

## Reduce the Risk of Bowel Cancer

- Complete your FIT kits when you receive them
- Attend follow up appointments if invited
- Be as active as possible
- Use the outdoor gym equipment at Saumarez Park
- Skip regularly
- Eat healthily
- Eat lots of fibre
- Limit red meat intake
- Avoid processed meat
- Maintain a sensible weight
- Cut down on alcohol
- Stop smoking

## Symptoms of Bowel Cancer

Don't be embarrassed and always see your doctor for advice if you have any of the symptoms below:

- Blood in your poo for the last three weeks
- Loose poo for the last three weeks
- Change in bowel habit
- Going to the loo several more times a day than normal
- Rectal bleeding

Other warning symptoms:

- Feeling more tired than usual
- Unexplained anaemia
- Lump or mass in your tummy
- Persistent, severe abdominal pain
- Losing weight for no obvious reason
- Close family member developed bowel cancer at an early age



Bowel Cancer  
Guernsey

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



Don your loudest tie or scarf at work to raise funds and awareness of bowel cancer in Guernsey. Give a donation for the privilege.



Are you unsure of the symptoms of bowel cancer?

We'll give this a scan.



f @BCancerGuernsey  
 @BowelCancerGSY  
 bowelcancerguernsey.org

## LOUD TIE DAY

Back by popular demand, we are proud to present this year's Loud Tie Day; raising awareness for Bowel Cancer in Guernsey. The funds raised support the latest screening equipment for early diagnosis.



### What to do on LOUD TIE DAY

- Ask friends and colleagues to wear as loud a tie or scarf as they have
  - Hold a loud tie competition
  - Have a raffle to win a tie
  - Have a three legged race using a loud tie
  - Just dress down and give a donation to Bowel Cancer Guernsey
- Tweet a selfie of you, your work colleagues or class mates in a loud tie to @BowelCancerGSY #LoudTie19
  - Send photographs to our Facebook page @BCancerGuernsey
  - Sign up to be a 'Friend' of Bowel Cancer Guernsey to receive updates via our newsletter

## What is Bowel Cancer?

Bowel Cancer usually affects the large bowel (colon) or back passage (rectum) and occurs when the cells that line the bowel change over a period of time and grow abnormally. This leads to the development of a lump or an ulcer which causes rectal bleeding or a change in the way the bowel functions.

- If diagnosed early, more than 90% of bowel cancer cases can be treated successfully.
- Five-year survival rates for bowel cancer have doubled over the last 40 years.

## Where your money goes

The funds raised from Bowel Cancer Guernsey campaigns have been used to purchase equipment for screening and colonoscopies, computer databases and outdoor gym equipment.

Additionally, the proceeds have funded vital training for medical staff and to raise awareness of Bowel Cancer.

Further details can be found on the Bowel Cancer Guernsey website [bowelcancerguernsey.org](http://bowelcancerguernsey.org)

**Monies and donations** can be made to [giving.gg](https://www.givinggg.com) Loud Tie Day 2019

or by cheque made payable to 'Bowel Cancer Guernsey' and sent to: Le Pignon, Longs Camps, St Sampsons, GY2 4UQ