

What you need to do now

Don't miss out

Only people aged 55 to 59 can have a bowel scope screening test **free** on the NHS. You will normally only get one invitation.

If you haven't had a bowel scope screening test, you live in Brent, Harrow or parts of Ealing*, and are aged between 55 to 59, call 0800 707 6060 to book an appointment.

About 270 people take up the bowel scope screening test at St Mark's Hospital every month.

* Included Ealing areas: Northolt, Greenford and Hanwell.

St Mark's, at Northwick Park Hospital

St Mark's is easy to reach by tube, bus and car. Northwick Park tube station (Metropolitan line) is only five minutes walk away. See tfl.gov.uk for more information on reaching the hospital.

Contact us

If you have any queries on bowel scope screening, please give our team a call on: 0800 707 6060

St Mark's Hospital
Northwick Park
Watford Road
Harrow, Middlesex HA1 3UU

stmarkshospital.org.uk



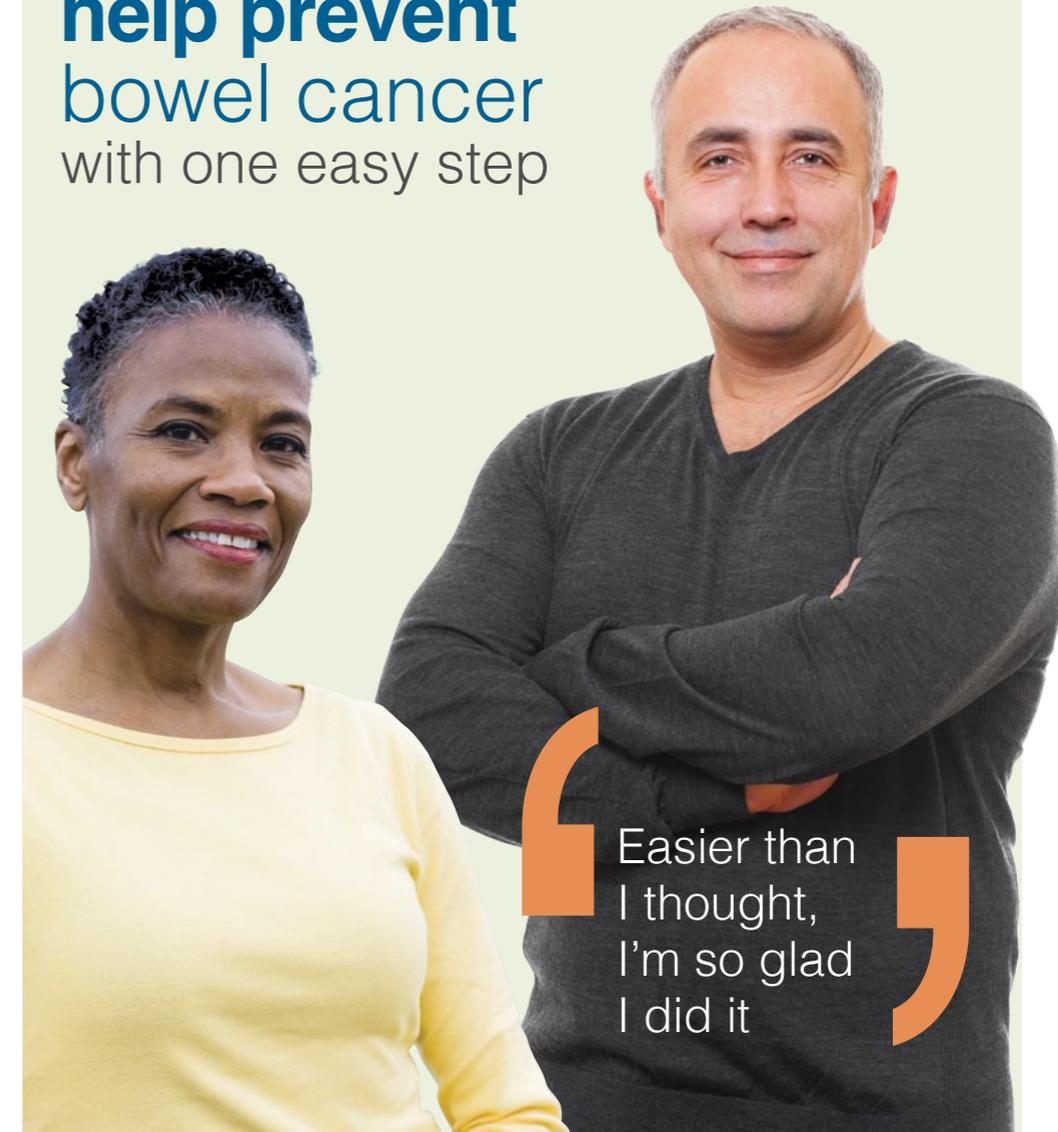
Are you aged 55 to 59?

Then you need to know two things about bowel cancer:

1. It's the **second biggest cancer killer** in the UK. (After the age of 55, your risk of developing bowel cancer begins to rapidly increase).
2. One easy NHS test is the best way to **help prevent** bowel cancer.

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Your chance to help prevent bowel cancer with one easy step



One thing you shouldn't ignore

I would urge anyone aged 55 to 59 to take this quick, potentially life-saving, one-off test that significantly reduces your risk of getting bowel cancer.

*Dr Stephen Mort,
GP Cancer Lead for Hillingdon
Church Road Surgery*

If you would like to find out more about bowel scope screening:
0800 707 6060
cancerscreening.nhs.uk/bowel



At **55+** you need to know about bowel cancer

- Bowel cancer is the **second biggest cancer killer** in the UK (it's the third most common cancer)
- From the age of 55, your risk of getting bowel cancer begins to increase rapidly

Bowel cancer is any cancer that begins in the large bowel – a part of your digestive system.

Good News

The good news is that there is a test which **helps prevent** bowel cancer, it's called the *bowel scope screening test*.

Preventing bowel cancer

The single test dramatically cuts your chances of getting bowel cancer in the future.

Unlike other cancer screening programmes, you only need to take part in bowel scope screening once.

In the unlikely event that you already have bowel cancer, bowel scope screening can pick this up early when the cancer is more treatable.



Your chance to help prevent bowel cancer with one easy step

One easy test could save your life

For people living in Brent, Harrow and parts of Ealing*, bowel scope screening takes place at St Mark's Hospital, next to Northwick Park Hospital. It's only a five minute walk from Northwick Park tube station.

St Mark's is the only hospital in the world to specialise solely in bowel and gut problems.

1. On the day of your appointment, a specially trained nurse or doctor will look inside your lower bowel (via your bottom) using a thin flexible tube with a tiny camera at the end. The test is done in private and nearly everyone says it's not embarrassing
2. The test takes around 20 minutes. Most people say they felt no pain, or only mild pain
3. Before and after the test, you'll have plenty of time to talk to doctors and nurses and have a cup of tea



I must admit I was nervous, but the specialist nurse explained everything very clearly. It wasn't painful at all. I was told I had no polyps and given the all clear, which was a huge relief.

My friend died from bowel cancer five years ago, so I was determined this wouldn't happen to me!

Judith Mason, 56,
from Kensal Green in Brent

Your chance to help prevent bowel cancer with one easy step

Polyps and bowel cancer

Bowel cancer develops from polyps, which are small growths in your bowel.

Most polyps are harmless, but some can turn into cancer if left untreated.

By removing any polyps in your bowel during the test, bowel scope screening is a very effective way of reducing the chance that you will get bowel cancer in the future.

Benefits of the bowel scope screening test

- ✓ Free, done by experts at the world-famous St Mark's Hospital
- ✓ You only need to take part in bowel scope screening once
- ✓ Quick, the test takes around 20 minutes
- ✓ You'll also have peace of mind knowing that you've dramatically reduced your risk of developing bowel cancer in the future
- ✓ Helps prevent bowel cancer
- ✓ If detected early, the cancer is much easier to treat



The staff at St Marks Hospital were great. The doctor found a polyp, which he removed. I didn't feel a thing. The doctor explained that polyps often don't have any symptoms, so people don't always know if they have them.

I'm glad they found the polyp before it had a chance to become something more serious.

Ranjeet Patel, 55 from Wembley

Your chance to help prevent bowel cancer with one easy step