



Bowel Cancer UK

Natasha Johnston

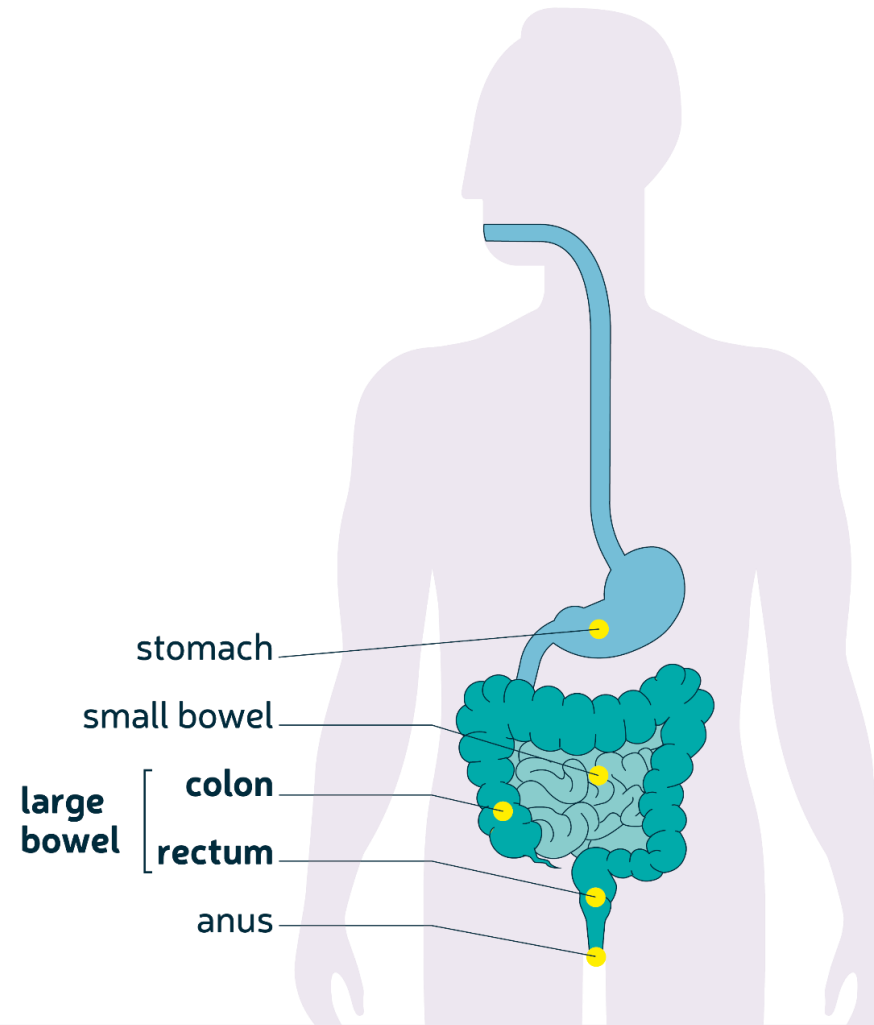
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What is bowel cancer?

Bowel cancer

- Cancer of the large bowel
- Also known as colorectal cancer



Around 44,000 people are diagnosed in the UK every year



It's the fourth most common cancer in the UK

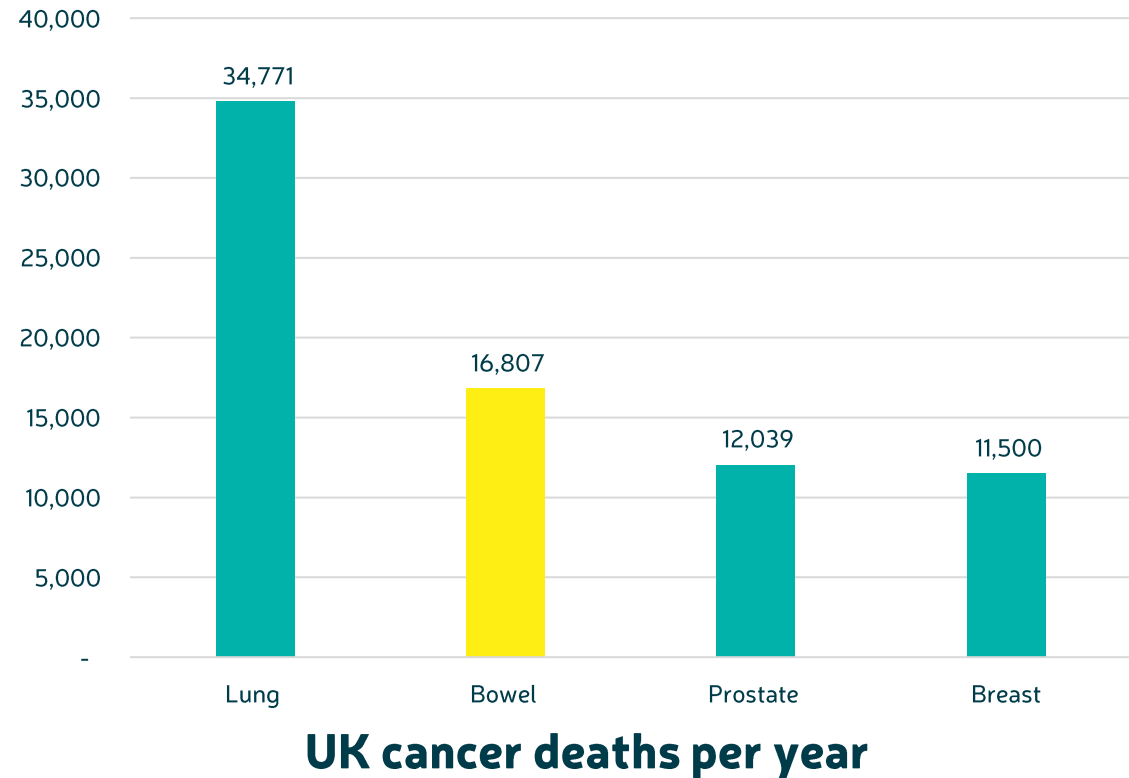
Bowel cancer and age

- More common in the **over 50s**, but it can affect people of all ages
- Over **2,600 people under 50** are diagnosed in the UK every year



Mortality

- Bowel cancer is the **second biggest cause** of cancer deaths in the UK
- On average, **46** people die from bowel cancer every day in the UK



Bowel cancer survival



Stage 1
Around 9 in 10 will survive



Stage 4
Around 1 out of 10 will survive

**Can you name
any symptoms?**



Bleeding from your
bottom



A change in how often you
poo, or regularly having
diarrhoea or constipation



Feeling very tired all the
time but you're not sure why



Blood in your poo



Losing weight but you're
not sure why



A pain or lump in your
tummy

More than
1 in 3

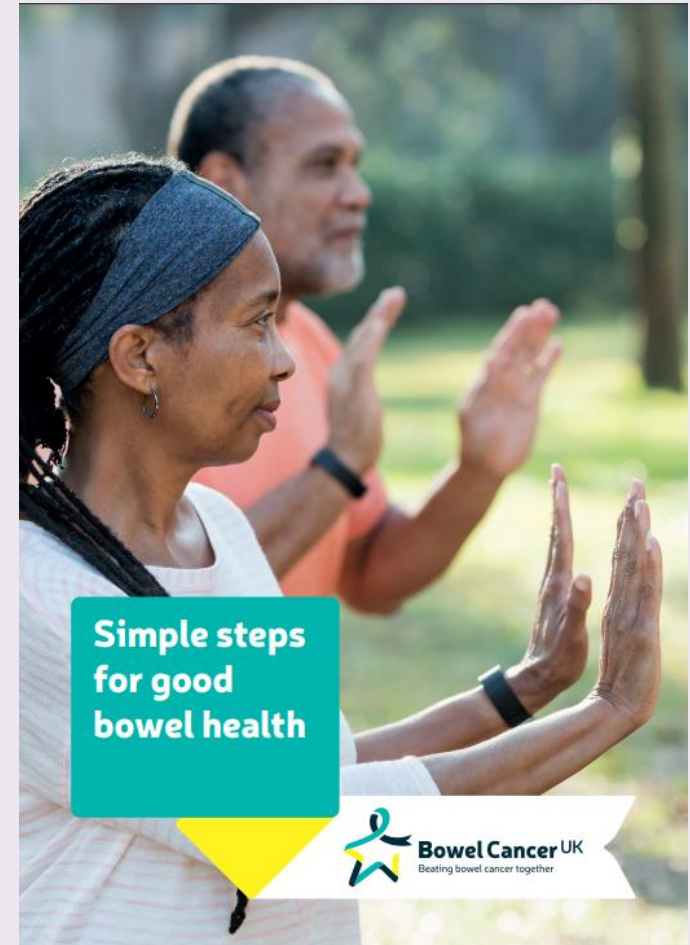
people can't name a single
symptom of bowel cancer



Source: YouGov Plc

Reducing your risk

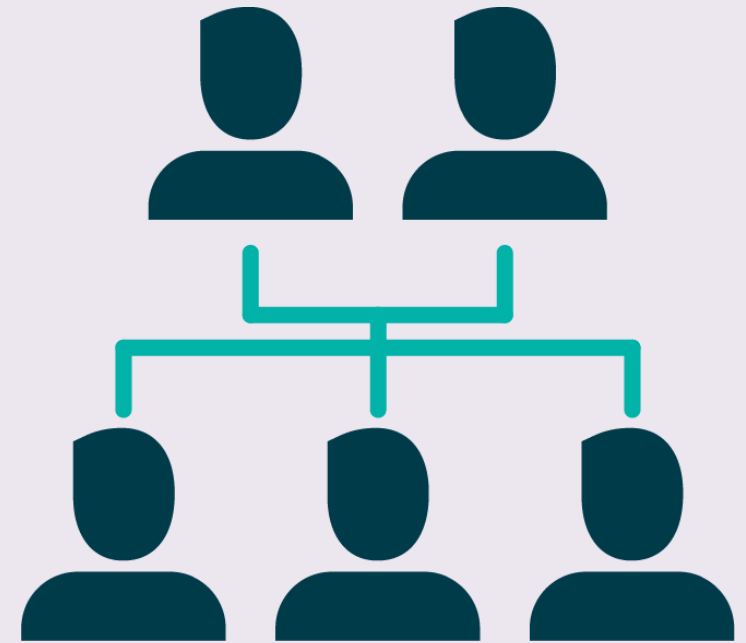
- Eat plenty of fibre
- Eat less red and processed meat
- Maintain a healthy weight
- Quit smoking
- Limit alcohol intake
- Do plenty of physical activity



Some factors increase your risk

- Aged over 50
- Strong family history / genetic conditions
e.g. lynch syndrome
- Type 2 diabetes
- Inflammatory Bowel Disease (IBD)

Having these risk factors doesn't mean
that you'll definitely get bowel cancer



Bowel screening

The screening test

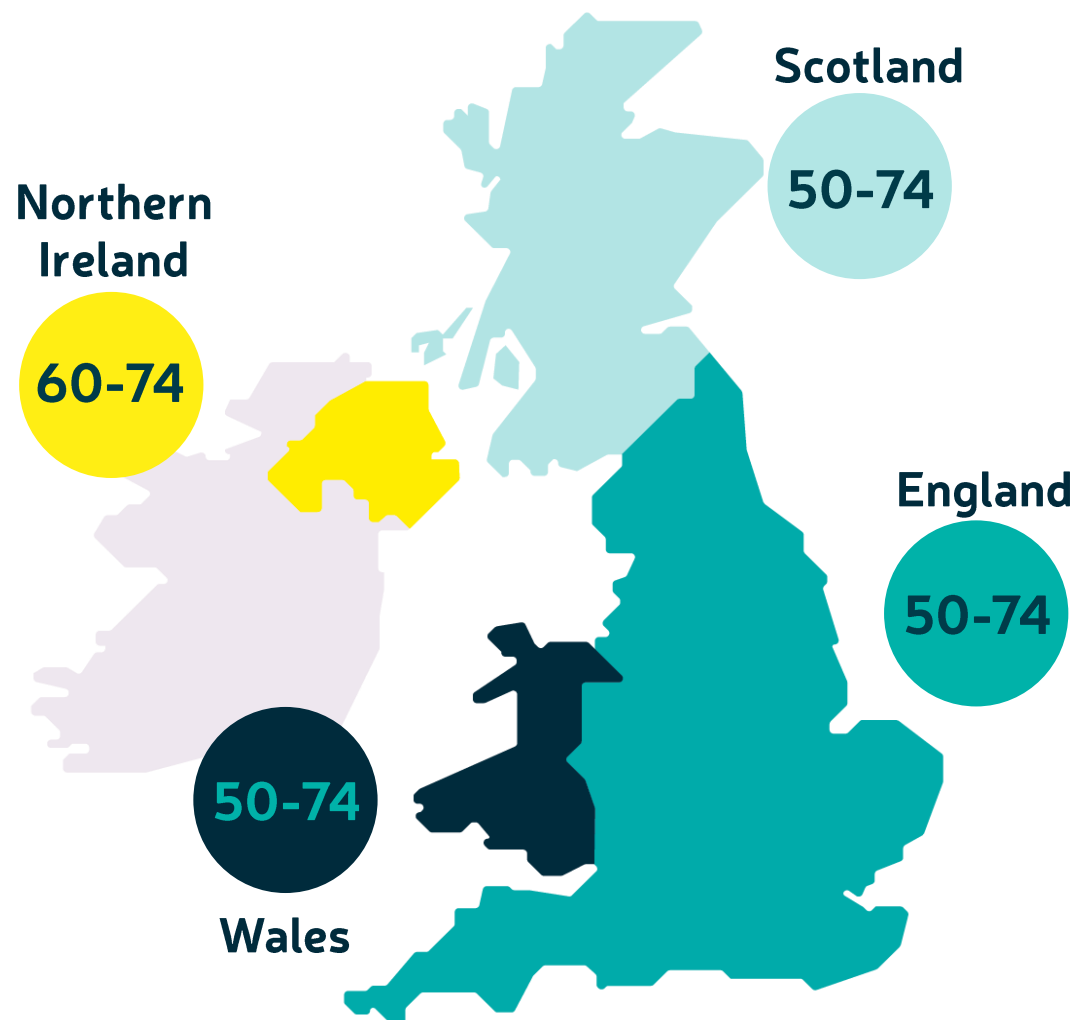
- Quick and easy
- Just one small sample of poo
- Detects tiny amounts of blood
- Complete in privacy at home
- Arrives automatically in the post every two years

The faecal immunochemical test (FIT) in England (left) and Scotland (right)



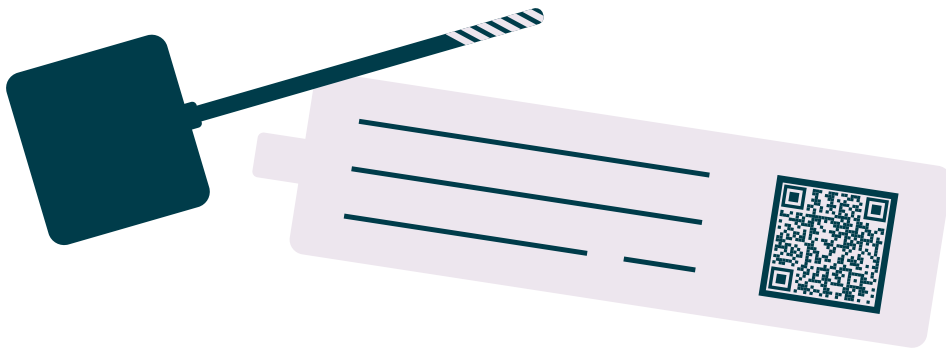
Images courtesy of Public Health England and NHS Health Scotland

Who can take part in screening?



Bowel cancer screening saves lives

Early detection



Prevention



Screening in the UK

- Around **7 in 10** people take the screening test
- The more people take the test, the more lives could be saved





Bowel Cancer UK

Beating bowel cancer together

Who we are

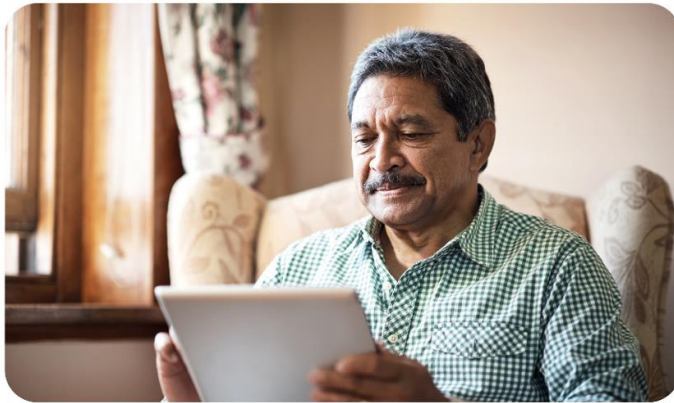
- We're the UK's leading bowel cancer charity
- We're determined to save lives and improve the quality of life of everyone affected by the disease
- Our vision is of a future where nobody dies of bowel cancer



What we do



Information and support



Research



Campaigning



Education



Information and support

- Website:
 - Visit our website for information about bowel cancer, including symptoms, risk factors, screening, diagnosis, treatment and living with and beyond the disease, and to read real life stories of people affected by bowel cancer.
- Booklets and factsheets:
 - Our trustworthy booklets and factsheets — written together with experts and people affected by bowel cancer — cover topics from reducing your risk to life after treatment to support everyone affected by the disease.



Information and support

- Ask the Nurse
 - Our specialist nurses are here to answer any questions you have about bowel cancer. We provide free information and support, helping guide you towards next steps
- Online communities
 - Our forum and Facebook groups are welcoming places to get help and support for anyone affected by bowel cancer. Our communities are here for you at any time to ask questions, read other people's experiences, and support each other.



Information and support

- Local support groups
 - Local support groups are a great way to meet others, share your experiences and get support face-to-face in your area. We have a network of group partners across the UK.
- Peer support Line
 - Our Peer Support Line connects you with someone who understands what it's like to have bowel cancer. Our trained volunteers provide a supportive listening ear and can share their experience of bowel cancer with you.



Awareness

- Awareness talks:
 - **Free** bowel cancer awareness talks for workplaces and community groups.
 - Delivered by our dedicated team of trained volunteers.
- Awareness stands:
 - We welcome opportunities to host awareness stands at local events.



Health professional education

- Education opportunities
 - Online and in-person
- Resources for professionals and patients
 - Best practice guides and expert information and support
- Network membership
 - National Colorectal Cancer Nurses Network, and a Professionals Network for primary and secondary care





Supporting primary care to deliver earlier diagnosis for suspected bowel cancer patients

Thursday 19 June 2025, 6.30pm – 7.30pm
Online via Zoom

This session will cover:

- colorectal cancer, risks factors and red flag symptoms
- using FIT in symptomatic patients
- the diagnostic pathway and importance of earlier diagnosis

Register now

bowelcanceruk.org.uk/education-events



Bowel Cancer UK



Thank you!

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***Any* questions?**