

How can I lower my bowel cancer risk?

Bowel cancer – or else known colorectal cancer – is the **fourth most common cancer** in the UK

Over **40,000 new cases** of bowel cancer are diagnosed **every year** in the UK. Evidence has shown that **half of these** cases can actually be **prevented** if we all followed a **healthier lifestyle for the long term**, by taking care of our nutrition choices, weight and physical activity levels

Risk factors for bowel cancer

Eating too much red/ processed meat	Smoking tobacco
Not eating enough fibre	Older age
Being overweight/ obese	Family history of bowel cancer
Not doing enough physical activity	History of bowel polyps or inflammatory bowel disease
Drinking alcohol	

Apart from participating in the bowel screening programme (kit sent at home for people 50-74 y.o.) and speaking to your doctor if you notice any persisting change to your bowel habits, blood in your stool or abdominal pain and bloating brought on by eating, there are some **important changes you can make to your day-to-day habits that can significantly reduce your risk of bowel cancer.**



Have a diet high in fibre & wholegrains



Reduce red meat
Avoid processed meat



Eat lot of fruits & vegetables



Avoid processed foods



Consume more beans & pulses



Limit your alcohol consumption



Be physically active
(150' moderate intensity activity/ week)



Don't smoke



Maintain a healthy weight