

# Bowel Cancer Awareness



Around 1,000 people are diagnosed with bowel cancer each year in Northern Ireland. Bowel cancer is the second most common cause of cancer death among people in Northern Ireland. About 1 in 20 people will develop bowel cancer in their lifetime and it is more common in older people, particularly men.

## Be symptom aware

Possible symptoms of bowel cancer can include:

- blood in your poo
- looser poo, pooing more often and/or constipation
- a pain or lump in your tummy
- Feeling more tired than usual for some time
- losing weight for no obvious reason

These symptoms do not mean that someone has bowel cancer. But if you or someone you know have any of these symptoms for 3 weeks or more, please speak with your GP.

## Reducing the risk of bowel cancer

- Complete your bowel cancer screening test when invited to take part in screening
- Eat a healthy diet. Make sure you get five portions of fruit and vegetable each day, and include wholegrains, beans and pulses for fibre. Limit the amount of red meat you eat, especially processed red meat.
- Be active. Moving more and sitting less can reduce your risk of serious illness. Aim for at least 2 and a half hours each week.
- Maintain a healthy weight. Avoid gaining weight and try losing weight if overweight.
- Drink less. To keep risks to a low level, don't drink more than 14 units of alcohol a week.
- Stop smoking. Your local free Stop Smoking Service can help - find them at [www.stopsmokingni.info](http://www.stopsmokingni.info)
- Find advice about a healthy lifestyle at [www.choosetolivebetter.com](http://www.choosetolivebetter.com)

# Bowel cancer awareness newsletter

This newsletter highlights the symptoms of bowel cancer and how to reduce your risk, and outlines the changes to the bowel cancer screening programme following the introduction of the new type of test.

Published

01 November 2021

Last reviewed

15 March 2022

## Details

Format

2 pages, A4, PDF only

Target group

Potential participants in the Northern Ireland Bowel Cancer Screening Programme

## Downloads

Attachment	Size
<a href="#">Bowel Cancer Awareness Newsletter final.pdf</a>	809.97 KB

## Tags

- [bowel cancer screening](#)

Share this page

- [Share by email](#)
- [Share on X](#)
- [Share on Facebook](#)
- [Share on LinkedIn](#)
- [Share on WhatsApp](#)
- [Download as PDF](#)

Was this page useful?

Yes  No

Thank you for your feedback.

Sorry to hear that. [Tell us what went wrong.](#)