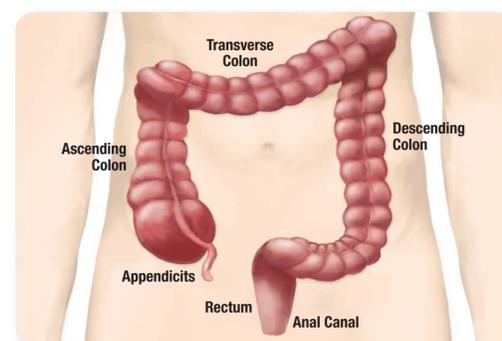


IT'S ALL IN YOUR BOWEL

Common Symptoms of Colorectal Cancer mostly arise from bowel habits. You know your body best, so **watch out for any unnatural or irregular bowel habits.**

- Presence of blood or mucus in the stool
- Persistent abdominal discomfort, ie, cramps, gas or pain
- Feeling that you haven't emptied your bowel completely
- Change in bowel habits such as diarrhoea, constipation
- Change in the consistency of your regular stool
- Presence of a lump in your abdomen

You may experience one, some or none of these symptoms. Be sure to go see a doctor if there's something you don't feel right or have any concerns about.



Did You Know?

Regular bowel movement varies from person to person. It is not the same for everyone.

For most people, it can be anywhere from 3 times a day to 3 times a week.

These symptoms might also be signs of other bowel related diseases other than cancer. Watch out for these bowel related problems:

- Bowel infection
- Irritable bowel syndrome
- Haemorrhoids
- Inflammatory bowel disease
- Piles

TIPS TO MAINTAINING A HEALTHY BOWEL



Fiber Intake: High fiber foods like broccoli, celery, bananas, peas and raspberries are good in helping food waste move along the digestive track and decreasing the risk of colorectal cancer.



Stay Hydrated by Drinking Water Regularly: Try to drink six to eight glasses of water every day to cleanse your body.



Don't Hold It In. Clear Your Bowels Regularly: This helps your colon keep itself clean and healthy.



Stay Active. Exercise and Be On the Move: Aim for 150 minutes of exercise every week. It helps you maintain a healthy weight and reduce your risk of colorectal cancer.



Have a Regular Meal Pattern: It helps to improve and normalise bowel habits.



Screen Your Colon Regularly: Screening will reveal how the colon is doing and if there are any risks developing which may have no symptoms. It helps reduce your risk for colorectal cancer.



Know What's Good & Bad For Your Body: Avoid food and drinks that upset your digestion such as alcohol, caffeine and overly spicy foods.

