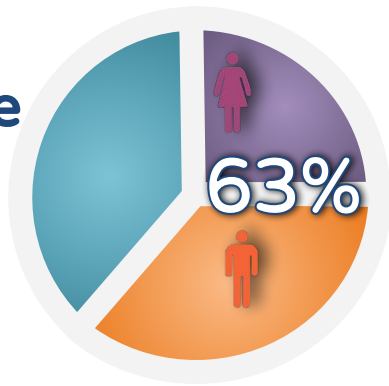




Lowering Bowel Cancer Risk

Over 63% of UK bowel cancers are preventable

26,485 preventable cancer cases each year

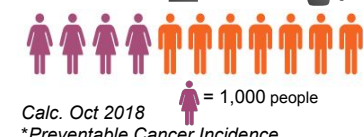


Poor Diet 20,760*^{PCI} (50%)



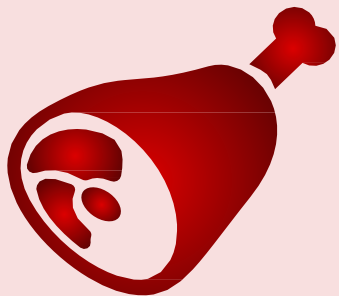
Poor diet: low in fruits, veg, whole grains, high in meat and processed foods
Poor lifestyle: Smoking, alcohol, low activity and overweight

Poor Lifestyle & Overweight 10,900*^{PCI} (26%)



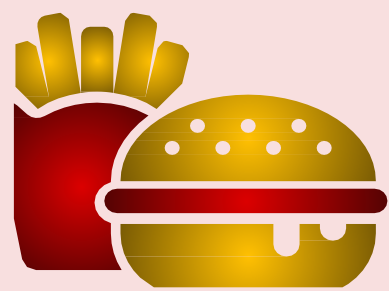
Calc. Oct 2018 *Preventable Cancer Incidence

Bowel cancer, also called colon cancer, is the **fourth** most common cancer diagnosed in the UK. Every year more than **41,000** people are diagnosed with this serious and life-changing condition.



AVOID RED AND PROCESSED MEAT.
LIMIT CONSUMPTION OF OTHER MEAT.

FOLLOWING A PREDOMINANTLY PLANT-BASED DIET CAN REDUCE THE RISK OF BOWEL CANCER.



AVOID CONSUMPTION OF PROCESSED FOODS HIGH IN SALT, SUGAR & SATURATED FAT.

BE A HEALTHY WEIGHT.
BMI between 18.5-24.9



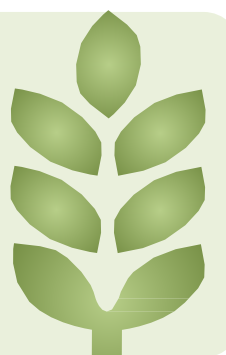
LIMIT ALCOHOL CONSUMPTION.
Under 14 units per week.

BE PHYSICALLY ACTIVE.
150 minutes of moderate intensity activity a week (30 mins, 5 days a week).



DO NOT SMOKE
Ex-smokers can reverse their risk of bowel cancer to that of a non-smoker.

EAT A DIET RICH IN BEANS, WHOLE GRAINS, FRUITS AND VEGETABLES.
At least 5 portions of fruit & veg
Aim for at least 30g of fibre/day.



References

- 1 UK cancer statistics: cruk.org/stats
- 2 Body mass index: *Eur J Cancer Prev.* 2017 Jan;26(1):94-105
- 3 Abdominal fat: *Eur J Cancer Prev.* 2012 Nov;21(6):523-31
- 4 Dietary fibre: *BMJ* 2011;343:d6617
- 5 The Eatwell Guide: Public Health England 2016
- 6 Folate: *Cancer Epidemiol Biomarkers Prev* 13:511, 2004
- 7 Vitamin B6: *Biochim Biophys Acta* 1647:127, 2003
- 8 B vitamins: *Am J Clin Nutr* 97:332, 2013
- 9 Beans: *J Nutr.* 2006 Jul;136(7):1896-903
- 10 WHO Statistics: www.who.int/.../cancer-red-meat/en/
- 11 Diet & Lifestyle: www.wcrf.org/dietandcancer
- 12 Smoking: *JAMA* 17;300(23):2765-78, 2008
- 13 Alcohol: *Clin Exp Res* 39:1280, 2015
- 14 Coffee and tea: *Am J Clin Nutr* 96:374, 2012
- 15 NHS Bowel Screening: Public Health England 2013
- 16 Screening: *Cochrane Systematic Reviews* 2006

NHS Bowel Screening Programmes offered to people older than 55 years.



For more detailed information available to download in our information guide pbhp.uk/services-4



For references used, or to find out more information visit pbhp.uk

cc 2018 Plant Based Health Professionals

Oct 2018

