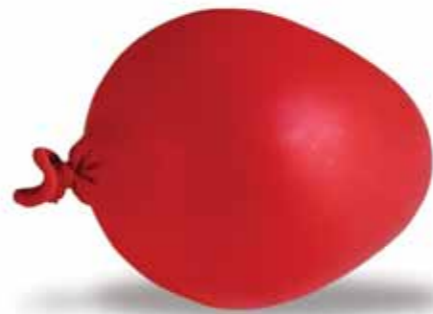


# Look out for the early signs of bowel cancer.



The longer



you leave it



the bigger



the problem.

Bowel cancer is one of the most common cancers in Ireland and it affects men and women.

Bowel cancer may be cured if the following symptoms are spotted early:

- Change in your bowel habit such as going to the toilet more often and/or passing a looser bowel movement
- Blood in your bowel movement

**If you are concerned about bowel cancer (especially if you're over 50), speak in confidence to a specialist nurse by calling the National Cancer Helpline: Monday–Thursday 9am–7pm, Fridays 9am–5pm**

**Freefone 1800 200 700**

[www.cancer.ie/BowelCancer](http://www.cancer.ie/BowelCancer)