

1 in 10

New Zealanders diagnosed
with bowel cancer are under 50.



3300+

New Zealanders are diagnosed
with bowel cancer every year.



1200+

New Zealanders die from the
disease every year.

Bowel cancer
is the second
highest cause
of cancer death
in New Zealand*



*Lung cancer is the highest cause of cancer death in New Zealand

We are New Zealand's leading bowel cancer charity
and are 100% community funded. Our charity
is committed to reducing the impact
of bowel cancer in Aotearoa through:

**Awareness • Education • Advocacy
Support • Research**

post. PO Box 301517 Albany, Auckland 0752

web. bowelcancernz.org.nz

email. info@bowelcancernz.org.nz

For more information

Contact our bowel cancer nurse on

freephone. 0800 226 968

email. here4you@bowelcancernz.org.nz

Donate today

Donate and help us beat a lack of funding, beat
embarrassment, beat apathy, beat ignorance, and
above all, beat bowel cancer!

donate.bowelcancernz.org.nz



Connect with us



Bowel Cancer
NEW ZEALAND

bowelcancernz.org.nz

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Bowel cancer

you're never
too young



Bowel cancer can
strike at any age
nevertotoyoung.org.nz



"I THOUGHT
ONLY OLDER PEOPLE
GOT BOWEL CANCER
AND THAT
I WAS TOO
YOUNG"







Chelsea
Diagnosed at 39

What is bowel cancer?

Bowel cancer, also known as colorectal cancer, can affect any part of the large bowel (colon) or rectum. If left untreated, the cancer can spread (metastasis) beyond the bowel to other organs and become much harder to treat.

What are the symptoms?

If you have any of these symptoms below or concerns about your bowel health, it is important to see your Health Professional/ General Practitioner (GP) without delay:

	Bleeding from the bowel.
	Persistent or intermittent change in bowel habit: going to the toilet more often, increased constipation, looser stools for several weeks, feeling that your bowel is not empty after going to the toilet.
	Persistent or severe abdominal pain.
	Weight loss, tiredness, feeling weak or breathless (symptoms of anaemia).

How can I lower my long-term risk?

	Choose a healthy diet with plenty of vegetables and fruit; limit consumption of red and processed meats.
	Maintain a healthy body weight.
	Exercise regularly (five times a week).
	Limit or eliminate alcohol consumption.
	Don't smoke.
	Let your GP know if someone in your family has had bowel cancer.

What options do I have?

If you have any concerns about your bowel cancer risk, experience any of the symptoms presented in this brochure, or someone in your immediate family has had bowel cancer, you can:

- ✓ Make an appointment with your GP or usual Health Professional today.
- ✓ Kōrero with your Māori/Pacific community health worker.
- ✓ If you feel unheard or that symptoms are ongoing without being investigated, seek a second opinion from another GP in the same practice or at a different medical centre.
- ✓ Call our bowel cancer nurse on **0800 226 968** or email here4you@bowelcancernz.org.nz for information and support.
- ✓ If you are aged 60 to 74 years, contact Time to Screen on **0800 924 432** or visit the timetoscreen.nz website for information on the free, government-run National Bowel Screening Programme (NBSP*).

Patient Support

Are you or a loved one going through or just completed treatment? We're here for you. ♥

- ♥ Online Support Groups
- ♥ Free Counselling
- ♥ Funded Physiotherapy
- ♥ Financial Assistance
- ♥ Support Nurse

To learn more or to apply, please visit bowelcancernz.org.nz > Support



* If you don't qualify for the NBSP, please see your GP about the screening options available to you.