

Don't hide your symptoms behind closed doors



Seeking advice about problems with your bottom or bowels could save your life

Bowel cancer is the UK's second biggest cancer killer yet over 90% of cases can be treated successfully if diagnosed early

beating
bowel
cancer
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awareness education support



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What to look out for...

We all experience problems with our bottoms and bowels from time to time and usually there's nothing to worry about.

However, it is important to be aware of the symptoms of bowel cancer and if you have noticed the following high risk symptoms for 4 to 6 weeks, you should visit your doctor.

- **A persistent change in bowel habit**
- **Bleeding from the bottom without any obvious reason**
- **Abdominal pain, especially if severe**
- **A lump in your tummy**

Other symptoms to also be aware of include unexplained anaemia causing tiredness or weight loss.

Although in most cases it won't be cancer, if you have one or more of these symptoms for more than four to six weeks, get checked out. Take this leaflet with you if it helps you to explain the problem.

Don't be embarrassed to talk about your symptoms. Your pharmacist can discuss these privately with you, or your doctor's door is always open.



For further advice on bowel cancer, its symptoms and treatment, please call the Nurse Advisory Line 08450 719 301 or visit www.beatingbowelcancer.org

