



Detecting Bowel Cancer

- It's time to start screening

Consultant Tammy Farrell

PRACTICAL SOLUTIONS TO HEALTH, NUTRITION & FITNESS

WHAT IS BOWEL CANCER?



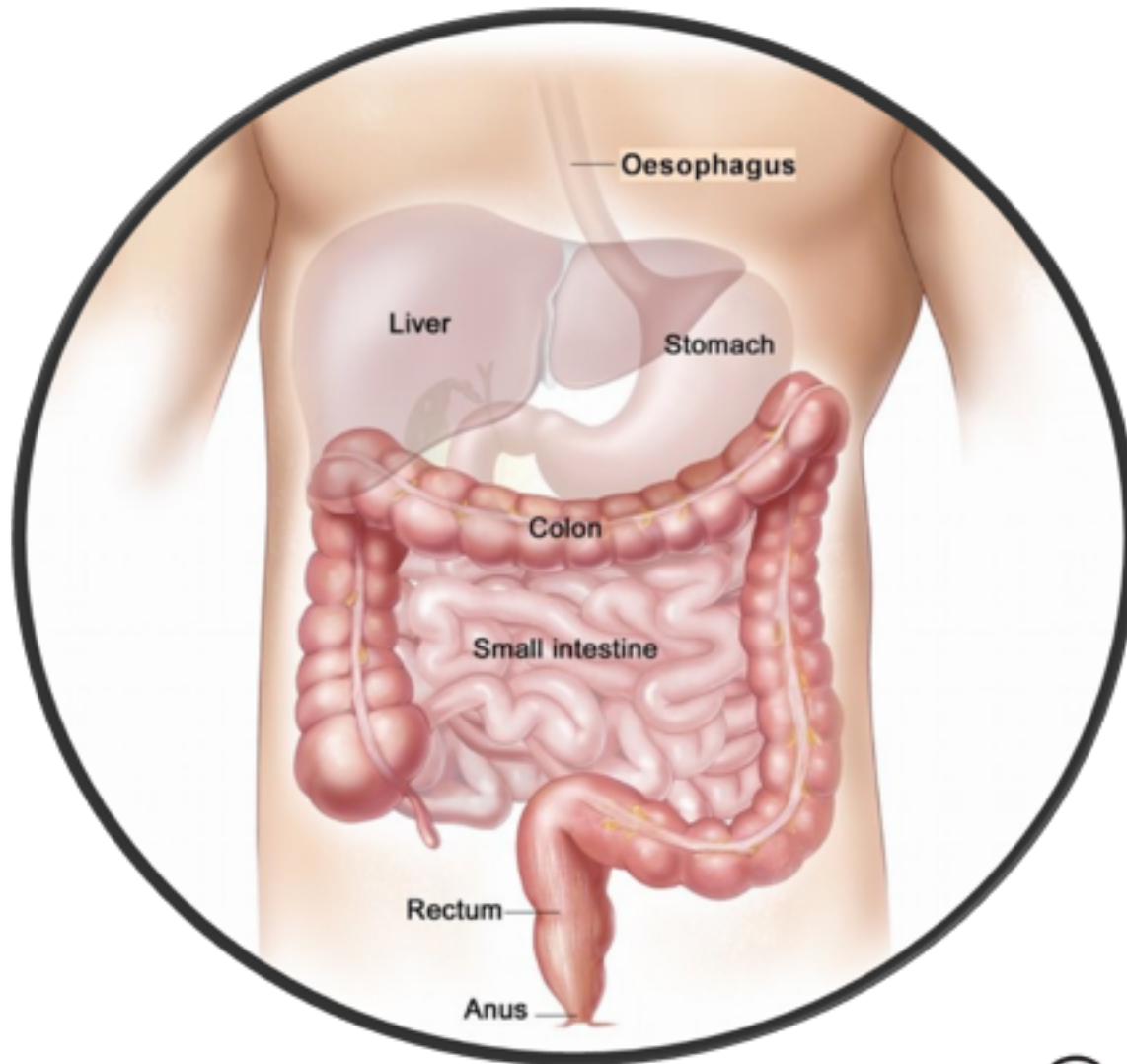
Source: Bowel Cancer Australia

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WHAT IS BOWEL CANCER?



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WHY TALK ABOUT BC IN THE MINING INDUSTRY?



Source: Bowel Cancer Australia

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WHY TALK ABOUT BC IN THE MINING INDUSTRY?

- It's common
- It's often lethal
- It's an issue for both men and women, young & old
- **Preventable** – more than two thirds of bowel cancers are considered to be preventable



Source: Bowel Cancer Australia

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Why is Bowel Cancer awareness important?

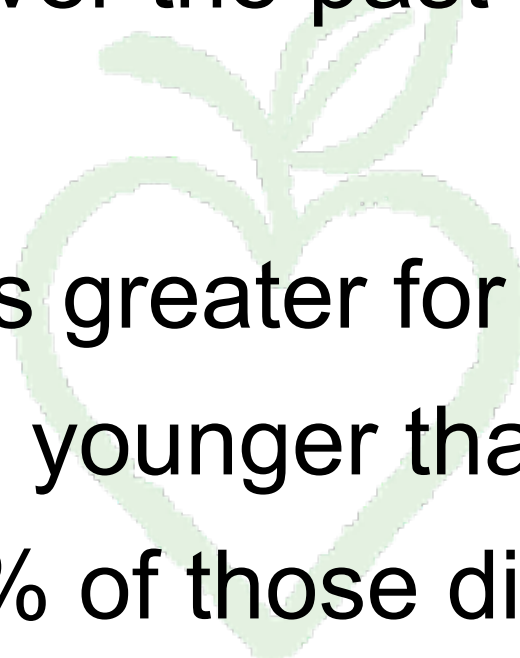
- Each year, ~14,000 Australians are diagnosed with bowel cancer and ~4700 will die of the disease
- Bowel cancer is the 2nd most common cancer
- Early detection and treatment improve survival
 - 90% of patients diagnosed with early disease are alive 5 years after diagnosis

Source: Bowel Cancer Australia

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- Increase in BC in Australians aged 20 - 34 years over the past 15 years
- Risk remains greater for those 50 & over, people younger than 50 represent 7% of those diagnosed with BC.



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STARTS AS BENIGN POLYPS



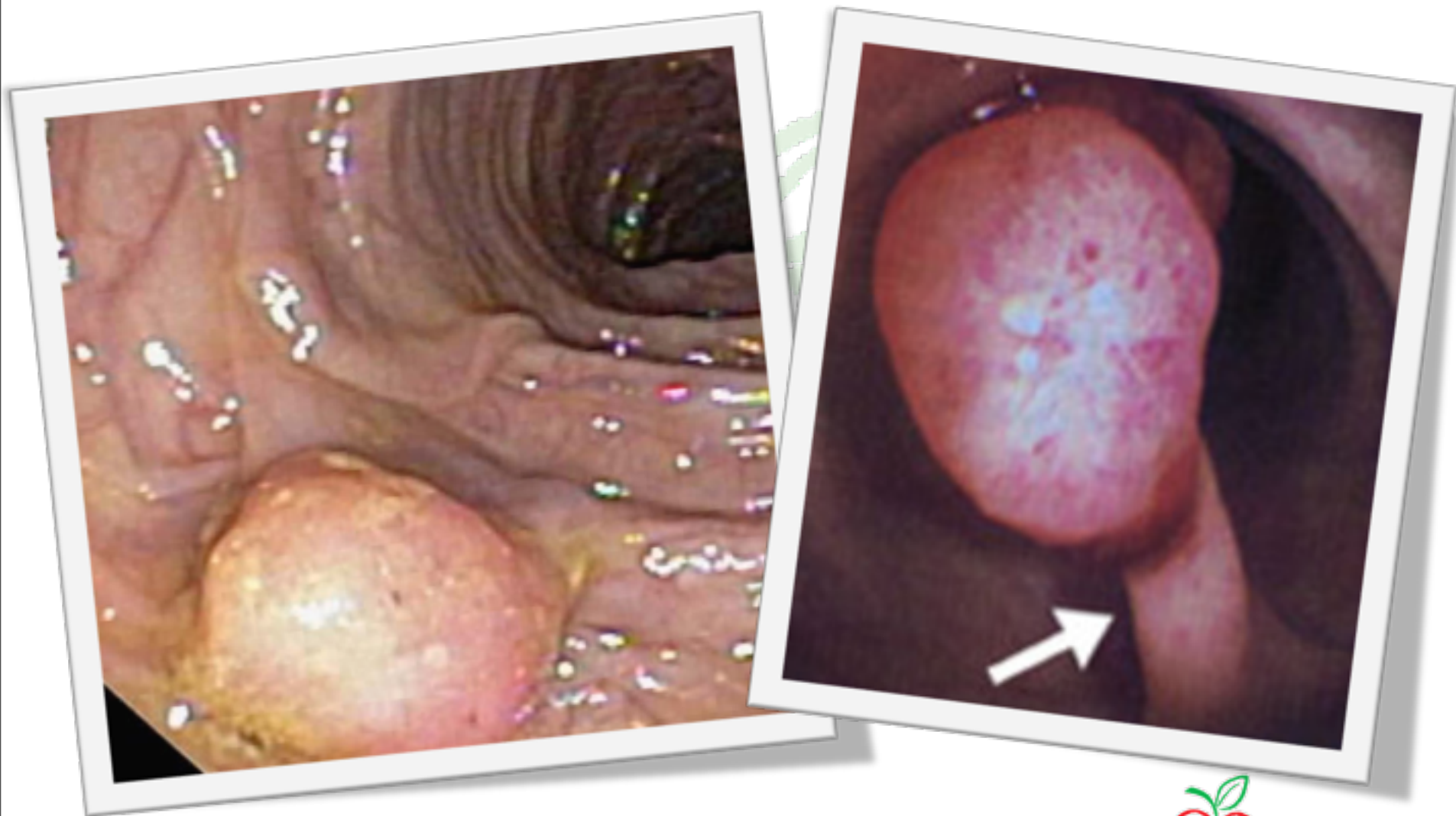
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STARTS AS BENIGN POLYPS



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BOWEL CANCER SURGERY



Source: Bowel Cancer Australia

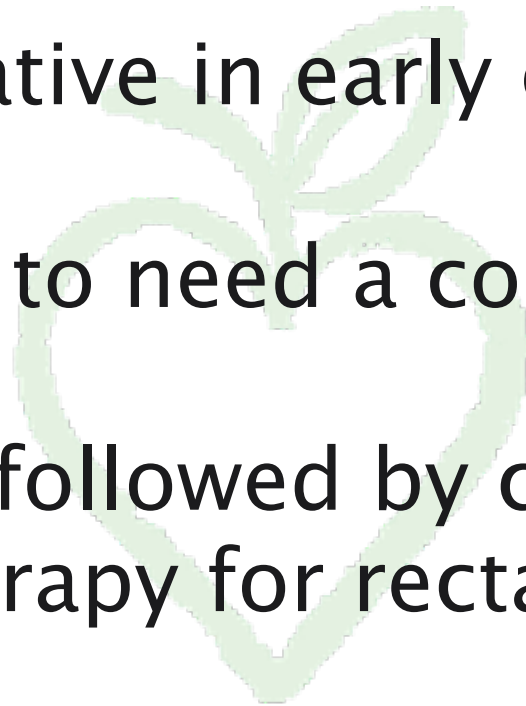
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BOWEL CANCER SURGERY

- Usually curative in early cancers
- Uncommon to need a colostomy bag
- Sometimes followed by chemotherapy (or radiotherapy for rectal cancer)



Source: Bowel Cancer Australia

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CHANCE OF SURVIVAL AT 5 YEARS

Source: Bowel Cancer Australia

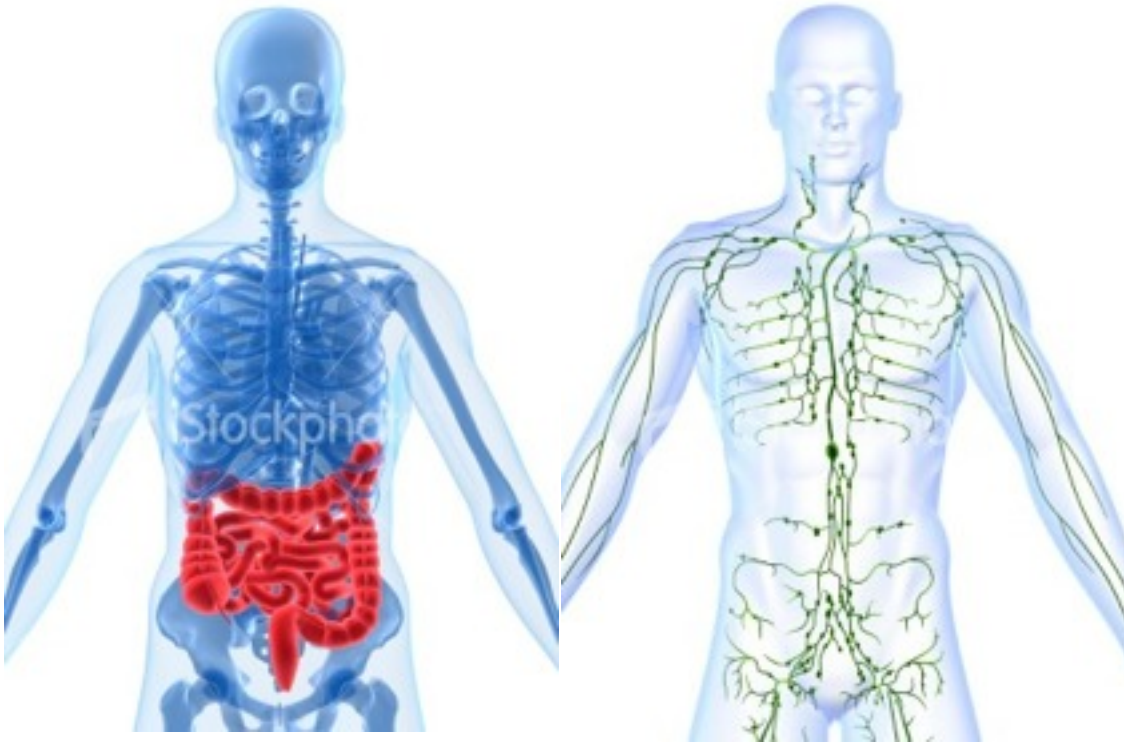
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CHANCE OF SURVIVAL AT 5 YEARS

88%	70%	43%	7%
Cancer within bowel	Just through bowel	Local lymph nodes	Secondaries present



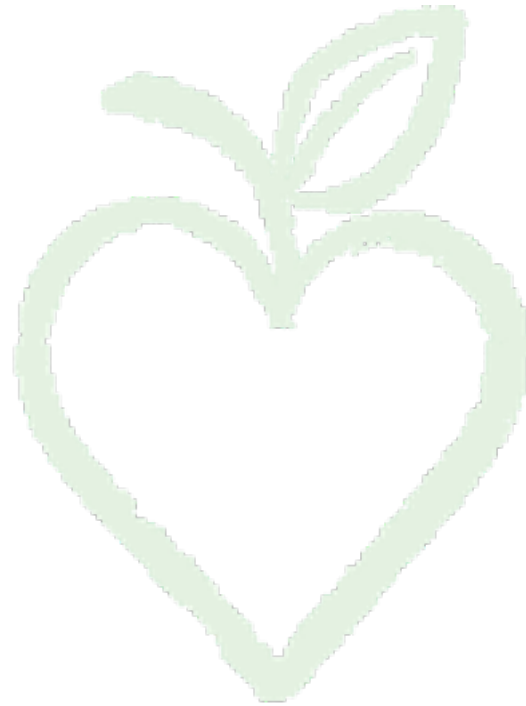
Source: Bowel Cancer Australia

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BOWEL CANCER RISK



Source: Bowel Cancer Australia

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BOWEL CANCER RISK

- People with certain **symptoms**
- People with a **significant family history**
- People aged **50 & over**
- People with **personal history / conditions**

**1 in 12 people will develop
bowel cancer in their life time**

Source: Bowel Cancer Australia

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SYMPTOMS



Source: Bowel Cancer Australia

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SYMPTOMS

- **Blood** in the bowel motion
- **Bleeding** from the rectum
- **Change** in your bowel habit
- Unexplained tiredness due to iron deficiency
- Abdominal pain



Source: Bowel Cancer Australia

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SIGNIFICANT FAMILY HISTORY



Source: Bowel Cancer Australia

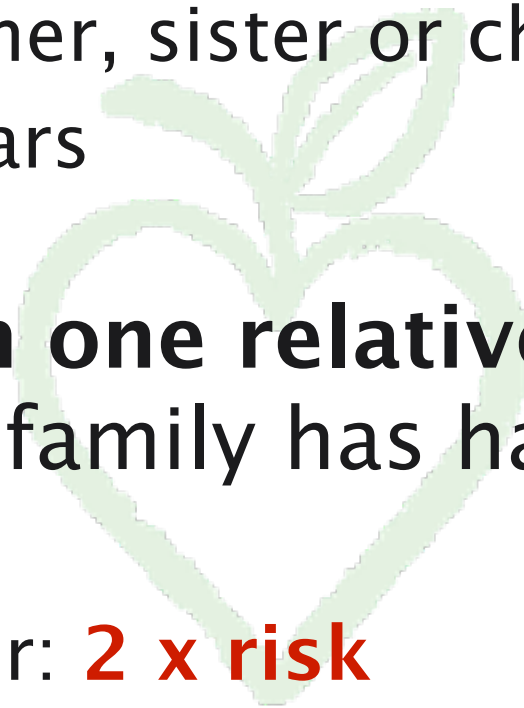
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SIGNIFICANT FAMILY HISTORY

- **Close relative**
 - parent, brother, sister or child
 - under 55 years
- **If more than one relative on the same side of your family has had bowel cancer**
 - 65 yo mother: **2 x risk**
 - 50 yo father or 2 first degree relatives: **3 to 6 x risk**



Source: Bowel Cancer Australia

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A PERSONAL HISTORY



Source: Bowel Cancer Australia

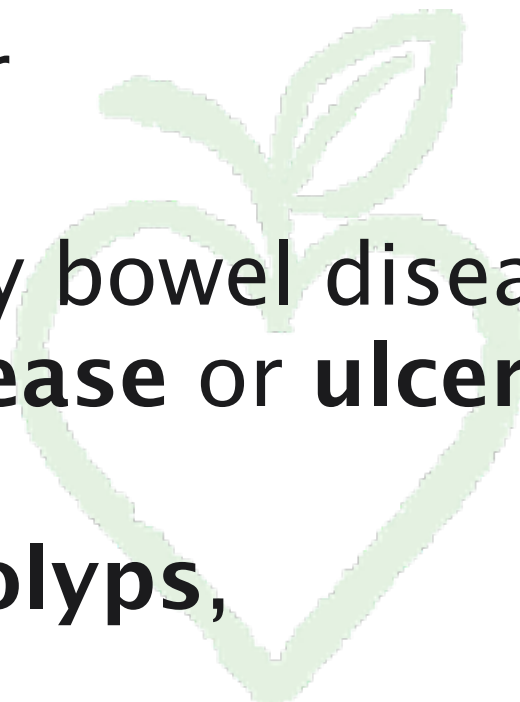
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A PERSONAL HISTORY

- Bowel cancer
- Inflammatory bowel disease such as **Crohn's disease** or **ulcerative colitis**
- **Adenoma Polyps,**



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DETECTING BOWEL CANCER

- Faecal occult blood test (FOBT)
- Digital rectal exam
- Sigmoidoscopy
- Colonoscopy



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SCREENING PATHWAY



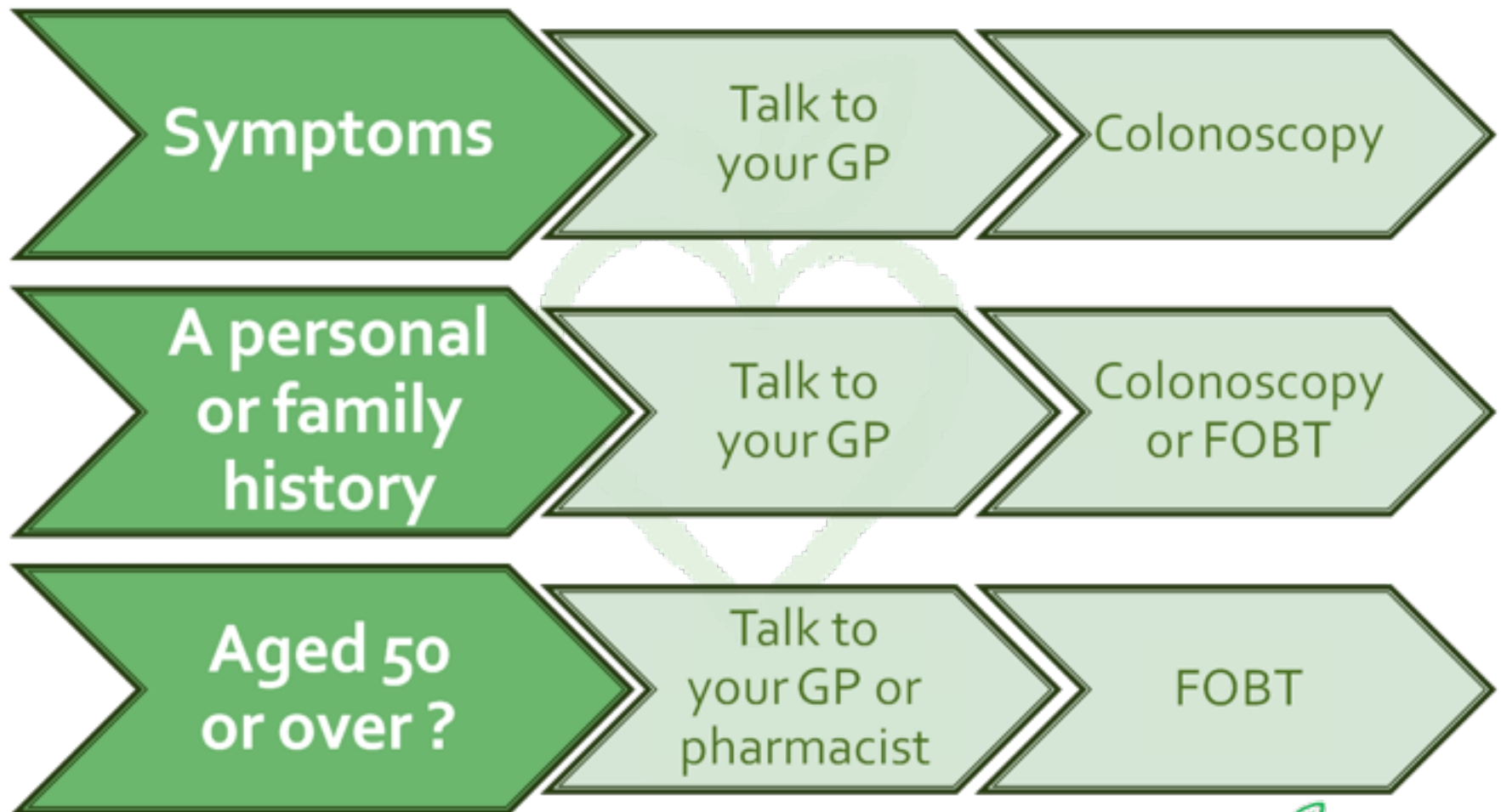
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SCREENING PATHWAY



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PEOPLE AGED 50+



Remember to Stay healthy.... Stay informed.

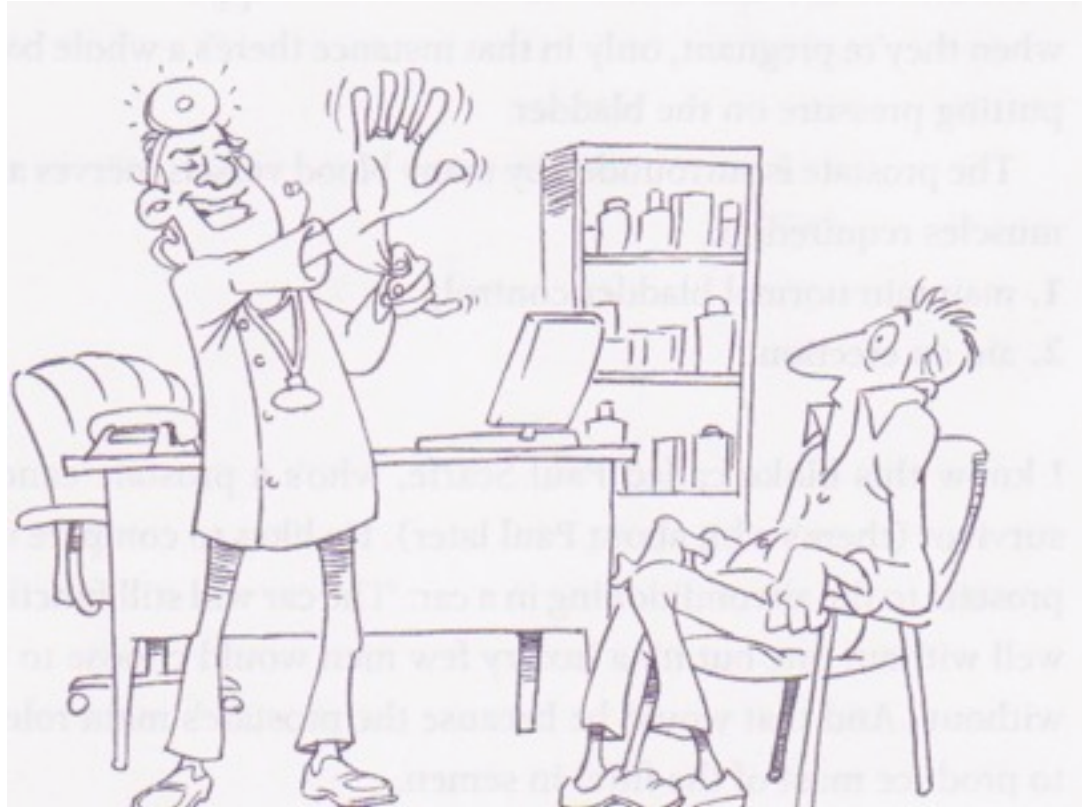


Illustration courtesy of 'The Real Man's Tool Box'

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