



IF YOU'RE OVER 50,  
LOOK FOR WARNING SIGNS  
IN THE TOILET

Many of the warning signs of bowel cancer are not too hard to see, but can be easy to overlook.

Sadly, whether out of fear, ignorance or even embarrassment, too many Australians fail to do anything about them.

Bowel cancer kills 90 Australian men and women each week, yet it can be one of the easiest cancers to treat, with a good chance of cure.

Early diagnosis has a profound impact on survival.

**Things to look for include:**

Recent, persistent changes in bowel habits, including diarrhoea or constipation

Blood-streaked or black bowel motions

A feeling of needing to go to the toilet despite having only just been

General abdominal discomfort (like frequent gas pains, bloating, fullness or cramps)

Stools smaller in width than usual

A lump in the abdomen

Loss of appetite and weight loss for no known reason

Extreme fatigue

Remember, the treatment of bowel cancer has an extremely high success rate if the cancer is caught early. Please, look for the signs. If you see one or more of them, talk to your doctor.

**Early detection is vital.**