A portrait of a young woman with blonde, wavy hair, smiling. She is wearing a dark top. The image is framed with a white, torn-paper-like border.

MY AGE WAS NOT A FACTOR

YOUNG-ONSET BOWEL CANCER



Bowel Cancer
AUSTRALIA



MY BOWEL CANCER CHECKLIST:

✓ My Genes

Some people have an inherited, genetic susceptibility to bowel cancer. Genetic predispositions such as FAP (Familial Adenomatous Polyposis) and Lynch Syndrome (HNPCC) mean you have a potentially high bowel cancer risk. Speak with your GP for individual advice and referral to a Specialist and Family Cancer Clinic.

✓ My Family

If you have a parent, brother, sister or child (or multiple relatives on the same side of the family) with bowel cancer you may have a moderately increased bowel cancer risk. Speak with your GP about screening appropriate to your personal level of risk.

✓ My Health

If you have had bowel cancer or polyps or suffer from inflammatory bowel diseases such as ulcerative colitis or Crohn's disease, you have a moderately increased bowel cancer risk. Speak with your GP or Specialist about screening appropriate to your personal level of risk.

✓ My Body

Know the symptoms to look out for, but remember that in its early stages, bowel cancer often has no symptoms. No one knows your body better than you, so listen to it and if something isn't right make an appointment to speak with your GP ASAP.

✓ My Lifestyle

When it comes to bowel cancer there are no guarantees, but there are choices you can make and steps you can take to reduce your risk. A healthy body weight (avoid weight gain and increases in waist circumference), be physically active as part of your everyday life, quit smoking, if you choose to drink alcohol limit the amount, eating wholegrains and naturally high-fibre foods, avoid processed meats and limit red meat consumption are simple changes you can make.

✓ My Right

However old you are, you should never be told by your GP that you are too young to have bowel cancer. Do not accept 'you're too young to have bowel cancer' as an explanation for your symptoms. Ask your GP to be referred for further investigations, and if your concerns aren't being taken seriously seek a second opinion.

DANNIELLE'S STORY

"My journey began in 2015 when I was diagnosed with Stage 4 bowel cancer.

I was 28 in the prime of my life when the unexpected happen. I was not aware of how cancer can change your life till I experienced it myself nor did I know it was going to be the toughest battle of my life, filled with what seemed to be endless hospital visits, surgeries, tests, needles, chemotherapy, sleepless nights the list goes on.

Even though the journey was tough I decided not long after I was diagnosed to take one day at a time. From that day I had peace in my heart that this was out of my control and that I needed to let go and trust the journey that I was on.

During my journey my beautiful family and friends become my biggest support system. I couldn't imagine going through what I went without their support, love and comfort. I also met and had the most amazing Doctors/Nurses and Health Care Professionals. Without you all I wouldn't be where I am today.

To all those amazing people around me that showed acts of kindness, compassion, love and care towards me during such a difficult time I can't thank you all enough. Sometimes the smallest gesture can brighten someone's day.

Life can get busy and we often don't listen to our bodies but please do if you notice anything out of the ordinary happening get it checked out ASAP. For years I knew something wasn't right and I believe it kept getting undiagnosed due to my age.

I want to spread the awareness that younger people can get cancer. You're never too

young. Any cancer can strike anyone at any time. Educate yourself about the signs and symptoms. But most importantly please speak up if you feel something is not right.

After surviving Stage 4 bowel cancer I decided that I needed to do more as a young survivor to bring more awareness of bowel cancer.

In early February 2019 I introduced 'Poppy The Travelling Bowel Cancer Awareness Poo Emoji' to the Clarence Valley. Poppy travelled around local businesses and events during 2019. My aim of creating Poppy was to bring about more awareness of bowel cancer, to educate others of the disease and that you're never too young.

I was very honoured to receive a nomination for Citizen of the Year in the Clarence Valley Australia Day Awards for 2020.

Thank you to everyone who has supported Bowel Cancer Australia. You are all touching the lives of so many people

I'm blessed beyond words to still be in remission, but my heart constantly aches for those around me that are battling cancer and those that have lost their battle.

Remember our health is important we must be kind, care for others and ourselves."

Dannielle, Diagnosed at 28





Bowel Cancer
AUSTRALIA



Please support Bowel Cancer Australia.

Your tax-deductible donation will help make real change happen-
from prevention and early diagnosis to research,
quality treatment and care for everyone affected by bowel cancer.

\$25

Provides a newly diagnosed patient and their family with empowering resources for living with bowel cancer

Assists in the delivery of practical education programs for the prevention and early detection of bowel cancer

\$50

\$100

Helps in the provision of essential Bowel Care Nurse and Nutritionist support for patients and their families

Contributes to vital bowel cancer research to save lives and improve patient outcomes

\$200



NGO of the
YEAR 2017
PRIME
Awards

bowelcanceraustralia.org

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YOUNG-ONSET BOWEL CANCER

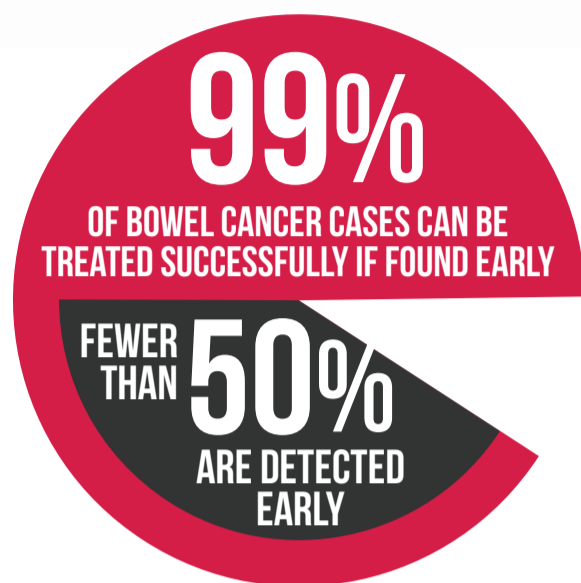
THE FACTS



A COMMON MISCONCEPTION ABOUT BOWEL CANCER



AUSSIIES DIAGNOSED WITH BOWEL CANCER ARE UNDER 50

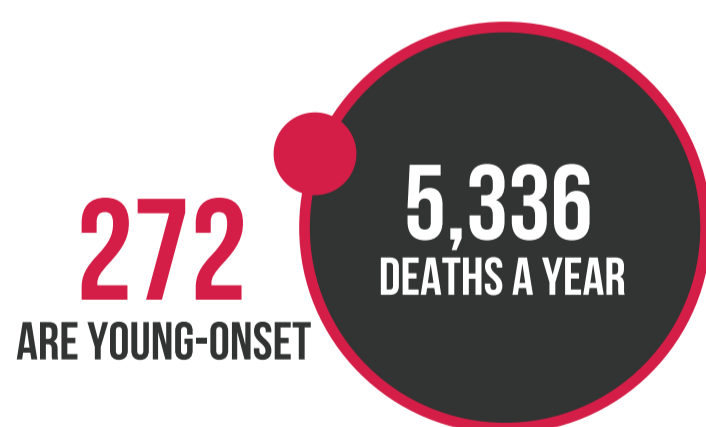
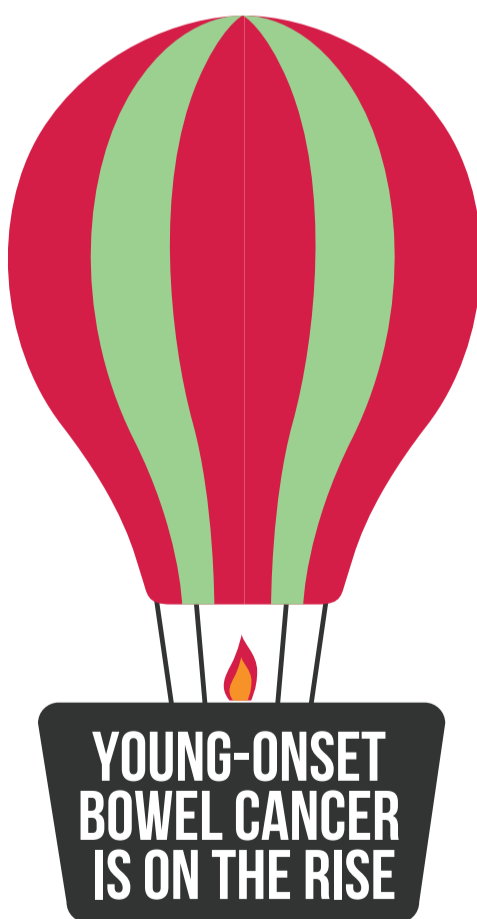
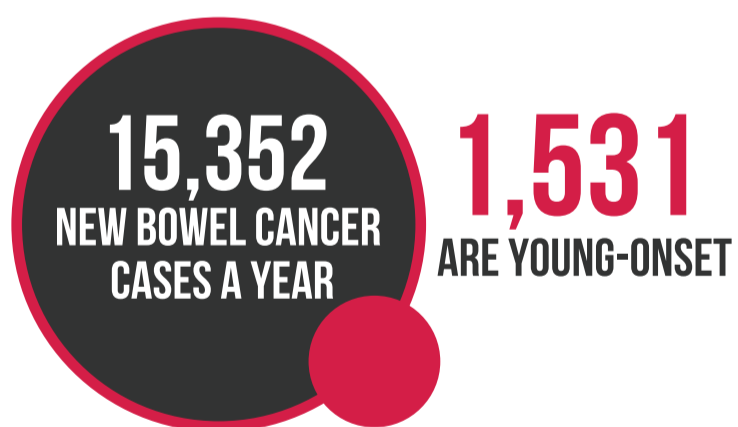


DEADLIEST CANCER FOR YOUNG PEOPLE AGED 25-34 YEARS

N2Y
NEVER
TOO YOUNG
FOR BOWEL CANCER



BOWEL CANCER DOESN'T DISCRIMINATE, IT AFFECTS BOTH MEN & WOMEN ALMOST EQUALLY



**BOWEL SYMPTOMS?
SEE YOUR GP**

BLOOD IN YOUR POO
UNEXPLAINED ANAEMIA
PERSISTENT CHANGE IN BOWEL HABIT
SEVERE ABDOMINAL PAIN



Bowel Cancer
AUSTRALIA

