



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



**3000+**

New Zealanders are diagnosed with Bowel Cancer every year.



**1200+**

New Zealanders die from the disease every year.



New Zealand has one of the highest rates of Bowel Cancer in the western world. While it is most common in the 50 years + age group, Bowel Cancer can affect people of all ages. The good news is, if caught early, Bowel Cancer can be cured.

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

We are committed to reducing the impact of Bowel Cancer in New Zealand through:

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



**Bowel Cancer**  
NEW ZEALAND

Please support our work by making a donation on our website, by post, or email us for more information. *Thank you.*

**post.** PO Box 301517 Albany, Auckland 0752  
**web.** [beatbowelcancer.org.nz](http://beatbowelcancer.org.nz)  
**email.** [info@beatbowelcancer.org.nz](mailto:info@beatbowelcancer.org.nz)

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**Bowel Cancer is curable in more than 75% of cases if caught early**

- ✓ Know the symptoms
- ✓ Lower your risk
- ✓ Early detection is the best prevention



**Bowel Cancer**  
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Preventable • Treatable • Beatable  
[beatbowelcancer.org.nz](http://beatbowelcancer.org.nz)



## 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?

It can be embarrassing to talk about these symptoms but if any are persistent or intermittent, or you have any concerns about your bowel health, see your Health Professional/ General Practitioner (GP):

	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 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 cure

The National Bowel Screening Programme is currently being introduced throughout New Zealand. It is free for men and women aged 60 to 74 and aims to save lives by detecting bowel cancer at an early stage when it can often be treated successfully. **Call 0800 924 432 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.
- ✓ Talk to your pharmacist or Māori/Pacific Community Health worker.
- ✓ Visit a Unichem or Life Pharmacy to discuss self-screening and purchasing a Bowel Screen Aotearoa Test Kit (if you are not experiencing any symptoms) or visit [www.bowelscreenaotearoa.org](http://www.bowelscreenaotearoa.org) for information.\*
- ✓ Visit our website [www.beatbowelcancer.org.nz](http://www.beatbowelcancer.org.nz) for detailed information and support.



\*If you are experiencing symptoms, see your doctor or health professional today.