

If you notice any of these symptoms,
please see your GP or nurse.

Finding cancer early can increase
the chances of treatment being
successful.



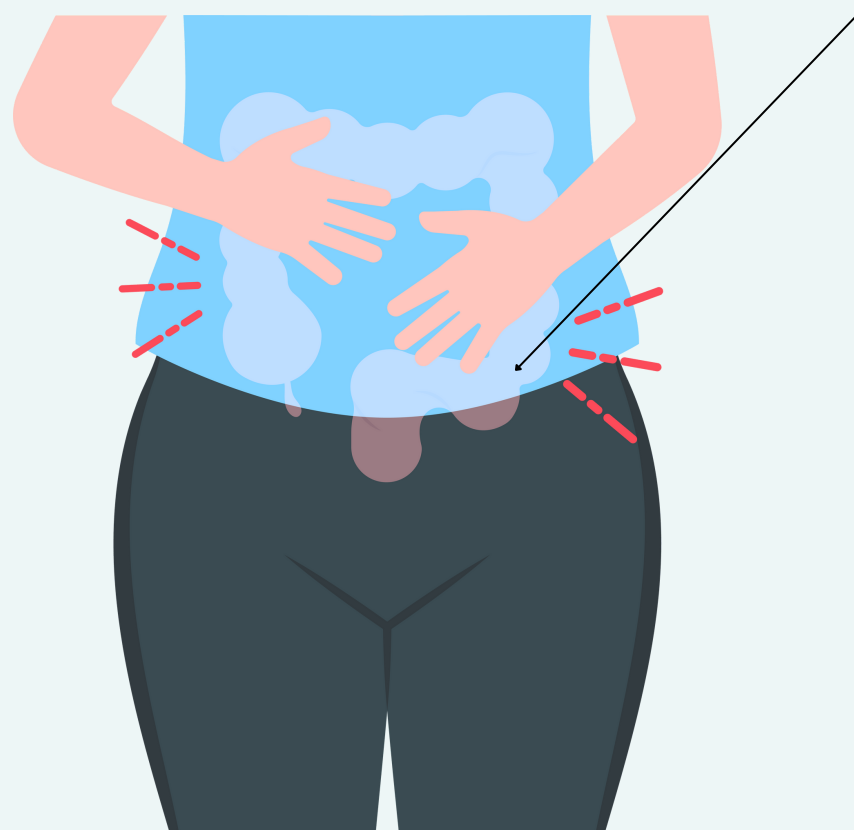
Supported by the Victorian Government, in partnership with LMICS.

Information adapted from Cancer Council Australia.

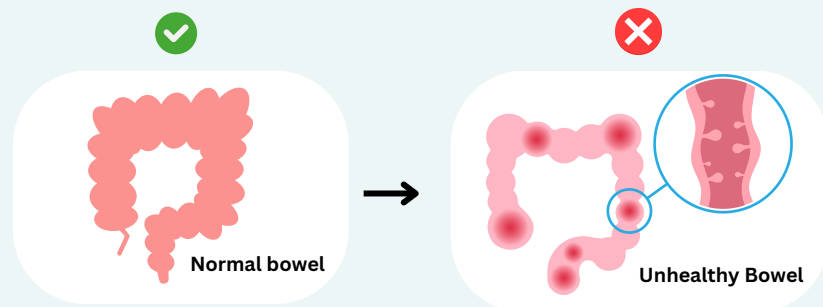
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Bowel Cancer and Screening

The large bowel



What is bowel cancer?



Bowel Cancer is cancer that starts to grow inside the large bowel. The large bowel is a body part that removes the salt and water from the food we eat. It turns this food into poo, then removes it from our body.

In Australia, it is a common cancer in men and women. If found early, Bowel Cancer can be treated successfully.

Common signs and symptoms of bowel cancer

Common symptoms of bowel cancer can include:

- blood in your poo.
- stomach pain
- bloating and cramping
- unexplained weight loss
- extreme tiredness
- a lump in the anus
- a change in bowel movements that last more than 3 weeks
 - diarrhoea, constipation, or feeling like your bowel is not emptying properly.

These symptoms will not always mean you have cancer, but it's a good idea to see your doctor.

Some medicines and other health issues may also cause these symptoms.

How can I reduce the risk of getting bowel cancer?

Bowel cancer is more common in men and women over 50, but can happen at any age.

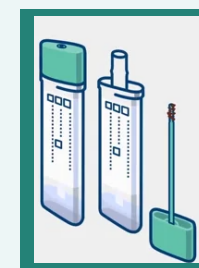
You can reduce your risk of bowel cancer by:

- Being physically active
- Keeping a healthy body weight
- Drinking less alcohol
- Eating less red meat, and processed meats like salami and ham
- Not smoking or vaping
- Eating enough fibre. Fibre is the part of plant foods that our body cannot break down. It helps you to poo.
- Screening for bowel cancer regularly once you turn 45.

Why screen for bowel cancer?

Bowel screening is a test that looks for signs of bowel cancer in people with no symptoms. Screening is the best way to find early signs of cancer before you notice changes in your body.

9 out of 10 cases of bowel cancer can be treated successfully if found early.



Men and women aged 50 – 74 years will receive a bowel screening kit in the mail every two years. It is free, easy, and clean.

You can do it at home in private. Talk to your family or health worker if you need help to order a new kit, or to fill in the registration form.