

9 OUT OF 10 PEOPLE BEAT BOWEL  
CANCER WHEN IT'S FOUND EARLY.



## April is bowel cancer awareness month

Bowel cancer is a difficult topic to discuss and because of this, knowledge around understanding what to look for, is often, not passed on.

The simple message your employees need to know is:

- Screening is often the only way to detect the very early signs, so, do the test
- Most people survive bowel cancer if it is caught early, so, the quicker you find it, the better your chances
- Blood from your bottom or in your poo means something is not



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### What you can do for your employees?

- Share the simple message above

### How? Here are a few ideas to get you started;

- Print the attached posters and display them around your workplace (toilet doors are good).
- Order leaflets or information cards and make them available to staff.
- Include a simple message on payslips or staff newsletters.
- Run a breakfast event offering free healthy breakfast choices – it gives employees a good start to the day, provides good ideas for healthy breakfast choices and it raises awareness of the importance of good bowel health.
- Create a fundraising event for Bowel Cancer linked to your activities.
- Run a quiz on the signs and symptoms of Bowel Cancer including a few questions on how to prevent the disease. A suggested format is attached (questions should be changed to suit your employees).
- Perhaps play the Scottish Government/Health Scotland's 'noo' Song over

