



Reduce your risk of Bowel Cancer

There are things we can all do
to reduce our risk of bowel cancer

Healthy Body Weight



Physical activity



Limit Alcohol



Healthy Eating



Avoid Smoking



Bowel Screening



Visit

www.hse.ie/cancerprevention
for more information



National Cancer
Control Programme

Know the signs Find Bowel Cancer Early



Call your GP TODAY if you notice any of the following



A change in your bowel habit for more than 6 weeks, such as looser poo, pooing more often or constipation



Feeling like you need to pass a bowel motion even when you know your bowel is empty



Unexplained bleeding from your back passage



Unexplained pain in your tummy or back passage



Unexplained lump or swelling in your tummy



Unexplained weight loss



Feeling very tired all the time, more than is normal for you



Breathlessness more than is normal for you

If you notice anything that is unusual for you, contact your GP today

Visit
www.hse.ie/cancerearlydetection
for more information