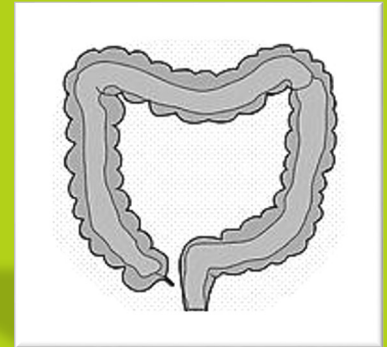


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Signs & Symptoms of Bowel Cancer

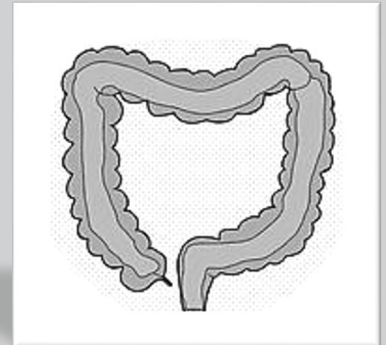


- **Bleeding from your bottom or blood in your poo.**
- **Changes in your bowel habits that continue for 3 weeks or more.**
- **Losing weight that you can not explain.**
- **Extreme tiredness for no obvious reason.**
- **Pain or a lump in your stomach**

Most people with these symptoms do not have bowel cancer. Other health problems can cause these issues too.

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Bowel Cancer Facts & figures



Bowel Cancer is the 4th most common cancer in the UK.

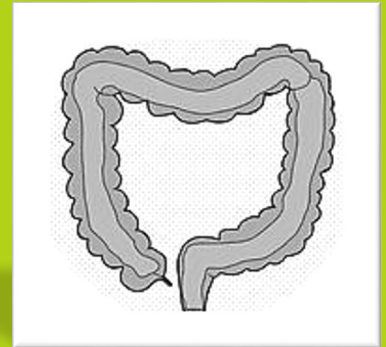
Around 44 people die each day from bowel cancer.

Every year in the UK over 41,000 people (one every 15 minutes) are diagnosed with bowel cancer and 16,200 people die of the disease.

Bowel screening saves lives!

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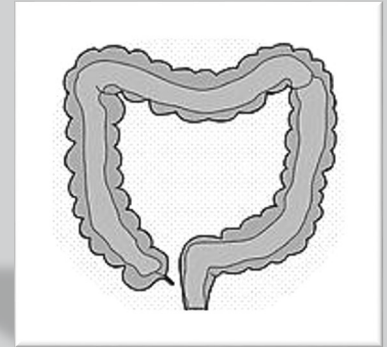
What is Bowel Cancer?



Bowel cancer is the name given to any cancer of the large bowel (the colon) and the back passage (the rectum).

Most bowel cancers start as polyps which are little growths on the walls of the bowel.

Most polyps do not produce symptoms although they can develop into cancer over a number of years.



What is a Bowel Screening Kit?

It's a test to check your 'bowel health' to check for tiny spots of blood in your poo. This blood could be a sign of a polyp, which left untreated could become a cancer.

If you are **60 to 74** and registered with a GP in England you will be sent a screening kit **every 2 years to your home**.

If you're **75 or over**, you can ask for a kit every 2 years by phoning the free helpline on **0800 707 60 60**.

You use the kit at home, so there is nothing to be embarrassed about.

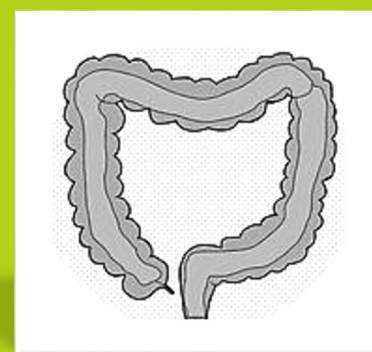
If you haven't received your kit or lost it please ring the helpline **0800 707 60 60**

If you're worried or unsure about anything, ask your pharmacy staff for advice.

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What does a Bowel Screening Kit look like?



You might get a kit that looks like this.

Peel back the flap.

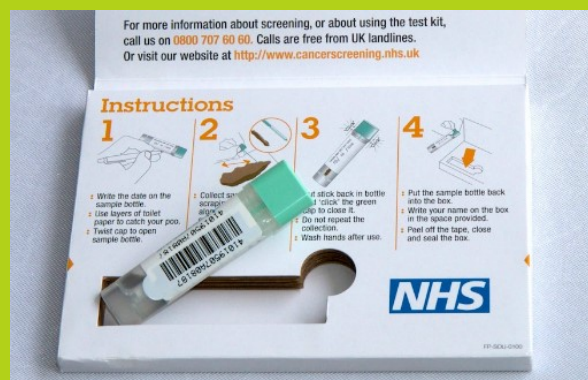
Find a clean container you can pop in the toilet, and you can poo

into that (*If you put some tissue in first it will be easy to pick up and flush down the loo*). With the **cardboard strips** provided, you will need to take a sample **from two areas of the poo**. Seal the flap. You will need repeat this again for the other two flaps **on three different dates**. Post it to the address given.

The **screening kits are changing** to another kit that might look something like this.

You just need to take **one sample** and return to the address given.

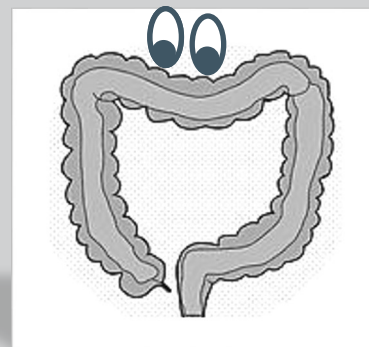
If you are over 60 years old and haven't received your kit or lost it please ring the helpline **0800 707 60 60**



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Keep your bowel happy!



Eat Well - Lots of fresh fruit and vegetables and wholegrains and eat regularly (not just one meal a day) with not too much red meat.

Drink Well - Drinking plenty of water (6-8 cups each day) and cut down on the alcohol.

Know what is normal for you - You might need to poo 3 times a day or only a few times a week, but your body has its own routine.

Exercise regularly - this will help your body digest food better.

Stop smoking - Approximately 7% of cancers are linked to bowel cancer

Understand your meds - some medication can cause constipation or diarrhoea as a side effect.

Use your bowel screening kit - If you are over 60 years old and registered with a GP, you should have had yours. If not, contact your GP.