

Bowel Cancer Awareness

Module 4

Aims

- ▶ Increase awareness of what bowel cancer is.
- ▶ Understand how it is diagnosed and treated.
- ▶ Learn about the possible signs and the screening services that are available.
- ▶ Discuss the barriers around screening
- ▶ Learn about screening uptake in Leeds and how we can encourage more people to complete the kit.

What is Bowel Cancer?

- ▶ Bowel cancer means cancer that starts in the large bowel (colon) and the back passage (rectum). It is also known as colorectal cancer.



How is it Diagnosed?

- ▶ Around 44,100 people are diagnosed with bowel cancer in the UK each year. It is the 4th most common cancer in the UK.
- ▶ Most people with symptoms that could be due to cancer start by contacting their GP surgery.

You usually have several tests to check for bowel cancer. The tests may include:

- ▶ A Faecal Immunochemical Test (FIT)
- ▶ Looking at the whole of the inside of your large bowel using a flexible tube (colonoscopy) or to look at the lower part of the bowel (sigmoidoscopy).
- ▶ Scans to look at your bowel e.g. a CT colonography or a CT scan of your tummy (abdomen) and pelvis.

How is it Treated?

Your treatment depends on whether you have colon or rectal cancer. Your treatment also depends on several factors including:

- ▶ How far the cancer has grown.
- ▶ Whether it has spread anywhere else in your body.
- ▶ General health.

Treatment options:

- ▶ Surgery.
- ▶ Chemotherapy.
- ▶ Radiotherapy.
- ▶ Combined chemotherapy and radiotherapy (chemoradiotherapy).

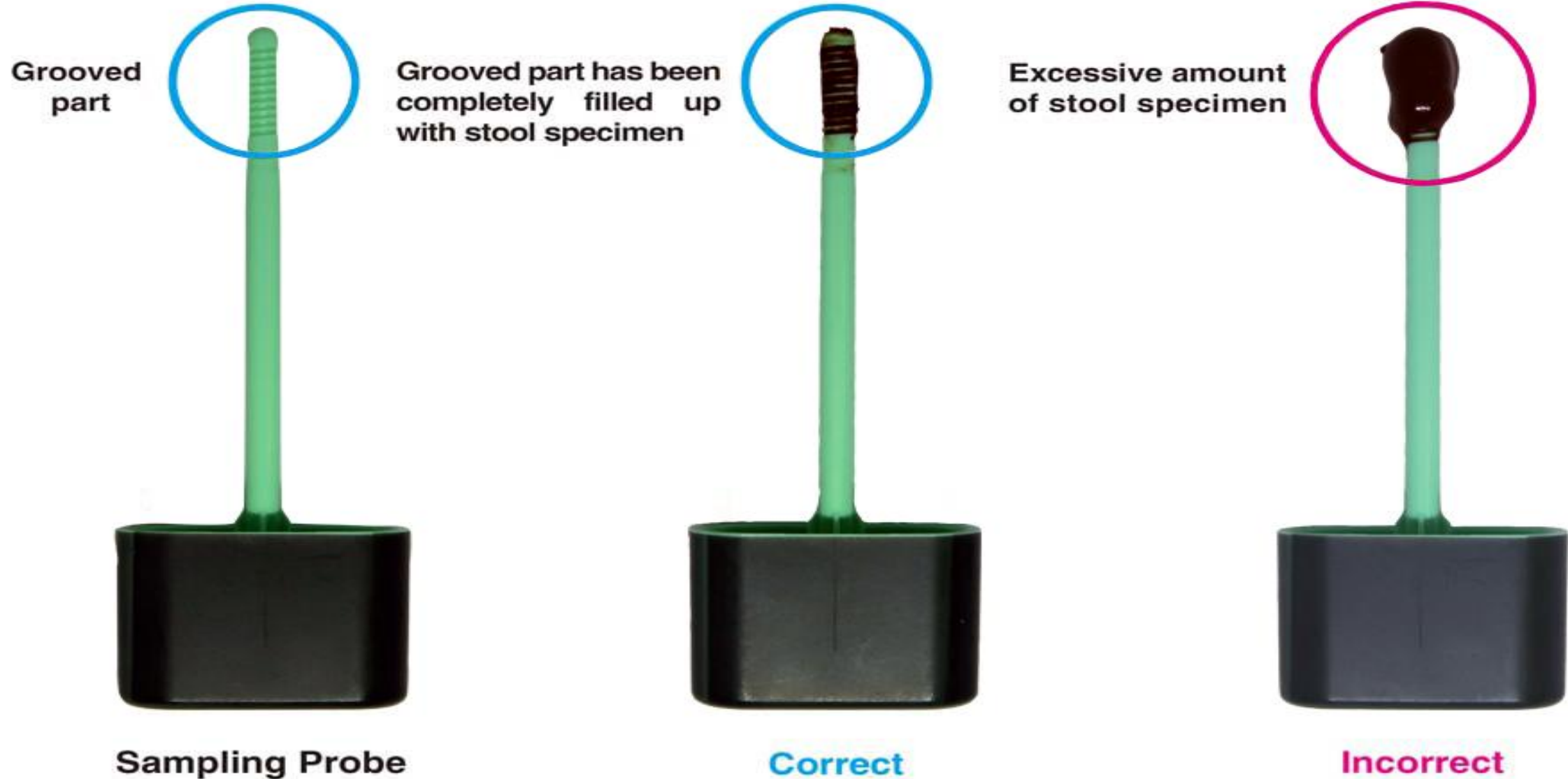
National Bowel Screening Programme

- ▶ Every 2 years.
- ▶ 50-74.
- ▶ Kit sent in post.
- ▶ Must be registered with GP.
- ▶ One sample of poo.
- ▶ Older can request a kit.
- ▶ Not checking for cancer but any abnormalities i.e. blood in poo that may suggest polyps.

To request a kit, call 0800 707 6060



Stool Specimen Collection



Bowel Screening Rates

Bowel Uptake	Apr 24	May 24	Jun 24	Jul 24	Aug 24	Sept 24	Oct 24
Age Range (56) (From Jan-24 includes 54, 56 & 58)	60.6%	59.5%	59.6%	59.1%	58.8%	58.5%	58.2%
Age Range (60-74)	71.6%	71.7%	71.3%	70.9%	70.8%	70.6%	70.4%

National Target 60% = new age ranges not reaching target.

Data lag = people now invited from 50.

Bowel Cancer Signs & Symptoms



Bleeding from your bottom or blood in your poo.



Unexplained weight loss.



Pain or lump in your stomach.



Feeling unusually tired.



Changes to bowel habits e.g. going to the toilet more often.



LEEDS
HEALTH
AWARENESS



Tips for collecting your poo

Here are some ideas to make collecting your poo a bit easier. Why not practise and work out which method you find the easiest? Do not let your poo touch the water or toilet.



Cling film over the toilet (remember to leave a dip)



A carton that grapes come in



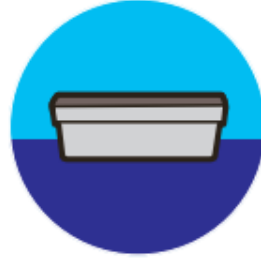
Folded toilet paper in your hand



A plastic bag over your hand, or a glove



A clean empty margarine or ice cream tub



A clean empty takeaway container

Infographic – how to do bowel screening

A step-by-step infographic on how to complete the bowel cancer screening test kit and practical tips how to collect the poo sample.

https://www.cancerresearchuk.org/sites/default/files/741_bowel_screening_fit_england_print.pdf

Barriers to Screening

- **Systemic barriers:** Language barriers, use of language, poor outcomes, disability
- **Lack of knowledge**
- **Emotional reactions to screening/Fear of the unknown**
- **Cultural barriers**
- **“Yuck factor”**
- **Protected characteristics (Equality Act 2010)**

Ways to answer...

- Screening saves lives
- Some screening can detect changes before they turn into cancer
- Regular screening is part of 'looking after yourself'
- Screening is quick and easy
- Highlight the influence of others. I.e. Imams, Rabbis, family
- Offer awareness in advance i.e. posters /direct communication if you know the test is on the way
- Offer reassurance – time with the cancer champion to support completion
- Invite patient into the surgery to complete it there with support
- Offer to post it back for them (at some GP surgeries, there are boxes to drop kits off at reception)

Further Information

Be sure to get information on cancer or screening from reputable sites:

- ▶ Cancer Research UK.
- ▶ Bowel Cancer UK.
- ▶ NHS.
- ▶ LeedsHealth.co.uk
- ▶ Macmillan.