

# Bowel Cancer Awareness Month

April 2024

**SYMBIOS** HEALTH

Empowering Healthy Working

**1 in 20** people are diagnosed  
with bowel/colon cancer.

***BUT 90% of cases can be cured if caught early!***

## Symptoms that you can notice:

- Change in bowel habits (Recurring diarrhoea/constipation)
- Rectal bleeding or blood in stools
- Persistent abdominal discomfort
- A feeling that the bowel doesn't empty completely
- Unexplained weight loss

**If you are at all concerned, contact your GP  
Immediately.**



**COLONCANCER  
AWARENESS**

## Bowel Cancer Screening:

- If you are aged 50 or over, you might be entitled to a free screening every 2 years via the NHS (Contact your GP).
- If you are under 50 but wish to have a self-funded screening, please contact us at Symbios Health and we can support you.

**0800 9991824 or [hello@symbios.health](mailto:hello@symbios.health)**