

# Early Detection of Bowel Cancer booklet

Knowing the symptoms of bowel cancer is the first step you can take towards early detection. If caught early, bowel cancer is curable in 90% of cases.

[Download PDF](#)

---

# Bowel Cancer Prevention booklet

A booklet for everyone with advice on how to lower your overall risk of developing bowel cancer. Lifestyle, age and genetic factors discussed.

[Download PDF](#)

---

# Eating Well during bowel cancer

A bowel cancer diagnosis impacts many aspects of your daily life, including what and how you eat. It's normal to have lots

of questions about food.

[Download PDF](#)

---

## **The ileostomy and colostomy booklet**

It's natural to have hesitations and concerns about how life will be after your ileostomy or colostomy, and we hope that this booklet will provide some answers, ideas, and helpful information.

[Download PDF](#)

---

## **Just Diagnosed with bowel cancer booklet**

This booklet is for everyone diagnosed with bowel cancer as well as their whānau and friends. Provides an overview and what to expect during your treatment. There's space to add your own notes and write down any questions you may have.

[Download PDF](#)

---

# Living Beyond Bowel Cancer booklet

Recovery from bowel cancer often has its own set of challenges. This booklet offers support and advice for patients and addresses the issues that matter most.

[Download PDF](#)

---

## Never Too Young booklet

Bowel cancer can strike at any age. A booklet for younger patients going through bowel cancer who are seeking more information and support.

[Download PDF](#)

---

## Never Too Young Brochure

Bowel cancer can strike at any age. A brochure for medical professionals that outlines recent trends in bowel cancer in New Zealand.

[Download PDF](#)