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.

E 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



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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



Preventable • Treatable • Beatable **bowelcancernz.org.nz**

BUT IT'S JUST A BIT OF BLOOD,

Know the symptoms and get checked for bowel cancer.



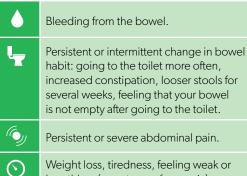


What is bowel cancer?

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:



breathless (symptoms of anaemia).

How can I lower my long-term risk?



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 aged 60 - 74 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.

Māori and Pasifika will be invited to participate in bowel screening from 50 years old, which is being rolled out nationally.

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.
- Korero with your Maori/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.