**Bowel Cancer Awareness Month**

**Beating bowel cancer together**

*What is bowel cancer and why is screening important?*

* Bowel cancer is a broad term for cancer that begins in the large bowel, which is made up of the colon and rectum (parts of the [large intestine](https://en.wikipedia.org/wiki/Large_intestine)).
* Bowel cancer is the fourth most common type of cancer in the UK.
* Bowel cancer is more common in people over the age of 50, but it can affect anyone of any age.
* Bowel cancer screening can save lives. Screening aims to detect bowel cancer at an early stage, when it’s easier to treat and cure.

**For more information on bowel cancer - click the link below:**

[Symptoms and signs | About bowel cancer | Bowel Cancer UK](https://www.bowelcanceruk.org.uk/about-bowel-cancer/symptoms/)

Bowel cancer screening: benefits and risks - GOV.UK (www.gov.uk) (different languages)

*What are some of the symptoms?*

* Bleeding from your bottom and/or blood in your poo
* A persistent and unexplained change in bowel habit
* Unexplained weight loss
* Extreme tiredness for no obvious reason
* A pain or lump in your tummy
* If you have any symptoms of bowel cancer – at any age- or are worried about a family history of bowel cancer, please contact your GP.

*The Screening Process*

* Everyone aged 60 to 74 years (living in England and registered to a GP), is automatically sent an NHS bowel cancer screening kit, known as the FIT kit, every 2 years.
* People older than this can ask for a screening kit every 2 years by calling the free helpline on 0800 707 60 60.

**For more information on how to use the FIT test – click the link below:**

[Bowel cancer screening kit: how to use - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/bowel-cancer-screening-kit-how-to-use)