



health campaign

Don't blush over bowels

Find out how our 'I Love Me' campaign can help you and your family lead a happier, healthy lifestyle now and in the future

Bury

SPECIAL OFFERS

- 3 MILLIAMS FROM ONLY
- 3 VINTAGE FROM ONLY
- 2 VINTAGE FROM ONLY

As seen on TV!

FREE MEASUREMENT & FITTING

Evening Appointments

Freephone 0800 083 3305

www.burydentists.com

THE DENTURE SPECIALISTS

EST 1991

Quality dentures made, registered Dental Technician

25 Years Experience

Free home visits in all areas

10% Discount off our Deluxe Dentures with this advert

Tel 0161 7984383 Anytime

Free Advice

THEY are only five by two inches long and fit in the palm of your hand - but they could save your life.

Over the next two years, over 24,000 60 to 69 year olds in Bury are being sent one of the tiny new bowel cancer screening tests.

Bowel cancer affects one in 18 of us in our lifetime, and claims 50 lives everyday in the UK.

Yet, if diagnosed and treated in time, 90 per cent of cases are completely curable.

But because we are too shy to talk about our bowel movements, the cancer all too often goes undetected.

Billie Moores, consultant in public health at Bolton Primary Care Trust, says: "People don't like to talk about it because it's to do with the bowels, and people find it embarrassing."

"But it is that embarrassment that stops people going to their GP about it. Early detection is crucial to lowering the number of deaths from bowel cancer."

The initiative is part of a national screening programme set up to tackle the disease, the third most common cancer in the UK and the third biggest cancer killer.

Changes that may indicate cancer are a significant change in bowel behaviour that last for more than six weeks; abdominal pain; or bleeding for no obvious reason when going to the toilet.

Billie said: "Some people may have bowel cancer symptoms already, but they should not wait until they get a kit."

"They should go to their GP."

Bury is only the second area in Greater Manchester to roll out a bowel cancer screening programme, with a cancer screening centre set up at Fairfield General Hospital.

The programme will be phased out nationally over the next three years.

The most at-risk group are 60 to 69 year olds - 80 per cent of bowel cancer is among the over 60s.

The disease is far less common among the under 50s.

Those sent a kit will be asked to take three small bowel motion samples.

They will then be asked to return the kits using a special pre-paid envelope.

The tests are then analysed for tiny traces of blood that may be invisible to the naked eye.

They do not diagnose bowel cancer, but instead give an indication as to whether further investigation is needed.

Screening could reduce deaths from bowel



ABOVE: Billie Moores, consultant in public health at Bolton Primary Care Trust and Dr Roger Prudham, clinical director at Pennine Acute Hospitals Trust, with the testing kits

cancer by 16 per cent.

Dr Roger Prudham, consultant gastroenterologist and clinical director for the screening programme at Fairfield General, said: "Screening can detect bowel cancer at an early stage, when treatment is more likely to be effective."

"It can also detect polyps, which may develop into cancers over time, and they can be removed to reduce the risk of bowel cancer forming."

He added: "The screening will identify those people who may be at risk but who may have not had any symptoms."

Billie adds that there are some identifiable risk factors, which can contribute towards bowel cancer.

She said: "Diet and lifestyle are important. People who don't exercise and don't eat fruit, vegetables and fibre and too much red meat are at risk."

"People whose families have a history of bowel cancer and have a genetic predisposition to it may also be at a high risk."

■ A leaflet entitled 'Bowel Cancer Screening - The Facts' will be sent out with the screening kits to ensure that people make an informed choice about whether or not to take up the opportunity of screening.

■ Step by step instructions for completing the test at home are being sent out with the test kit. Further support is available from the freephone helpline on: 0800 707 6060.

■ All men and women aged over 60 are eligible for screening every two years.

Those aged 60 to 69 and registered with a GP will be automatically invited.

■ Those aged 70 and over are encouraged to request a kit by calling the freephone number: 0800 707 6060.

■ Further information is available at: www.cancerscreening.nhs.uk or www.beatingbowelcancer.org

GREATER

PLEASURE BEACH BLACKPOOL

British Day Out

Weather

Saturday

A dry start, but it will be mainly cloudy with outbreaks of rain moving in from the west, becoming heavy for a time later. There will be a moderate southerly wind. Feeling warmer. Max temp 18C (64F).

Sunday

It will be a cloudy morning with patchy rain, but this will clear later allowing some sunny spells to develop during the late afternoon and evening. There will be gentle south-westerly winds. Max temp 18C (64F).

UK Outlook

Saturday

A warmer day than of late, but it will be mainly cloudy with rain spreading across northern and western areas, becoming heavy at times. The best of any sunshine in the south-east. Max temp 21C (70F).

Sunday

Cloudy across much of the UK at first, with outbreaks of rain in the north. These will clear eastwards later, and sunny spells will spread from the west across most areas. Max temp 20C (68F).

Information supplied by **MeteoGroup**