

Don't ignore any of these symptoms

It could be bowel cancer.
Finding cancer early can save lives.



Change in bowel habits for over 3 weeks – going more often, looser stools, constipation

Visit your local clinic or community health worker even if you are not worried.

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**Bleeding from your bottom
or blood in your stools**

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Unexplained weight loss that is
sudden or losing weight
without trying

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Discomfort in your stomach, such
as cramps, pain or bloating that
won't go away

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Feeling constantly tired and
lacking energy, even with
enough rest

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