



*The aim of Bowel Cancer Guernsey is to improve awareness, prevention and diagnosis of bowel cancer within the Bailiwick of Guernsey. All funds are used locally.*



## REDUCE THE RISK

-  Eat lots of fibre.
-  Be as active as possible, try to do at least 30 minutes of physical activity a day.
-  Limit your intake of red meat and try to avoid processed meats.
-  Maintain a sensible weight.
-  Cut down on alcohol.
-  Stop smoking.



Designed courtesy of Two Degrees North



## FOR MORE INFORMATION

Guernsey & Alderney  
Contact your doctor or Public Health Services

**Call: 01481 224133**

[www.gov.gg/healthyliving](http://www.gov.gg/healthyliving)

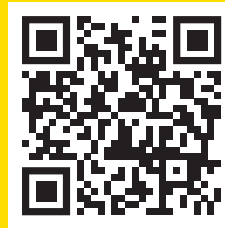
[www.cancerresearchuk.org/about-cancer/bowel-cancer](http://www.cancerresearchuk.org/about-cancer/bowel-cancer)

## CONTACT US

**Call: 01481 722493**

Email: [admin@bowelcancerguernsey.org](mailto:admin@bowelcancerguernsey.org)

**SCAN QR CODE  
TO VISIT OUR  
WEBSITE**



## DON'T SIT ON IT, SORT IT!

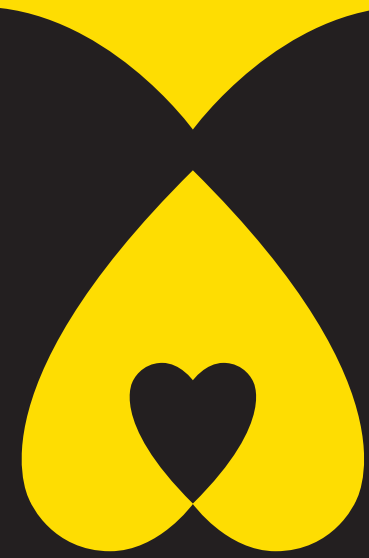


**BOWEL CANCER  
GUERNSEY**

[bowelcancerguernsey.org.gg](http://bowelcancerguernsey.org.gg)

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Bowel Cancer Guernsey is a Guernsey Registered Charity No. 247



# BOWEL CANCER GUERNSEY



SCAN QR CODE

## DON'T SIT ON IT, SORT IT!

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## WHAT IS BOWEL CANCER?

Bowel cancer usually affects the large bowel (colon) or the back passage (rectum). It occurs when the cells that line the bowel grow abnormally; leading to the development of a lump or an ulcer which can cause rectal bleeding or a change in how the bowel functions.

*When detected early enough, **over 90%** of bowel cancer patients are successfully treated.*








**Bowel cancer is treatable but the earlier it is diagnosed, the easier it is to cure.**

*Dr Nicola Brink MBE, Director of Public Health  
States of Guernsey*



## COMMON SYMPTOMS

Most people with these symptoms do not have cancer, but if you have any of those listed below, you should visit your GP:

-  **Bleeding from your bottom and/or blood in your poo.**
-  **Looser, more diarrhoea-like motions or constipation.**
-  **A persistent and unexplained changed in bowel habits, either looser poo, constipation or going more often.**
-  **Extreme tiredness for no obvious reason.**
-  **Unexplained weight loss.**

Your GP may recommend you complete a Faecal Immunochemical Test (FIT).

***Don't be embarrassed to talk to your GP!***



## SCREENING

FIT detects tiny amounts of blood in your poo which may be an early sign of pre-cancerous growths or bowel cancers.

The test is quick and easy to complete at home. If eligible, you will be sent a free test kit to complete and post using the free post envelope provided.

To find out if you are eligible please call **01481 707740** or visit: **[www.bowelcancerguernsey.org](http://www.bowelcancerguernsey.org)** or **[www.gov.gg/screening](http://www.gov.gg/screening)**



***See your doctor immediately if you've had blood in your poo or looser poo lasting three weeks.***