

Reducing the risk of bowel cancer

There are some things that affect our risk of bowel cancer that we are not able to change such as; our age, gender and ethnic background. But we can reduce our risk through some healthy lifestyle choices.



Cut down on red and processed meats



Keep a healthy weight and exercise regularly



Eat at least 5 portions of fruit and vegetables every day



Don't smoke



Drink within guidelines. Men and women are advised not to regularly drink more than 14 units a week.

Spread your drinking over three days or more if you drink as much as 14 units a week.

54% of bowel cancer cases each year in UK are linked to major lifestyle and other risk factors.

Parkin et al. The fraction of cancer attributable to lifestyle and environmental factors in the UK in 2010. Br J Cancer 2011



South of Tyne NHS Bowel Cancer Screening Programme

For further information on screening
Freephone:

0800 707 6060

visit

www.cancerscreening.nhs.uk

www.qegateshead.nhs.uk/bowelscreening

Bowel cancer and screening

Getting to the bottom of it...



QE Gateshead
Quality and excellence in health

NHS

Gateshead Health NHS Foundation Trust
South Tyneside NHS Foundation Trust
City Hospitals Sunderland NHS Foundation Trust

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For starters

There are a few things we all need to know about bowel cancer.

Yes. The earlier we find Bowel cancer the easier it is to treat.

Yes. You can get screened for bowel cancer from age 55.

Yes if you have any symptoms you should see your GP straight away.

What to look out for:

If you notice any of these changes, tell your GP straight away.



Change in bowel habit lasting 3 weeks or more



Bleeding from your bottom or blood in your poo



Unexplained weight loss



Extreme tiredness for no obvious reason



A pain or lump in your tummy.

Screening

- Bowel cancer screening is available for men and women from age 55.
- To receive an automatic invitation you must be registered with a GP.
- Screening tests are carried out at an accredited centre; Gateshead QE Hospital, South Tyneside District Hospital or Sunderland Royal Hospital.
- For information on screening or to self-refer call Freephone **0800 707 60 60**

Age 55 years

Bowel Scope Screening

At 55 men and women get a letter inviting them for bowel scope screening. This one off test can help prevent bowel cancer or detect it early.

Bowel Scope

Bowel scope uses a camera to look inside the bowel.

By looking inside the bowel it can find and remove small growths called polyps that could, over time, develop into cancers.

The test takes about 15 minutes, with most people in and out of hospital within one hour.

Results are given on the day of the test. If any samples are taken these are analysed and the results given within a week.

If you missed out you can opt into the programme up until your 60th birthday. From the age of 60 screening is offered using the home test kit.

Age 60 years

Bowel Screening; using the home test kit

From 60, men and women are invited to complete a home test kit.

The home test kit asks you to collect tiny samples of poo. The kit looks for blood. (This blood may not be visible to the naked eye.) Blood is a possible early sign of cancer.

If blood is identified you are invited to discuss further tests, such as a colonoscopy.

Colonoscopy

Colonoscopy uses a camera to look inside the bowel. If any areas of concern are found samples can be taken for analysis.

The test takes approximately 40 minutes with most people in and out of hospital in 2 hours. After the test you are given initial results, with full results within a week.

The home test kit is offered automatically every two years until your 75th birthday. If you are over 75 you can still get a home test kit by contacting us every two years.

