

REDUCING THE RISK

WHICH CANCER CAN BE PREVENTED BY AVOIDING PROCESSED MEATS?

EATING LESS RED MEAT IS GOOD FOR THE PLANET... AND ALSO GOOD FOR PREVENTING WHICH CANCER?

If you don't have symptoms of colorectal cancer, you can still make healthy decisions that will greatly reduce your risk of colorectal cancer in the future... and many other illnesses and health problems besides!

All of the following will reduce your risk of developing colorectal cancer:



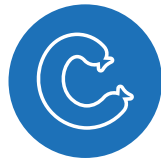
Not smoking



Avoiding alcohol



Eating less red meat



Avoiding processed meat



Maintaining a healthy weight



Eating more fruit and vegetables



Taking regular exercise

These same health tips are also of immense benefit to your heart and lung health, and much more besides.

CRC SCREENING - HOW CAN I GET TESTED?

WHICH CANCER SHOULD YOU GET SCREENED FOR WHEN YOU:

- ▶ ARE 50 YEARS AND OLDER
- ▶ HAVE A FAMILY HISTORY OF COLORECTAL CANCER
- ▶ SHOW ANY SIGNS AND SYMPTOMS OF THE DISEASE

Screening programmes differ from country to country across Europe.

Please contact your local patient organisation to learn how screening for colorectal cancer is managed in your country, and your rights to accessing it. You can find a directory of our member organisations here: digestivecancers.eu/members/

Why not contact them today?

You should also start a discussion with your doctor about seeking colorectal cancer screening relative to your personal circumstances. They will be able to advise you on whether this is the right time to seek answers.

[WWW.DIGESTIVECANCERS.EU](https://www.digestivecancers.eu)

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WHICH CANCER IS DIAGNOSED IN 500.000 EUROPEANS EVERY YEAR



 **DIGESTIVE CANCERS EUROPE**

ON THE TOPIC OF COLORECTAL CANCER, WE'RE ANSWERING THE QUESTIONS THAT REALLY MATTER.

Eight out of 100 Europeans have a chance of developing colorectal cancer in their lifetime. That's one audience member for every sold-out show in a typical theatre.

Indeed, you probably know someone affected by colorectal cancer, which is Europe's second and third most common cancer in women and men, respectively. Sadly, colorectal cancer accounts for more than 12% of all cancer-related deaths in Europe. In 2020 this brought the loss of over 240,000 people's lives, not to mention the devastating effects on families and loved ones.

The good news is that colorectal cancer is preventable in many cases and highly treatable if diagnosed in its early stages. Better still colorectal cancer can be prevented by following a healthy lifestyle... so you can reduce your risk of colorectal cancer by making decisions that will have countless other benefits to your wellbeing.

Once fifty and over you need to get tested regularly for colorectal cancer – **talk to your doctor about how.**

If you have a family history of colorectal cancer, or are showing the signs and symptoms, you shouldn't wait to get tested. **Talk to your doctor today.**

COLORECTAL CANCER - TIME TO TEST?

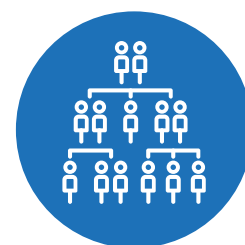
WHICH MAJOR CANCER CAN BE BEATEN 90% OF THE TIME IF CAUGHT EARLY?

Regular colorectal cancer screening is important because many people affected by the disease do not have symptoms for several years. Most cases of colorectal cancer occur in people over the age of 50 years so screening is recommended for this age group.

If you answer 'yes' to any one of the following questions, you should talk to your doctor about colorectal cancer screening.



Are you over 50?



Do you have a family history of colorectal cancer?



Do you currently have any of the symptoms of colorectal cancer?

DO YOU KNOW THE SYMPTOMS?

WHICH CANCER CAN CAUSE WEIGHT LOSS, TIREDNESS OR CHANGES IN BOWEL MOVEMENT?

BLOOD IN YOUR STOOL IS A WARNING SIGN FOR WHICH CANCER?

Knowing the signs of colorectal cancer makes an early diagnosis possible, and a better outcome more likely.

The main symptoms of colorectal cancer are:

A change in bowel habits that lasts for more than a few days (diarrhoea, constipation or a feeling that the bowel has not emptied completely)

Stools that are narrower than usual

Blood (either bright red or very dark) in the stool

Rectal bleeding with bright red blood

Frequent gas pains, bloating, fullness, abdominal cramps

Weight loss for no known reason

Feeling very tired (weakness and fatigue)

Less frequent but important to have checked - lower back pain

People with colorectal cancer may experience one, some, all or none of the symptoms listed above. It is important to remember that none of these symptoms confirm colorectal cancer by themselves. So if you do experience these symptoms, don't panic... but do talk to your doctor.

Find out about how best to get screened for colorectal cancer on the back of this pamphlet.