



# Living Well North Tyneside

Supporting Health and Wellbeing

April marks Bowel Cancer Awareness Month, a crucial campaign dedicated to shedding light on the signs, symptoms, and support available for this prevalent condition. It's a time to empower individuals with knowledge about bowel cancer and encourage them to take action for their health. Let's delve into what you need to know.

## Understanding the Symptoms

Do you know the signs of bowel cancer? They can include:

- Bleeding from your bottom and/or blood in your stool
- A persistent and unexplained change in bowel habits
- Unexplained weight loss
- Extreme fatigue without an apparent cause
- A lump or pain in your stomach

While these symptoms can be caused by various factors, it's essential not to ignore them. If you experience any of these signs, don't hesitate to schedule an appointment with your GP promptly. Early detection can make a significant difference in treatment outcomes.

For more information on the signs and symptoms of bowel cancer, visit [NHS Bowel Cancer Symptoms](#).

## The Importance of Bowel Cancer Screening

Bowel cancer ranks as the fourth most common type of cancer, but screening can play a vital role in prevention and early detection. Screening helps identify bowel cancer in its early stages when it's most treatable.

Individuals aged between 60 and 74 receive a home test kit, known as a FIT test, every two years. However, there's good news! The screening program is expanding, and soon, individuals aged between 50 and 59 will also be invited to participate.

Ensuring your GP practice has your correct address is crucial to receiving your screening kit promptly.

To learn more about the screening process, including why it's important, details about the test, expected results, and their implications, visit [NHS Bowel Cancer Screening](#).

## Take Action Today

Bowel Cancer Awareness Month serves as a reminder for everyone to prioritise their health. By knowing the signs and participating in screening, you're taking proactive steps towards early detection and prevention of bowel cancer. Spread awareness, encourage screening, and let's work together towards a future where bowel cancer is no longer a significant health threat.

## Related Documents

- [Bowel Cancer Symptoms.png](#)

## Related Links

- [Bowel Cancer Symptoms](#)
- [Take the bowel cancer quiz](#)
- [About Bowel Cancer](#)



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