

# Talking about blood in my poo was embarrassing. But it saved my life.

When bowel cancer is found and treated early 9 out of 10 people survive, like I did. So, while I wasn't comfortable talking about it, it was worth it. If you've had blood in your poo or looser poo for six weeks or more it may be nothing, but it's important to get checked. Listen to your body and see your GP.

[becanceraware.ni.info](http://becanceraware.ni.info)

**Chris Wright,  
Bowel cancer  
survivor**