

Bowel Cancer is a common cancer in the UK.

Early detection really helps with the chance of cure.

**Please come and see your doctor if:**

* You notice blood in your poo
* You have a persistent change in bowel habit
* You have unexplained weight loss
* You have extreme tiredness
* You notice a lump or pain in your stomach

**Can I reduce my risk of bowel cancer? YES!**

* Eat a healthy diet with regular fruit and vegetables
* Try to limit the amount of processed meat in your diet
* Quit smoking
* Take regular exercise

*If you would like help and advice with these please let reception know*

**Are you between 60-74 years?**

You should be screened for bowel cancer every two years.

It is simple to do this. You will be given a kit which involves putting a small sample of poo into a plastic tube and posting it back in a prepaid envelope. The test can spot signs of bowel cancer really early.

*Ask at reception or call free on 0800 707 6060*