

Should I look out for?

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

Notice any of these symptoms and they last for more than four to six weeks, tell your doctor:

- Blood in your stool
- Discomfort from the bottom without any obvious reason
- A persistent change in bowel habit to looser or firmer stools
- Frequent bowel motions
- Abdominal pain, especially if severe
- Unexplained weight loss
- Bloating in your tummy

These symptoms are unlikely to be caused by anything other than a change in diet so it is better to play safe.

Screening

From 2009, men and women between 60 and 69 in the UK will be offered bowel screening every two years. A new screening programme will be introduced from 2007.

People who are registered with a doctor should receive their first invitation by 2009. They will be given a screening kit so they can do the test at home.

Bowel screening aims to find cancers at an early stage. Early treatment is simpler and more effective. It can help find growths in the bowel which are precancerous but can develop into cancer. Screening

Further information

For more about cancer visit our patient information website www.cancerhelp.org.uk click on 'specific cancers' then 'bowel cancer'.

If you want to talk in confidence about cancer call our information nurses on 020 7061 8355.

Our health messages are based on scientific evidence. Find out more at www.cancerresearchuk.org/health and click on 'How do we know?'.

To order copies of this and other cancer awareness leaflets email publications@cancer.org.uk

About Cancer Research UK

Cancer Research UK is the leading charity dedicated to research on the causes, treatment and prevention of cancer. If you would like to support our work please call 020 7121 6699 or visit our website.

www.cancerresearchuk.org

Bobby Moore was just 51 when he died from bowel cancer in 1993. Since its launch, the **Bobby Moore Fund** for Cancer Research UK has raised over £5 million for research into the prevention, screening and cure of bowel cancer. For more information please visit www.bobbymoorefund.org

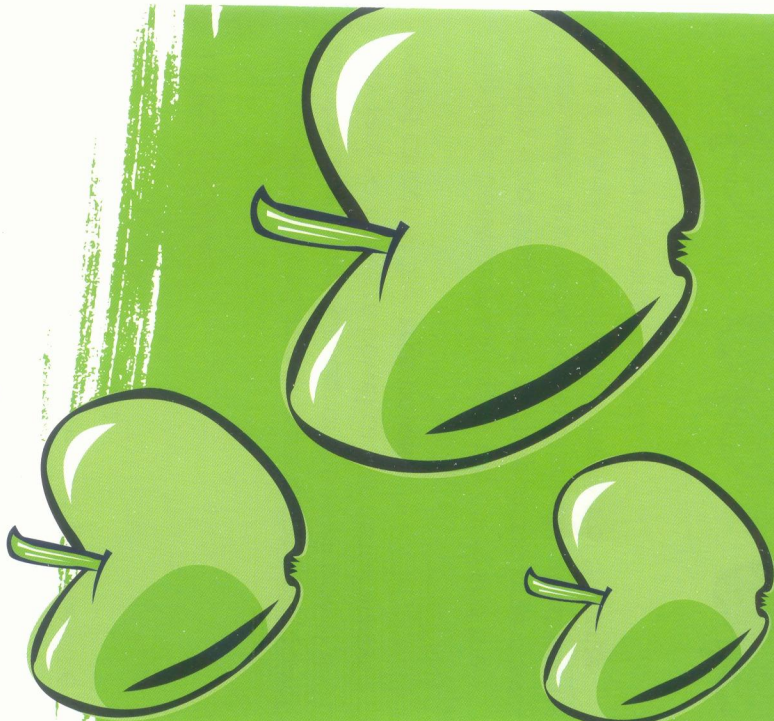


CANCER RESEARCH UK

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preventing bowel cancer

how to **reduce** your risk



...and spot the symptoms early

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