

# **Young Bowel Cancer Widow Wants Change**

Bowel cancer patient advocate speaks at the opening of the two-day New Zealand Medicine Access Summit in Parliament.

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## **URGENT PSA: Bowel Screening Test Samples**

We want to clarify the concerns raised about 'spoilt' bowel screening samples being discarded.

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## **How to Help Someone With Cancer Part 2**

Is delivering meals to a cancer patient actually helpful? Here are some more advice on how best to support patients – from patients.

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# How to Help Someone With Cancer

“Let me know what you need.” Something we have all said, but can be one of the most frustrating things to hear as a cancer patient.

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## Petition To Lower Screening Age

Rachael Ferguson was 32 years old when diagnosed with bowel cancer. She is determined to stop this from happening to more young people...

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## Former Tall Back Talks Bowel Cancer

Our ambassador and former Tall Black Alex Pledger spoke to Dom Harvey, reflecting on his bowel cancer journey and where he is now.

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# **Fibre is more important than you realise**

Kiwi nutritionist Nikki Hart speaks to us about the importance of fibre in the diet and its connection to lowering the risk of bowel cancer.

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## **New Video Showcases Our Impact**

ANZ New Zealand showcased our charity in a heartwarming video and article with bowel cancer patient Tamsyn Cornwall and our nurse.

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## **Dean Barker Gives Health Update**

Bowel Cancer NZ ambassador Dean Barker shares how he is doing mentally and physically in his bowel cancer journey.

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# 12 Days of Gratitude

We're doing 12 days of gratitude this Christmas to share our mahi and the incredible support we received in 2023.