

# Do you know the signs and symptoms of bowel cancer?



Being aware of bowel cancer is about getting to know your own body so you can spot any changes early on.

- Bleeding from your bottom and/or blood in your poo.
- A change in your bowel habit (going to the toilet) for more than 4 weeks.
- Watery poo on its own or with constipation (constipation on its own is less likely to be serious).
- You have lost weight without trying.
- People say you look pale and you feel tired a lot.
- Severe pain in your stomach that won't go away, especially after eating.

These symptoms can be caused by a number of conditions, not just cancer. If you've noticed any of these yourself, it's important to tell your doctor even if you regularly take part in bowel screening.

# Bowel screening could save your life...

Completing and returning the test kit can pick up bowel cancer early. It can also help by detecting other changes which may develop into cancer.

- Bowel cancer is Grampian's **3rd** most common cancer.
- In 2017 almost **400** people in Grampian were diagnosed with bowel cancer.
- It is more common in people over 50 – especially men.
- **9 out of 10** people will survive bowel cancer if it is detected early enough.

Men and women aged 50 – 74 are sent a test kit every 2 years. 

Men and women aged 75+ can request a **FREE** test kit every two years.  
Just call the Bowel Screening Centre Helpline – **0800 0121 833** (24 hours).

email: **TAY.scottishbowelscreening@nhs.scot**  
or via private message on social media.

**For more information - [www.nhsinform.scot/screening](http://www.nhsinform.scot/screening)**