

# WORKPLACE PROGRAM

PREVENTING  
~~BOWEL CANCER~~



**BOWEL CANCER IS THE SECOND MOST COMMON CAUSE OF CANCER-RELATED DEATH IN AUSTRALIA, BUT IT DOESN'T HAVE TO BE.**

If detected early, 99% of bowel cancer cases can be successfully treated.

Our workplace program gives you the opportunity to educate your staff about the steps everyone can take to prevent bowel cancer and lead healthy lives.

**JODI LEE**  
FOUNDATION

# 'THE POWER OF THIS PROGRAM TO MAKE A DIFFERENCE IS ENORMOUS.'

- JOCK DUNCAN, HOOD SWEENEY



## OUR PRESENTERS

**Nick Lee** is Founder & Chair of the Jodi Lee Foundation. His future changed in an instant when his wife Jodi was diagnosed with Stage IV bowel cancer at age 39. After battling the disease for two years, Jodi passed away in 2010. Nick has a wealth of corporate experience and is an accomplished speaker, using his story to motivate and inspire others to take steps to prevent bowel cancer and make positive changes to improve their health.

**Hugo Toovey** is a Captain in the Australian Army, Founder of 25StayAlive and Youth Ambassador for the Jodi Lee Foundation. Aged only 21, Hugo was diagnosed with testicular cancer which he fought and beat, only to be diagnosed with bowel cancer five years later. He has somehow managed to maintain his sense of humour and is now an outspoken advocate for physical and mental health. Hugo is inspiring, real and raw. If it wasn't for early detection, Hugo's chance of survival would have been very different.

**Dahlia Matkovic** is a Youth Ambassador for the Jodi Lee Foundation, she is on a mission to connect with fellow young bowel cancer patients around the world. Dahlia wants to encourage people, no matter their age, to look out for symptoms and if something not quite right to seek medical help.

**Jack Lee** is Jodi's eldest child. He has proudly supported the Jodi Lee Foundation's initiatives over many years, completing his first 80km JLF Trek at the age of 12. Understanding the impact bowel cancer can have on a family, Jack is passionate about educating people to protect themselves. Hearing someone so young talk openly about how he was impacted and found strength to bounce back is emotional, inspiring and motivating. Jack is currently studying Commerce and Melbourne University.

# THIS PROGRAM WILL INSPIRE YOU, INFORM YOU, AND MIGHT JUST SAVE A LIFE.

'Like many, the Australian football community has experienced first-hand the devastating impact of bowel cancer. The response was outstanding and the level of knowledge gained has proved to be invaluable'

**GILLON MCLACHLAN, CEO, AUSTRALIAN FOOTBALL LEAGUE**

'The presentation was nothing but inspirational, powerful and informative and deeply impacted our team. Please run this workplace program, you could save someone's life. What could be more important than that.'

**SHANE QUINN, EXECUTIVE CHAIRMAN, QUINTESSENTIAL EQUITY**

## CONTACT US

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## ABOUT THE PROGRAM

To support the presentation, the program includes the following:

- An introduction to encourage employees to attend the presentation
- Simple at-home screening tests which you can purchase to provide to at-risk employees
- A symptom checker to help employees identify if and when to visit their GP
- An online family history tool that provides a personalised risk assessment

A few months after the presentation we would appreciate you circulating a survey to employees to help us understand the impact of the program.

If you choose to purchase screening tests, we will provide you with an anonymous report showing the number of tests completed and the results.

## COSTS

### Presentation at your workplace

\$1,200 + GST for two presenters

\$900 + GST for one presenter

We ask you to cover the cost of flights

### Webinar

\$1,000 + GST for two presenters

\$700 + GST for one presenter

Maximum 200 people

### Screening tests

\$50 each

# FREQUENTLY ASKED QUESTIONS

## WHY BOWEL CANCER?

Australia has one of the highest rates of bowel cancer in the world, with 16,000 people expected to be diagnosed this year. Bowel cancer claims over 5,000 lives each year, making it the second biggest cancer killer in Australia. Yet detected early, 99% of bowel cancer cases can be successfully treated, or even prevented. There are steps employees of all ages can take to reduce their risk of developing bowel cancer and lead a healthier life.

Bowel cancer mainly affects people from age 50, people with relevant family or personal medical history, and those who smoke, drink alcohol, are overweight and lead sedentary lifestyles. However, around 1,400 younger Australians are diagnosed each year, representing 9% of the total number diagnosed.

## WHAT DOES THE AT-HOME SCREENING TEST INVOLVE?

The at-home screening test detects tiny traces of blood in a bowel movement, it does not test for cancer. The existence of blood may be a sign of cancer or a polyp, a tiny clump of cells which over time develop into cancer. If the result is positive for blood, your GP should refer you for a colonoscopy to investigate the cause.

A negative test result indicates that no blood was detected in the bowel movement. However, screening tests are not always 100% accurate as cancers and polyps bleed intermittently. The screening test should be repeated every two years to increase the chances of early detection.

## HOW MANY SCREENING TESTS SHOULD I ORDER?

Medical guidelines in Australia recommend bowel screening every two years from age 50, or from age 45 after speaking to a GP about the benefits and risks involved. Employees over age 50 are eligible for free screening through the National Bowel Cancer Screening Program. We strongly encourage people in this age group to take the test when it arrives in the mail.

The risk of bowel cancer increases four-fold during your 40s, rising sharply and progressively from age 50. Coupled with the increasing number of people under age 50 diagnosed with bowel cancer each year, the Jodi Lee Foundation urges all adults to be bowel cancer aware and to consider whether screening before age 50 is right for them.

If you choose to purchase screening tests, we recommend you order enough to provide employees under 50 with one each. For employees over 50, it is advised to encourage them to complete their free bowel screening test from the Australian Government.

## HOW CAN I ENSURE WE MAKE THE MOST OF THE PROGRAM ?

The most successful outcomes are achieved when senior management takes ownership of the program, a champion is nominated to take responsibility for running the program internally and employees accepting a screening test are followed up to make sure they return it to the pathology laboratory.