



What should I look out for?

It is important to know what is normal for you so that you can spot any changes.

If you notice any of these symptoms and they last longer than four to six weeks, tell your doctor:

- bleeding from the bottom without any obvious reason or blood in your poo
- a persistent change in bowel habit to looser or more frequent bowel motions
- tummy pain, especially if severe
- a lump in your tummy.

These symptoms are unlikely to be caused by cancer but it is better to play safe.

The Bobby Moore Fund

Bobby Moore, who will always be remembered for captaining England to World Cup glory in 1966, tragically died of bowel cancer, aged just 51. The Bobby Moore Fund was established by Stephanie Moore MBE, in partnership with Cancer Research UK, in 1993. It aims to fund cutting edge bowel cancer research and raise awareness of the high risk symptoms of bowel cancer. For more information, please visit www.bobbymoorefund.org



Screening saves lives

Bowel screening is used to check for early signs of bowel cancer by looking for hidden traces of blood in your stools.

There is a national bowel screening programme for older men and women. They will receive a screening kit that can be used at home. Samples are sent away for testing.

- In Scotland, people aged 50–74 are offered screening.
- In England, Wales and Northern Ireland, people aged 60–69 are offered screening.
- In England the screening age is being extended to 75.

In England, if you are older than this you won't automatically receive a screening kit, but you can still take part in bowel cancer screening. You can call freephone **0800 7076060** to request a free kit.

When bowel cancer is caught early treatment is simpler and more effective.

For more information about the bowel screening programme visit www.spotcancerearly.com

Further information

For more about screening and the signs and symptoms of cancer visit www.spotcancerearly.com

For more about cancer visit our patient information website www.cancerhelp.org.uk

If you want to talk in confidence about cancer, call our information nurses on freephone **0808 800 4040**.

Our health messages are based on scientific evidence. Find out more at www.cancerresearchuk.org/health

All our leaflets are thoroughly researched and based on the most up-to-date scientific evidence. They are reviewed externally by independent experts and updated regularly. You can order our full range of leaflets free online at www.cancerresearchuk.org/leaflets

About Cancer Research UK

Cancer Research UK is the world's leading charity dedicated to research into the prevention, diagnosis and treatment of cancer. If you would like to support our work, please call **020 7121 6699** or visit our website www.cancerresearchuk.org

Together we will beat cancer

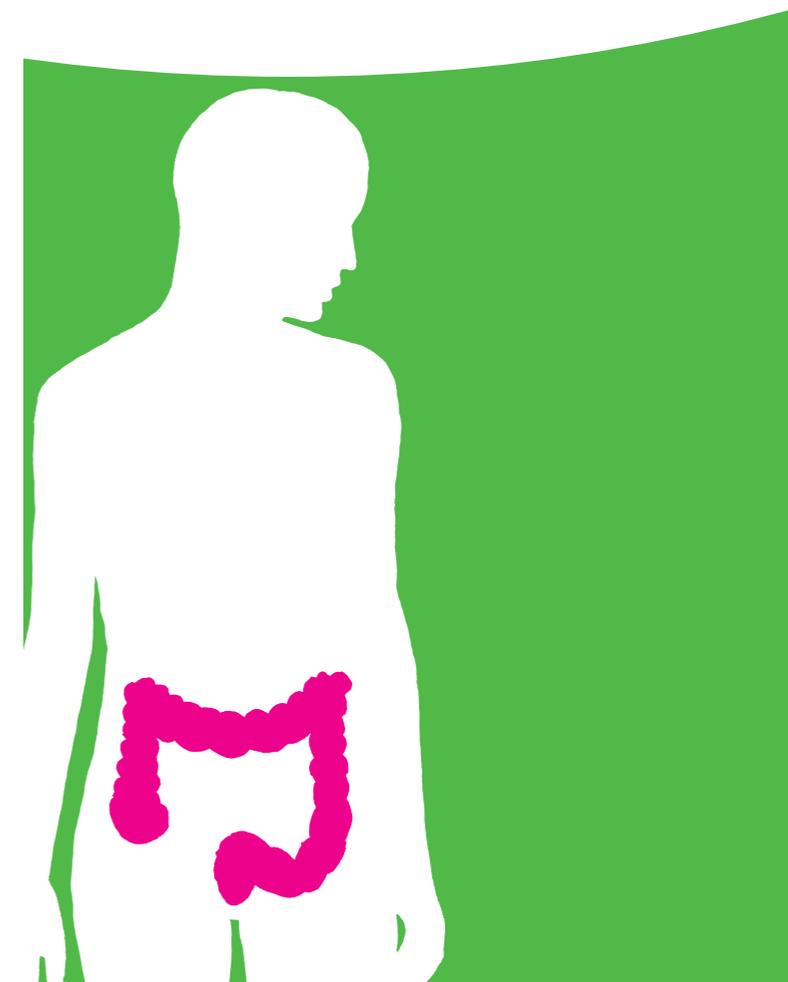
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Preventing bowel cancer and spotting the symptoms early



Bowel cancer facts

Bowel cancer is the third most common cancer in the UK, after breast and lung cancer. More than 38,000 people are diagnosed with the disease each year. It affects both men and women.

If diagnosed at the earliest stage, over nine out of 10 people will survive for more than five years.

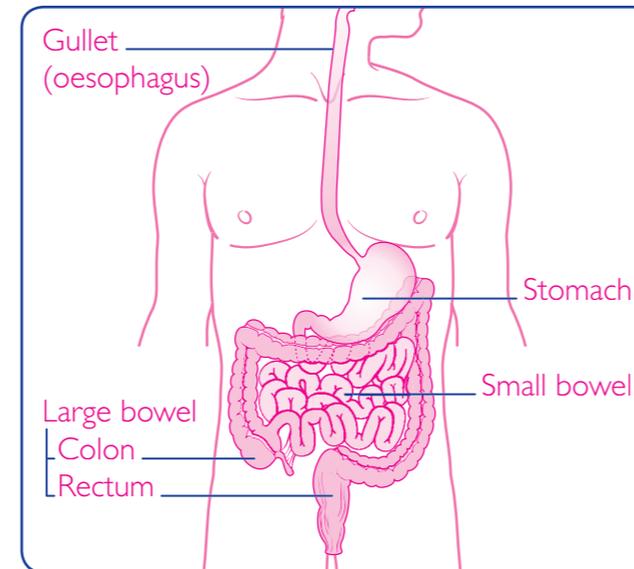
In this leaflet you can find out about how to reduce your risk of bowel cancer, the symptoms to look out for and bowel cancer screening.

The bowel

The bowel is divided into two parts, the small bowel and the large bowel. Cancer of the small bowel is very rare so the term bowel cancer nearly always means cancer of the large bowel.

The large bowel is made up of the colon and the rectum. The food we eat ends up in the large bowel. Here water and some nutrients are absorbed, leaving waste. Waste passes through the rest of the large bowel before leaving the body.

Where is the bowel?



Who is most at risk?

Like most cancers, the risk of bowel cancer increases with age. More than eight out of 10 cases are in people over 60. But the habits you adopt earlier in life can have a big effect on your risk later on.

Around a third of bowel cancer cases are linked to a strong family history of the disease. Some of these people are born with a rare genetic condition that puts them at a very high risk of developing bowel cancer. The rest are at increased risk because of a combination of faulty genes passed on through their family.

Certain bowel conditions such as ulcerative colitis and Crohn's disease also increase the risk of bowel cancer.

How can you reduce your risk?

Bowel cancer is largely preventable. Around two-thirds of cases could be prevented by lifestyle changes.

To reduce your risk of bowel cancer:

- Try to do at least half an hour of moderate physical activity five times a week. The more active you are, the more you cut your risk of bowel cancer.
- Keep a healthy weight.
- Boost the amount of fibre in your diet. Try to eat at least five portions of fruit and vegetables each day and choose wholegrain bread, cereals, rice and pasta.
- Eat smaller and fewer portions of red and processed meat.
- Try to eat more fish instead. When poached or baked it is particularly good for you.
- Cut down on alcohol. There is limited risk if you drink only a small amount, such as one small drink a day for women or two small drinks a day for men. But the more you cut down, the more you reduce your risk.
- Be a non-smoker. If you smoke, it is never too late to stop. The earlier you quit, the more damage you can undo.