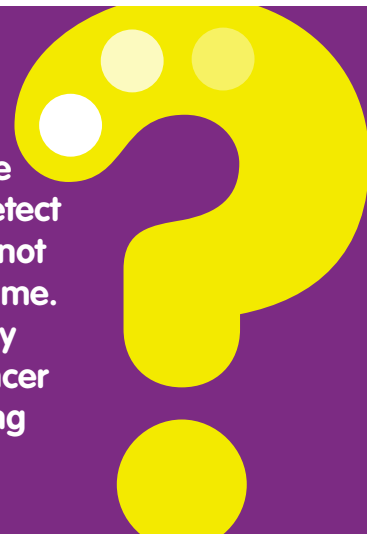
REDUCE YOUR RISK Cut down on red and processed meats Keep to a healthy weight and exercise regularly Eat 5 portions of fruit and veg every day Stop smoking Try to limit your alcohol intake (14 units for women, 21 units for men) Take Part in bowel screening when invited.



ABOUT 900 CASES
OF BOWEL CANCER
EACH YEAR. COMMON
AT ANY AGE BUT MAINLY
A CANCER FOR THE
OVER 50s

WHY SCREEN FOR BOWEL CANCER?

Bowel cancer screening aims to detect bowel cancer at an early stage (in people with no symptoms) when treatment is more likely to be effective. Screening can also detect polyps. Polyps are clumps of cells that are not cancer but may develop into cancer over time. If polyps are picked up early they can easily be removed reducing the risk of bowel cancer developing. Regular bowel cancer screening has shown to reduce the risk of dying from bowel cancer by 16%.



IT IS VERY TREATABLE IF
DIAGNOSED EARLY



**WHO IS SCREENING
AIMED AT?** Screening
every two years to all men
and women aged 60 to 71.

People in this age group will automatically be sent an invitation and a screening kit so they can do the test at home. Your GP will provide your contact details so it is important that he or she has your correct name and address. After your first screening you will be sent another invitation and screening kit every two years for as long as you remain within the screening age group.