

# WORKPLACE PROGRAM

PREVENTING  
~~BOWEL CANCER~~



**BOWEL CANCER IS THE LEADING CANCER KILLER IN 25-44 YEAR OLDS IN AUSTRALIA, BUT IT DOESN'T HAVE TO BE.**

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

The Jodi Lee Foundation 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

# 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 to this presentation was outstanding and the level of knowledge gained has proved to be invaluable.'

**GILLON MCLACHLAN, FORMER 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

**Our presenters will empower and inform your staff to take active steps to prevent bowel cancer and lead healthy lives.**

Your employees will walk away with knowledge and understanding of bowel cancer, including the risk factors, symptoms to be aware of, how family history can have an impact, and the simple steps they can take to help prevent bowel cancer.

You will be provided with resources and information to use following the presentation, including a Symptom Checker tool to help employees identify if and when to visit their GP if they are experiencing any symptoms.

Employers can choose to purchase at-home screening tests to provide to employees and receive an anonymous report showing the number of tests completed and the results.

The Workplace Program can be held in person or online and you can choose to have one or two presenters. The session takes approximately an hour which includes time for questions.

We also offer a shortened Toolbox version of this presentation that can be tailored to your organisation.

## COSTS

### Face to Face Presentation

\$1,300 + GST for two presenters

\$1,000 + GST for one presenter

### Webinar

\$1,100 + GST for two presenters

\$800 + GST for one presenter

### Toolbox

\$800 + GST for two presenters

\$600 + GST for one presenter

**SCREENING  
TESTS**

\$45 each

# OUR PRESENTERS



**Nick Lee OAM** is the Founder and 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.



**Graeme Goodings** is a veteran Australian journalist, spending 34 years with Channel 7 as a leading news anchor. Graeme was diagnosed with bowel cancer in 2004, taking some time away from his career to fight the disease, which he was able to do - Graeme has celebrated 20 years cancer free. As a Jodi Lee Foundation Ambassador, Graeme hopes to emphasise the significance of early detection of bowel cancer and encourage Australians to do their bowel screening test.



**Kellie Finlayson** was diagnosed with stage IV bowel cancer just three months after giving birth to her daughter Sophia. Kellie joined the Jodi Lee Foundation as an Ambassador to raise awareness for bowel cancer, hoping no one else has to go through what she is going through. Kellie is the face of our Trust Your Gut campaign and Symptom Checker tool, and she uses her powerful social media platform to urge everyone to act on their symptoms and see a GP if something is not right.

# OUR PRESENTERS



**Sophie Edwards** was a healthy and fit young Mum fresh off The Bachelor TV show when she was diagnosed with stage III bowel cancer at age 34. At the time of diagnosis, Sophie's son Jaxon was only seven years old. Sophie joined the Jodi Lee Foundation as an Ambassador to encourage others to view their poo, trust their gut and advocate for themselves. Sophie is extremely well-spoken, real and down to earth, and will no doubt have listeners hanging on her every word.



**Hugo Toovey** is a Captain in the Australian Army, Founder of 25 STAY ALIVE 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 and 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 seek medical help if something is not right.

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

- JOCK DUNCAN, HOOD SWEENEY

# FREQUENTLY ASKED QUESTIONS

## **WHY BOWEL CANCER?**

Australia has one of the highest rates of bowel cancer in the world, with more than 15,000 people diagnosed every year. Bowel cancer claims over 5,300 lives each year, making it the second biggest cancer killer in Australia. Yet if detected early, up to 99% of bowel cancer cases can be successfully treated. There are steps that Australians of all ages can take to reduce their risk of developing bowel cancer and lead a healthier life.

Bowel cancer mainly affects Australians from age 50, people with relevant family or personal medical history, and those who smoke, drink alcohol, are overweight and lead sedentary lifestyles. However, the rate of bowel cancer cases in young people has risen 266% in the past three decades, and it is now the leading cancer killer in 25-44 year olds.

## **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 45, or from age 40 if you are in a high risk category such as having diabetes, an existing bowel condition, have a family history or are an Indigenous Australian. Australians over age 45 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.

If you choose to purchase screening tests, we recommend you order enough to provide employees under 45 with one each immediately after the presentation. For employees over 45, it is advised to encourage them to complete their free bowel screening test from the Australian Government. Please note that those aged 45-49 need to opt into the National Bowel Cancer Screening Program by filling in the form at [www.ncsr.gov.au/boweltest](http://www.ncsr.gov.au/boweltest), whilst those aged 50-74 will be automatically sent the free test kit in the mail.

## **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.