

# **BOWEL CANCER**

## **DON'T GET SCARED, GET CHECKED.**

The earlier bowel cancer's found, the easier it is to treat.

Bowel cancer is the third most common cancer in Scotland. The older you get, the higher your risk of developing it. It's more common in people over 50, especially men. And what lots of people don't know is that the early signs are often hidden. Even your doctor can't see it in its early stages, but when it is found early, bowel cancer's much easier to treat. In fact, 9 out of 10 people beat it. The best way to find it is to do a home screening test.

### **A FEW SIGNS TO LOOK OUT FOR**

- Screening won't catch every bowel cancer as not all cancers bleed. It is important to look out for some tell-tale signs and symptoms of bowel cancer whether or not you do the screening test.
- Repeated bleeding from your bottom or blood in your poo.
- A recent change in your poo that continues for more than six weeks without going back to normal.
- Watery poo on its own or with constipation

For more information on signs or symptoms and signposting to local cancer support organisations contact your local NHS Grampian healthpoint, call the free healthline on

**0500 20 20 30** or

log into **nhsinform.co.uk**

(constipation on its own is less likely to be serious).

- Severe pain in your stomach that won't go away, especially after eating.
- You've recently lost weight without trying.
- You feel tired all the time and people keep telling you "You look a bit pale."

Please remember that these symptoms don't necessarily mean you've got cancer. But they could indicate that something else is wrong. So, it's still important that you talk to your doctor anyway.

These symptoms can be caused by a few conditions, not just bowel cancer. But if you've noticed any of them yourself, you need to tell your doctor right away.

Some people are too embarrassed to do this or they think their doctor's too busy. That's just not true. Your GP wants to hear from you. So if you're worried about anything at all, even in between screenings, you should make an appointment as soon as you can. You're not wasting anyone's time and you could be saving your own life or the life of somebody you love.