

NEWSLETTER

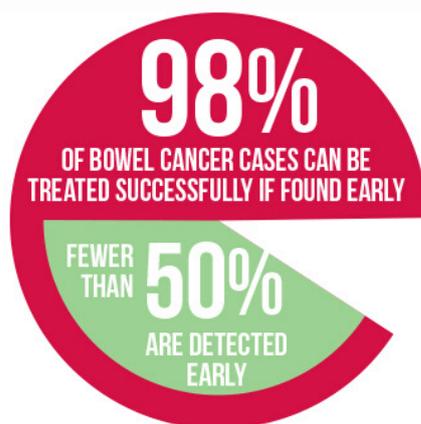
GUT INSTINCT

JUNE IS BOWEL CANCER AWARENESS MONTH

Every week, bowel cancer claims the lives of 103 Australians and 300 more are diagnosed with this cancer. The GOOD NEWS is that if this cancer is found early, it is one of the most treatable cancers.



Source- bowelcanceraustralia.org



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EARLY DETECTION IS KEY

As gastroenterologists, we diagnose too many cases of late stage bowel cancer. We cannot stress enough the importance of screening and early detection.

Bowel cancer risk **INCREASES WITH AGE**. Screening every 2 years from the age of 50 could save your life.

THE NATIONAL BOWEL CANCER SCREENING PROGRAM

This program invites Australians from the age of 50-74 to perform a FREE Faecal Occult Blood Test (FOBT) every 2 years, which you receive in the mail.

Simply follow the instructions in the box, it is quick, clean and easier than you think. This test is for those **WITHOUT SYMPTOMS**. The FOBT can detect tiny traces of blood in the poo, which may not be visible to the naked eye. These tiny traces of blood may come from bowel polyps (a growth of the bowel lining) or bowel cancer. Your results will be sent to your nominated GP.

If your test is **POSITIVE**, it doesn't mean you have cancer or polyps, as there could be another explanation, but it is important to see your doctor to organise a colonoscopy for further investigation - to rule cancer out. If you have a **NEGATIVE** result, there is no need to follow up with your GP and you can repeat the test in another 2 years time.

DO YOU HAVE SYMPTOMS?

If you have been experiencing symptoms it is often recommended that you have a colonoscopy rather than do the screening poo test (FOBT). A colonoscopy is the gold standard for assessing bowel polyps and excluding bowel cancer. Even if you are younger than 50 years, please discuss your symptoms with your doctor.

Bowel symptoms



- Blood in bowel movement
- Unexplained weight loss
- Persistent change in bowel habit
- Severe abdominal pain

FAMILY HISTORY

Some people with a strong family history of bowel cancer are also recommended to have colonoscopy instead of the poo test (FOBT). You will require a referral from your GP for a colonoscopy.

As gastroenterologists, our goal is to see a marked reduction in the rate of bowel cancer in the community. Most cases of bowel cancer can be prevented with screening. However, currently only 42% of the Australian population at risk of bowel cancer is undergoing screening. We will work closely with you and your GP in preventing this disease.



RECIPE - Vanilla & Fig Overnight Oats

Method -

In a large bowl add rolled oats and chia seeds and set aside. Using a knife gently split vanilla bean pod lengthwise into two halves. Carefully scrape out the tiny black seeds from the pod and place in a blender. Add to blender the almond milk, dates, and figs and blend until mixture is fully incorporated. Pour the fig & vanilla milk over the oats and stir to combine. Cover and refrigerate overnight. In the morning top oats with fresh figs, nuts, and a drizzle of honey - A delicious high fibre breakfast!

What you need -

- 2 cups rolled oats
- 2 cups almond milk, unsweetened
- 1 vanilla bean pod
- 1 Tablespoon chia seeds
- 3 dates, pits removed
- 4 fresh figs

FIBRE IS YOUR FRIEND

Fibre is an important part of a bowel healthy diet and is very important in reducing your risk of bowel cancer. Fibre keeps everything moving easily through your digestive system, adds bulk to your waste (poo) and makes it easier to travel through the bowel.

Our main consulting rooms have moved to Suite 1, 7 Ormond Blvd, Bundoora 3083