

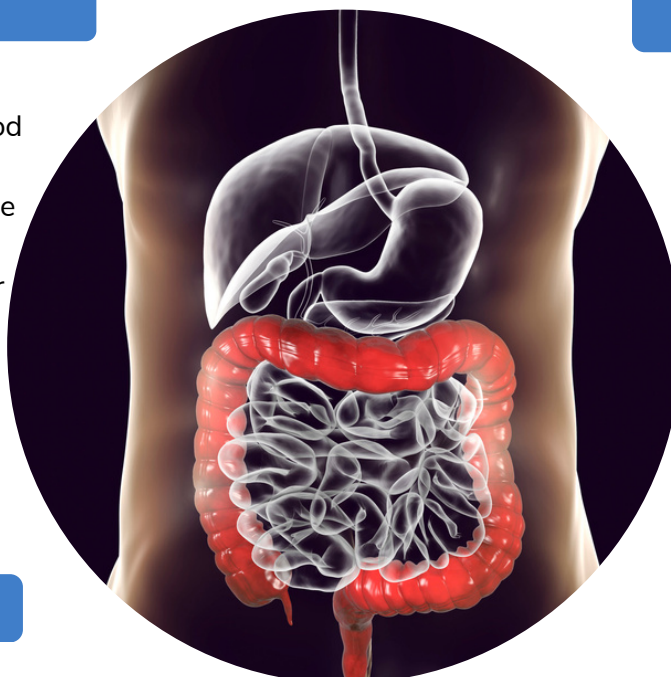
# What is Bowel Cancer?

A cancer found anywhere in the large bowel incl. the colon and rectum

## Common Symptoms of Bowel cancer

### Bleeding from your bottom and/or blood in stool

There are several causes for bleeding; dark red or black blood may come from your bowel or stomach. Bright red blood in the stool may come from swollen blood vessels (haemorrhoids or piles), polyps (non-cancerous growths) or may also be caused by bowel cancer (particularly if it continues to worsen and/or is accompanied by pain or discomfort).



### Unexplained changes in bowel habits

Persistent and unexplained changes in your normal bowel habits that last longer than three weeks including unresolved constipation, diarrhoea, changes in frequency and size of bowel movements or not feeling able to fully empty your bowels

### Extreme tiredness

Unexplained tiredness can occur in bowel cancer due to a lack of iron in the body leading to anaemia (lack of red blood cells).

### Unexplained Weight Loss

This could be a result of a loss of appetite, malabsorption, vomiting, nausea, an inability to eat due to stress and worry or a difficulty eating due to pain.

### A pain or lump in your abdomen

Sometimes bowel cancer can cause obstruction, preventing stools from passing through, resulting in strong pains in the stomach area, bloating and feeling or being sick.

## About Bowel Cancer

**c. 43,000 people in the UK are diagnosed with bowel cancer each year (1)**

Bowel Cancer is also known as colorectal cancer. It can start anywhere in the large bowel which includes the large intestine, colon and rectum. It develops when cells in the lining of the large bowel grow abnormally and uncontrollably and form a tumour. This can become invasive if not detected early and spread to the lymph nodes and other parts of the body. It's the fourth most common cancer in the UK.

## Diet & Nutrition Diet and Lifestyle support for bowel cancer

Around half of bowel cancers in the UK are considered preventable. There are many ways to reduce your risk of bowel cancer with a personalised nutrition and lifestyle approach; to optimise your diet with whole foods and nutrients which support digestive processes and regular bowel activity.



1 <https://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/bowel-cancer>