

Bowel Cancer –Know the 5 Key Symptoms

Research has confirmed that 4 in 10 adults in the Thames Valley region can't name a single symptom of bowel cancer –the UK's second biggest cancer killer.

We support the work of Bowel Cancer UK to ensure that more adults are aware of the five main symptoms of a disease:

- bleeding from your bottom and/or blood in your poo
- changes in your bowel habits –eg constipation or diarrhoea –that continue and can't be explained
- unexplained sudden weight loss
- extreme tiredness for no obvious reason
- a pain or lump in your tummy

Having close relatives who have had bowel cancer may also increase your risk.

So, watch out for the five symptoms and do –and return –your screening kit if you receive one through the post.

43,000 UK adults are diagnosed each year, and between 2018-2020, more than 6,500 people Buckinghamshire, Oxfordshire, and West Berkshire received the news that they had the condition.

Anyone who has any of the five key symptoms for more than three weeks should contact their GP surgery for advice.

Videos

Know the High 5 signs of bowel cancer BCUK https://youtu.be/Jn_xplq7yUs

Learn about bowel cancer | BCUK <https://youtu.be/4zkZQAmdyT8>

Bowel cancer symptoms: how to spot the warning signs | NHS <https://youtu.be/HpcTctKrg-I>

What is Bowel Cancer? | Macmillan Cancer Support https://youtu.be/LPVE9ZghsRo*

Spotting the symptoms of bowel cancer: Macmillan Cancer Support (British Sign Language) <https://youtu.be/EbsgH6OSwxw>

What is bowel cancer? | Cancer Research UK https://youtu.be/wdnX0Rfa_tg

What are the symptoms of bowel cancer | Cancer Research UK (mobile format) <https://youtube.com/shorts/-xKxsmqA-jk?feature=share>

Bowel Screening for People with a Learning Disability <https://youtu.be/qheY6Q0oifs>

Bowel screening for people with learning disabilities <https://youtu.be/QXV2noZLUFU>

Reducing your risk | BCUK <https://youtu.be/vx5MFRUKBQU>

Bowel Cancer Screenings for People with Learning Disabilities | MENCAP <https://youtu.be/2TpzUtdYdnU>

How to do the FIT bowel screening test (English) | TVCA <https://youtu.be/gD9bCCi4ecc>

How to do the FIT bowel screening test (Punjabi) | TVCA <https://youtu.be/0XZrfg0CfM>

How to do the FIT bowel screening test (Bengali) | TVCA https://youtu.be/x3eO5DZ_GAw

How to do the FIT bowel screening test (Hindi) | TVCA https://youtu.be/5Bm_JDnrvbM

How to do the FIT bowel screening test (Tamil) | TVCA <https://youtu.be/LZzVvF9kXYA>

How to do the FIT bowel screening test (Urdu) | TVCA <https://youtu.be/ZsvHqqyHXngcont/..>

Websites

Bowel Cancer UK <https://www.bowelcanceruk.org.uk/about-bowel-cancer/bowel-cancer/>

Cancer Research UK <https://www.cancerresearchuk.org/about-cancer/bowel-cancer>

NHS: What is Bowel Cancer? <https://www.nhs.uk/conditions/bowel-cancer/what-is-bowel-cancer/>

Macmillan Cancer Support <https://www.macmillan.org.uk/cancer-information-and-support/bowel-cancer>