Bowel cancer is New Zealand's second deadliest cancer, killing the same number of people as breast and prostate cancer combined.

3300+

New Zealanders are diagnosed with bowel cancer every year.

1200+

New Zealanders die from the disease every year.

Take action to beat bowel cancer:

- ✔ **Symptoms:** Know the symptoms and get checked if you have concerns.
- ✔ **Awareness:** Host an event in your workplace or community to raise awareness of bowel cancer and help spread the word.
- ✔ **Advocacy:** Send a letter to your local politician calling for better screening and funded treatments.
- ✔ **Donate:** To help us in our mission to save lives from bowel cancer.

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
Patient Support • Research

post. PO Box 301517 Albany, Auckland 0752
web. bowelcancernz.org.nz
email. info@bowelcancernz.org.nz

For information and support
Contact our bowel cancer nurse on
freephone. 0800 226 968
email. here4you@bowelcancernz.org.nz

Take action today
Help us beat a lack of funding, beat embarrassment, beat apathy, beat ignorance, and above all, beat bowel cancer!

bowelcancernz.org.nz

Connect with us

Bowel Cancer
NEW ZEALAND

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Bowel Cancer is curable in more than 90% of cases if caught early

- ✔ **Know the symptoms**
- ✔ **Get checked**
- ✔ **Early detection is the best prevention**

Bowel Cancer
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Preventable • Treatable • Beatable
bowelcancernz.org.nz

BUT IT'S JUST A BIT OF BLOOD.

Know the symptoms and get checked for bowel cancer.

Bowel Cancer
NEW ZEALAND

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 (metastasise) 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.

Early detection provides the best chance of a cure

The government-run National Bowel Screening Programme (NBSP*) is free for eligible men and women every two years. Screening is one of the most effective ways to find bowel cancer early before it spreads.

Call Time to Screen on 0800 924 432 or visit www.timetoscreen.nz for more information.

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