

Don't hide your symptoms behind closed doors



Bowel cancer is Britain's second biggest cancer killer, but over 90% of cases can be cured if they are diagnosed and treated in time.

Don't let embarrassment get between you and a visit to your doctor. Get your symptoms checked out early to avoid becoming one of the **50 people who die from bowel cancer every day.**



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 are experiencing any of the following, talk to your doctor.

- **A persistent change in bowel habit, especially going more often or looser for several weeks**
- **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 doctor's door is always open.



For further advice on bowel cancer, its symptoms and treatment please call **08450 719300 or visit **www.beatingbowelcancer.org****

