

For information & support...



If you have concerns, want to talk to someone or want more information;

- Visit your GP
- Call Bowel Cancer UK's Free & Confidential Helpline.



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South Staffordshire and Shropshire Healthcare **NHS**
NHS Foundation Trust

Bowel Cancer

Why you need to know...



It can happen in both men and women.

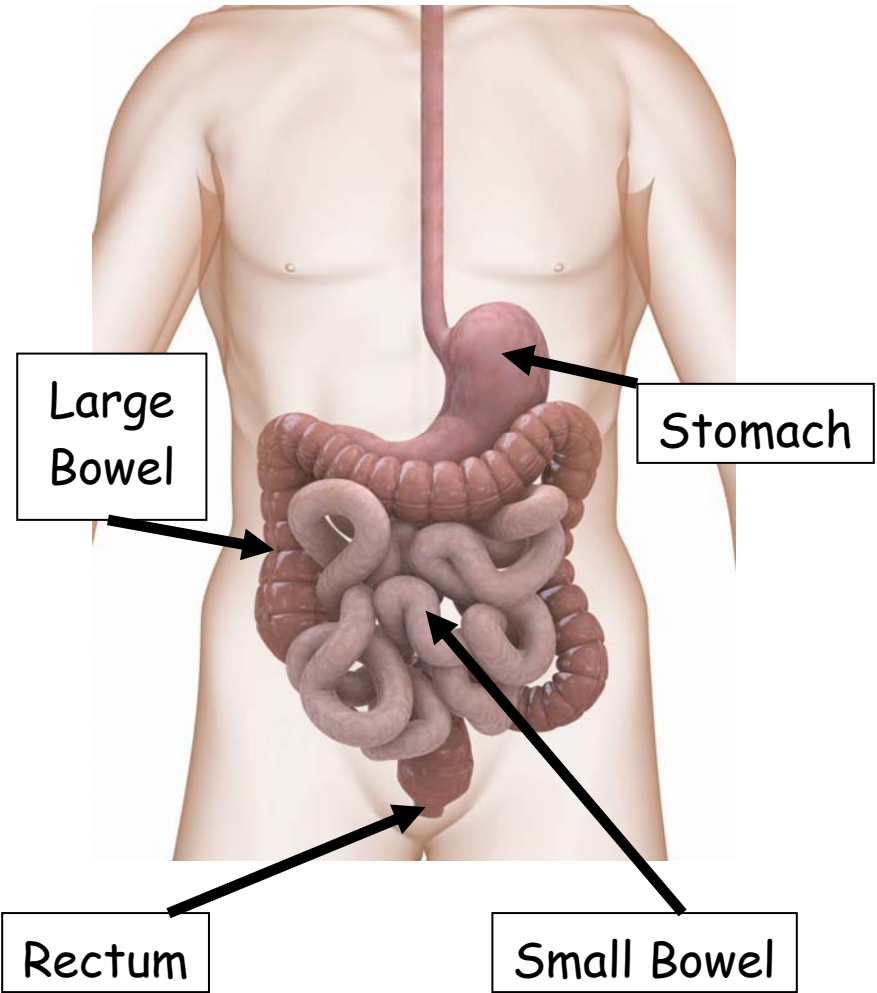


Over 36,500 people are diagnosed each year in the UK.



Most people with bowel cancer are over the age of 50.

Where is the Bowel in your body?



What are the Risks?



The risk factors associated with bowel cancer are; **Age, Family History & Diet.**

What can you do about it?

You can't do much about age or family history but you can look at your diet.



Maintain a healthy weight and take regular exercise.



Not drinking too much alcohol.



Stop smoking.



Eat more fruit and vegetables.

Tests for Bowel Cancer.

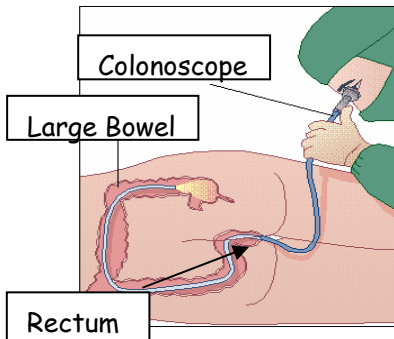


Visiting your doctor.

blood test



Blood test.



Colonoscopy.

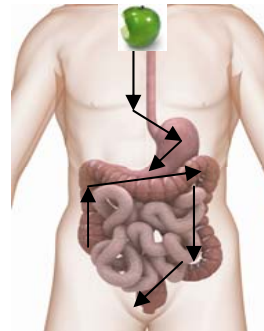
The passing of a flexible, narrow tube into your bottom to check for lumps.



CT Scan.

Gives a detailed picture of the bowel.

What does the Bowel do?



It connects the stomach to your bottom, where waste materials (or poo) are passed out of the body.



The large bowel's main job is to absorb water.



The small bowel's main job is to absorb nutrients from the food that you eat.



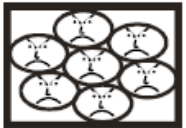
The rectum stores waste until the body gets rid of it as poo.

Bowel Cancer.

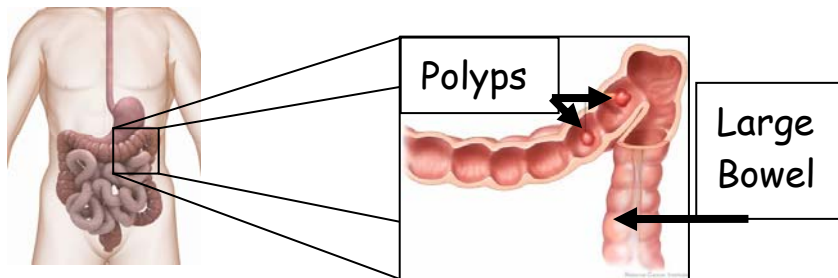
This is when cells in the bowel start to grow in an uncontrolled way.



The cells that are growing are similar to cells in the bowel, but they do not grow into normal bowel tissue.



They grow into lumpy bundles of cells called polyps or even tumours. These tumours stop your body working normally.



A Polyp is a group of cells which become a lump or ball that is joined on to the side of the bowel.

Signs & Symptoms.

The following may be signs of bowel cancer:



Bleeding from the bottom or blood in your poo.



If you have pain or lumps in your tummy.



Feeling very sleepy all of the time.



Fast weight loss.



Needing to poo more often or feeling constipated. A change in what is normal for you.