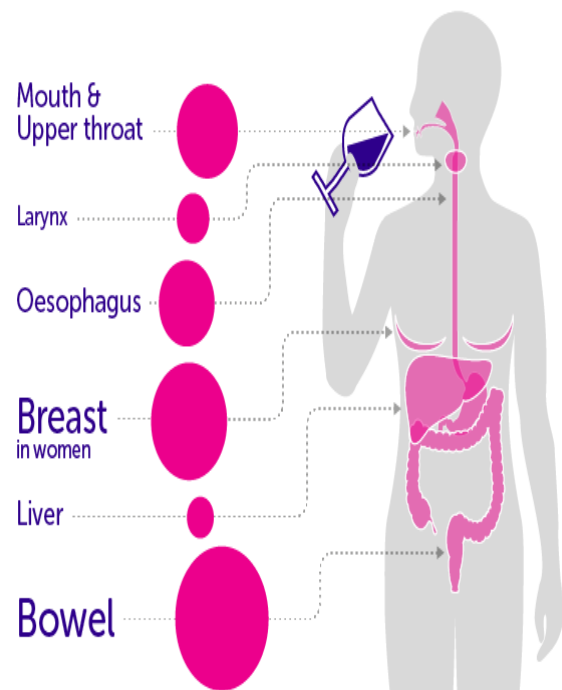


## ALCOHOL CAN CAUSE SEVEN TYPES OF CANCER



Larger circles indicate cancers with more UK cancer cases linked to drinking alcohol

Drinking less alcohol could prevent 12,800 cancer cases per year in the UK



## Prevention of Bowel Cancer

### Do you know the symptoms of Bowel Cancer?

Symptoms of bowel cancer may include:

- changes in your poo, such as having softer poo, diarrhoea or constipation that is not usual for you
- blood in your poo, which may look red or black
- bleeding from your bottom
- tummy pain
- often feeling like you need to poo, even if you've just been to the toilet
- feeling very tired for no reason
- losing weight without trying

Bowel Cancer Screening is the best way to protect yourself. Try not to ignore your sample kit.

- To join one of our workshops please contact Nazrin [outreachofficer@southwarkrcf.org.uk](mailto:outreachofficer@southwarkrcf.org.uk)
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