

# 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. However, Cancer Research UK tell us that 54% of bowel cancers are preventable, linked to lifestyle factors such as diet, obesity, alcohol, smoking and physical inactivity. Therefore, we can reduce our risk through making some healthy lifestyle choices.



**Cut down on red and processed meats**



**Increase the fibre in your diet**

**Eat at least 5 portions of fruit and vegetables every day**



**Keep a healthy weight and exercise regularly** (government guidelines suggest 150 minutes of moderate physical activity a week)



**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 and have several drink free days each week.

For more information contact the **bowel cancer screening helpline:**

**0800 707 6060**

or visit

<https://www.gatesheadhealth.nhs.uk/services/bladder-bowel/screening/>

**Further support**

**Bowel Cancer UK**

<https://www.bowelcanceruk.org.uk/>

**Cancer Research UK**

<https://www.cancerresearchuk.org/>



Scan for more information

The South of Tyne Bowel Cancer Screening Centre is a collaboration with Gateshead Health NHS Foundation Trust and South Tyneside and Sunderland Foundation Trust, serving communities across Gateshead, Sunderland and South Tyneside.

M012c-JH-Apr23

# Bowel Cancer Screening

## Care starts at home

...and it's easy with the NHS bowel cancer screening kit



**South of Tyne Bowel Cancer Screening Centre**

**NHS**  
Gateshead Health  
NHS Foundation Trust

**NHS**  
South Tyneside and Sunderland  
NHS Foundation Trust

# Bowel Cancer

Bowel cancer is the fourth most common cancer in the UK.

The earlier we find bowel cancer, the easier it is to treat and the chances of survival are higher.

If you have any of the following symptoms they could be a sign of bowel cancer, so make an appointment to see your GP straight away.

## Changes to look out for:



Change in your bowel habits lasting 3 weeks or more



Bleeding from your bottom or blood or mucus in your poo



Unexplained weight loss



Extreme tiredness for no obvious reason



A pain or lump in your tummy.

# Bowel Cancer Screening Service

Bowel cancer screening is one of the best ways to detect bowel cancer at an early stage, when it is easier to treat and the outcomes are better. It can also detect changes in the bowel that could lead to cancer in the future.

Men and women aged between 56 and 74 (who are registered with an NHS GP) are invited to take part in bowel screening, using the home test kit.\*



You will receive the kit through the post every two years and complete it in the comfort of your own home.

The test, called the FIT (Faecal Immunochemical Test) kit will ask you to collect a tiny sample of poo. This sample is returned to us using the pre-paid envelope and is then tested for traces of blood, which may not be visible to the naked eye. Blood is a possible early sign of cancer.

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

If you're aged 75 and over, you can contact the bowel cancer screening helpline every 2 years to request a kit

**It's free, it's easy, no fuss!**

\* Our screening age is changing and will eventually include people from 50 years.

**Don't delay complete your kit today!**

“Screening was a positive experience, I'm pleased I had the test.”

Robin

## 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.

“My test removed polyps I never knew I had.”

Peter