

BOWEL CANCER IS THE **SECOND** LEADING CAUSE OF CANCER RELATED DEATH IN AUSTRALIA

BOWEL CANCER FACTS

- Australia has one of the highest rates of bowel cancer in the world
- This year an estimated 16,000 people will be diagnosed with bowel cancer
- 91% of cases affect people aged 50+
- Every 2 hours bowel cancer claims a life - that's over 5,300 deaths each year

DETECTED EARLY, **99%** OF BOWEL CANCERS CAN BE SUCCESSFULLY TREATED OR EVEN PREVENTED

TAKE ACTIVE STEPS TO PREVENT BOWEL CANCER

- **Screen regularly** - take a bowel screening test every two years from age 50
- **Act quickly on symptoms** - be familiar with the symptoms and visit your GP if you think something is not quite right
- **Know your family history** - if your family history increases your risk, speak to your GP about screening
- **Be healthy** - stop smoking, limit alcohol, exercise most days, move more often, eat healthy food

RISK FACTORS

- Risk increases four-fold during your 40s rising sharply from age 50
- The removal of polyps or a history of inflammatory bowel disease such as Crohn's disease
- A family history of bowel cancer or polyps
- A diet high in saturated fats and processed meats, smoking, excessive alcohol consumption, a lack of exercise, sedentary behaviour and obesity