

# BOWEL CANCER LETS GET TO THE *bottom of it*



**• BOWEL CANCER  
• IS PREVENTABLE,  
• TREATABLE AND  
• BEATABLE.**

## FACTS

- Australia has one of the highest rates of bowel cancer in the world
- Bowel cancer is Australia's second biggest cancer killer after lung cancer
- There are around 15,000 cases of bowel cancer diagnosed in Australia each year
- Of the 286 cases diagnosed each week, 77 people will die from the disease
- If caught early enough, 90% of cases can be treated successfully
- 1 in 12 people will develop bowel cancer by the time they are 85 years of age

## ARE YOU AT RISK?

Certain factors are known to increase your chance of developing bowel cancer

- Being aged 50 years or over
- A personal or family history of bowel cancer or certain hereditary bowel conditions
- A history of bowel polyps or inflammatory bowel diseases
- Obesity, lack of exercise, lack of dietary fibre, a high intake of processed foods, smoking and excessive alcohol consumption

## SYMPTOMS

Bowel cancer can develop without any obvious warning signs or symptoms

Look out for:

- A persistent change in bowel habit
- Bleeding from the bottom or blood in the poo
- Abdominal pain, constipation or weight loss
- Unexplained tiredness or weight loss

## REDUCE YOUR RISK

Stay physically active, maintain a healthy weight, eat plenty of vegetables and fruit, cut back on processed meats and salami, quit smoking and moderate your drinking (alcohol).

## PREVENTION

Regular bowel screening is the key to preventing bowel cancer, using screening tools such as faecal occult blood (FOB) testing and colonoscopy.



## MORE INFORMATION

[www.letsbeatbowelcancer.com](http://www.letsbeatbowelcancer.com)  
[www.bowelcanceraustralia.org](http://www.bowelcanceraustralia.org)