

Bowel cancer: How to reduce your risk

Your diet and lifestyle choices can affect your risk of bowel cancer. Making healthy choices, along with screening and regular health checks, can reduce your risk and help you stay healthy.

Maintain a healthy weight and avoid weight gain around the waist



Limit red and processed meat



Be active – include 30 minutes or more of daily physical activity



Quit smoking and avoid exposure to tobacco smoke



Limit alcohol intake to no more than two drinks per day



Include dairy products in your daily diet or speak with your GP or dietitian about calcium supplements



Get enough fibre – eat three servings of wholegrains daily



Talk to your GP about taking aspirin to reduce your risk of bowel cancer



 **NATIONAL BOWEL CANCER SCREENING PROGRAM**

Free Home Test Kit

PATHOLOGY SERVICES
SONIC HEALTHCARE

4 easy steps that could help save your life.



scan for more info
health.gov.au/nbcsp

Get screened – if you are aged 45 to 74, and without signs or symptoms of bowel cancer, do the free National Bowel Cancer Screening Program test every two years. This simple test can help find the early signs of bowel cancer.

For more information scan the QR code

