

bowel cancer awareness Quiz

How much do you really know?

1. How many people survive bowel cancer, if it is caught early?

A - 6 out of 10

B - 11 out of 20

C - 9 out of 10

Ans – C – 9 out of 10

2. How many of the following reduce your risk of getting bowel cancer?

A. Exercising more

B. Drinking less alcohol

C. Eating more fruit and veg

D. Completing the home screening test

E. Eating less processed meat

Ans – A, B, C & E (D helps you detect it early but doesn't reduce your risk of getting bowel cancer)

3. Could a change in your poo be a cause for concern?

A. Yes - especially if it turns runny for a while and there is no reason for it

B. No, it all depends on your diet

C. No, your poo is not a reflection on what is going on inside

Ans – A yes, an unexplained, prolonged, change in your poo – especially if it watery COULD be sign of bowel cancer – so please see your GP.

4. Where can you find, information and advice detailing the health and support services available in Fife?

A. WWW.NHSinform.co.uk

B. The internet

C. The library

Ans - All of the above may provide information - A - NHS inform is always accurate and easy to read.