



# Bowel Cancer Awareness





## We aim to save lives by:

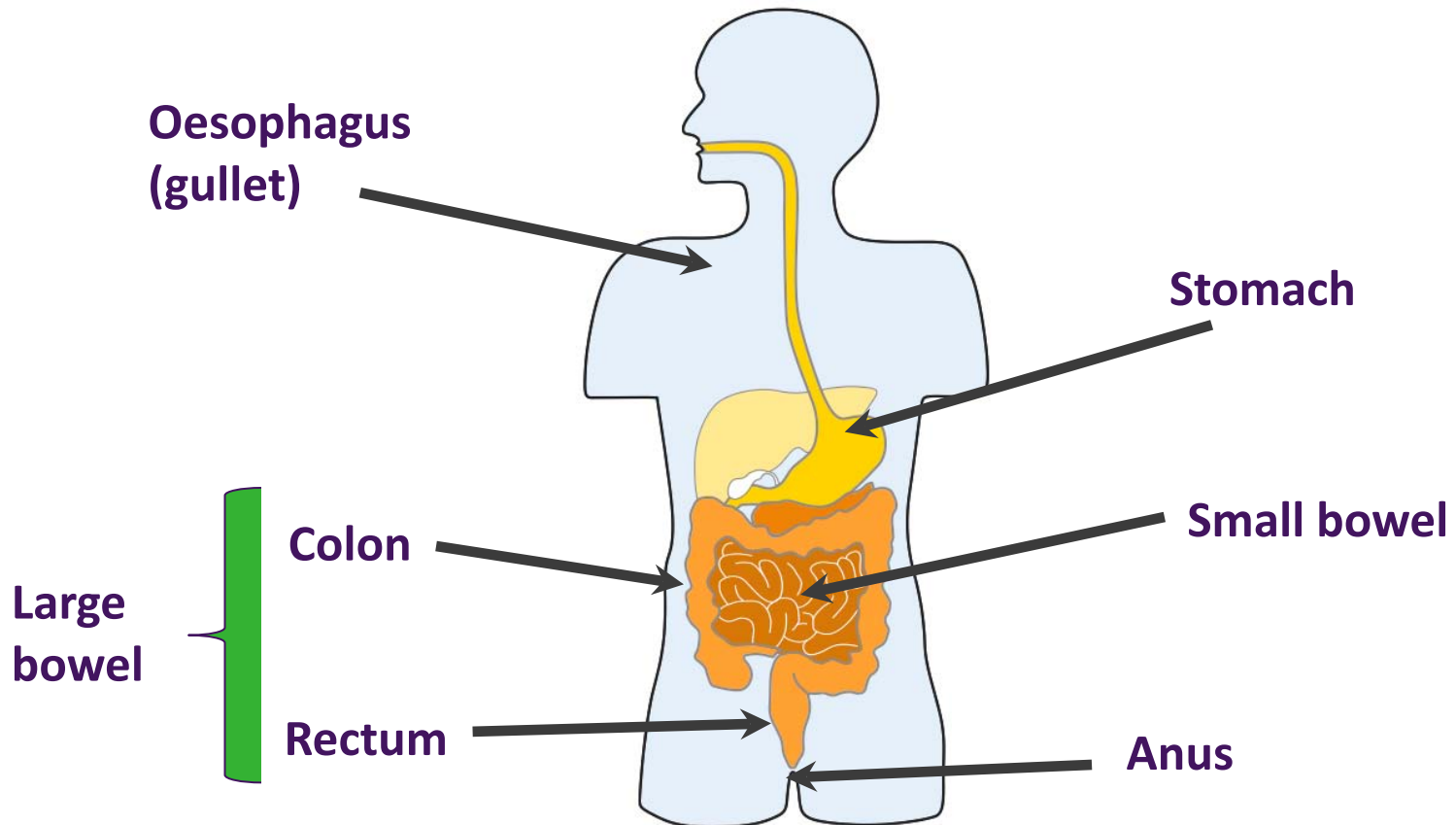
- Raising awareness
- Providing information and resources
- Campaigning for best treatment and care



## What this talk will cover

- Symptoms
- Risk factors
- Bowel screening
- Where to go for information

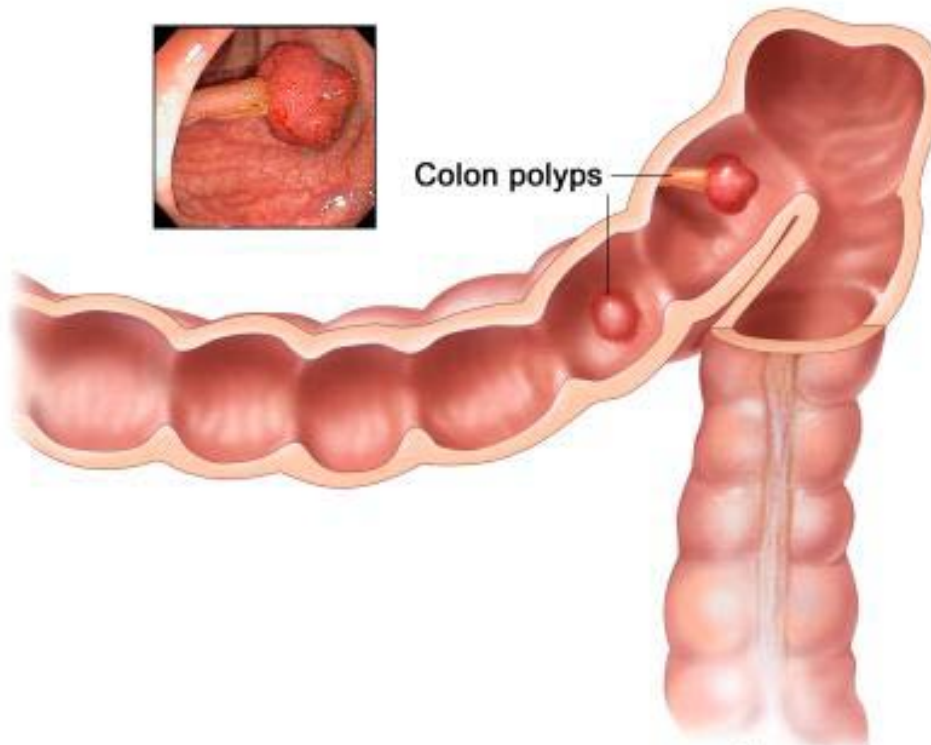
# The digestive system



# Polyps



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lives



Colon polyps

National Cancer Institute

Cancer Research UK, 2010  
Dwp.gov.uk, 2009



## Bowel cancer

- Affects both men and women
- 95% of those diagnosed are over 50



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## Bowel cancer statistics

- **Third** most common cancer in Scotland
  - 3,967 diagnosed each year in Scotland
  - More than 40,000 diagnosed each year in the UK
- **Second** biggest cancer killer
  - 1,501 deaths each year in Scotland
  - Around 15,700 deaths each year in the UK



save lives

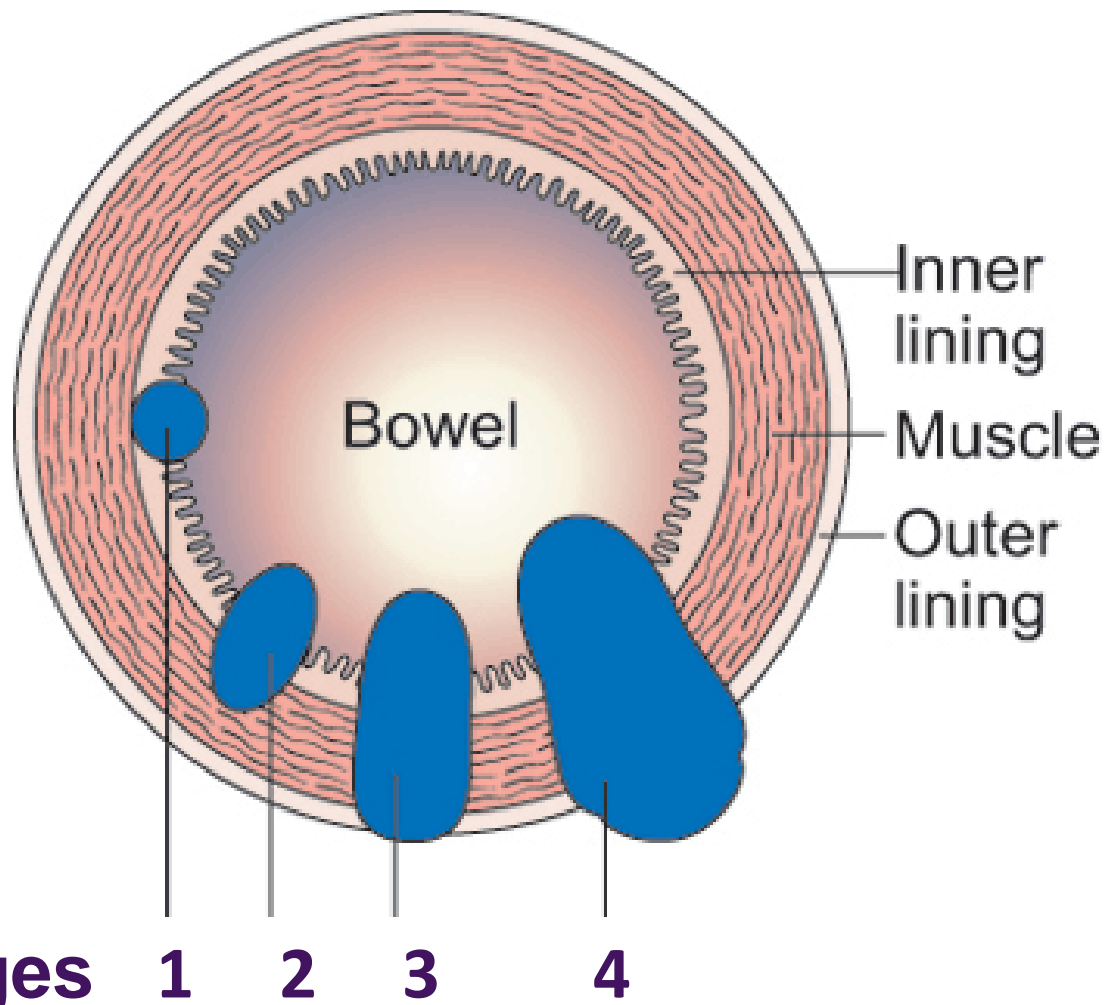
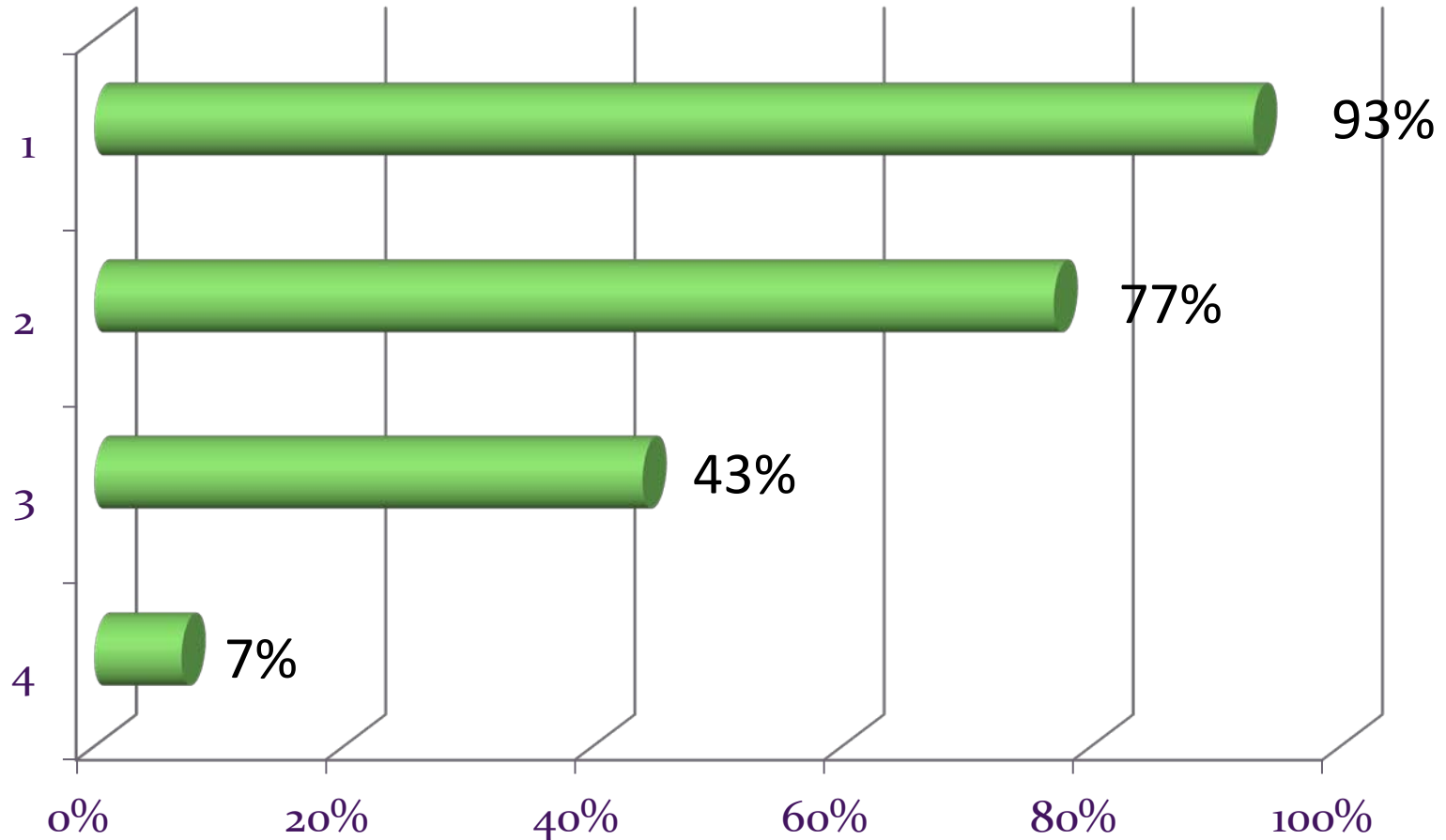


Diagram showing 4 stages of bowel cancer  
Copyright © CancerHelp UK



# Five year survival by stage





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If diagnosed early bowel cancer  
is highly treatable





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## Checking for symptoms



## Symptoms

- Bleeding from bottom and/or blood in poo
- Change in bowel habit for 3 weeks or more
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- Pain and/or a lump in your tummy

## Risk factors

- Ageing
- Family history
- Inflammatory bowel disease
  - (i.e. Crohn's Disease, Ulcerative Colitis)
- Type 2 diabetes

# Reducing your risk

No lifestyle can guarantee that you will not develop bowel cancer but there are steps you can take to reduce your risk



# Risk factors to avoid



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# Risk factors to avoid





# Reduce your risk: diet



World Cancer Research Fund, 2011  
British Nutrition Foundation, 2012

# Physical activity



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# The Scottish Bowel Screening Programme



## Bowel screening - who is included?

- 50-74 year olds
- Over 74s can opt in
- Must be registered with a GP

## How to access the test

- Sent to your home every two years
- The kit is personalised
- You can't use someone else's
- You can request a replacement





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# The Kit







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## What happens next?



- The Bowel Screening Centre receives the kit
- Your samples are tested for blood

## Results

- Negative > test again in 2 years
- Unclear > repeat test
- Positive > invited to speak to a specialist screening practitioner



## After a positive result

- You may be offered a colonoscopy
- This is done in hospital as an out-patient
- Bowel examined by a specialist
- Using a long tube with a camera on the end



# Bowel screening programme

## Success

- Over 1 million people participating in screening
- 38,699 colonoscopies performed
- 13,727 cases of polyps
- Over 2,800 cancers diagnosed



## Screening – who to contact

- Screening helpline: 0800 0121 833
- [www.bowelscreening.scot.nhs.uk](http://www.bowelscreening.scot.nhs.uk)

**If people experience one or more symptoms they should contact their GP**



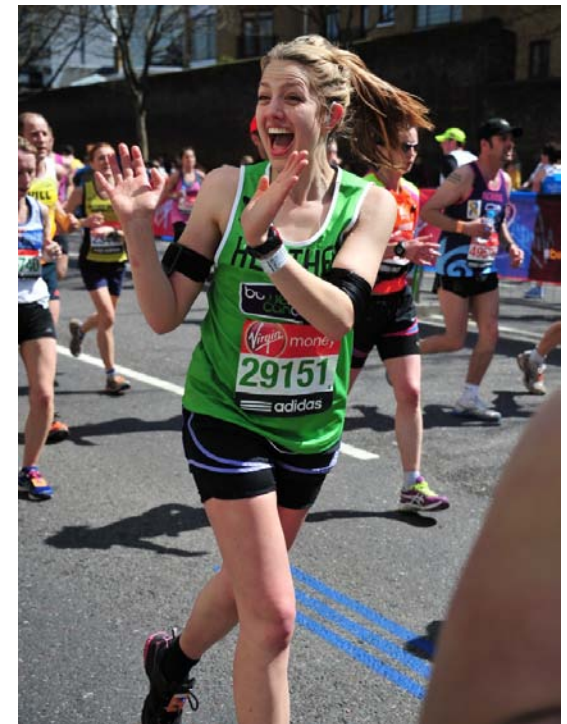
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## Who to contact:

- [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)
- 0131 225 5333
  
- Macmillan Cancer Support
- 0808 808 00 00

## How you can help

- Fundraise for us
- Share our leaflets and posters
- Volunteer





## In summary

- Remember the symptoms
- Find out if you are at risk
- Get checked as soon as possible
- Take part in screening

# Thank you!

[www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

0131 225 5333

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