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BMI Hospital medics launch bowel cancer awareness campaign



By Natalie O'Neill

11:10am Wednesday 17th April 2013 in London News

Medical experts at a Hendon hospital are launching a bowel cancer awareness campaign.

As part of Bowel Cancer Awareness Month, staff at BMI Garden Hospital will be making people aware of the telltale signs associated with the disease as well as encouraging people to lead a healthy lifestyle.

Colin Elton, consultant general and colorectal surgeon said: "Be aware of what is normal for you so that you recognise any changes.



Colin Elton, consultant general and colorectal surgeon

"A change in your bowel habit that lasts for three weeks or more and bleeding when you open your bowels are all warning signs that need acting upon as soon as possible."

Other signs include unexplained weight loss, feeling tired without reason, stomach pains or a lump in the stomach.

The team will also be encouraging people to stop smoking, watch their weight, cut down on alcohol, exercise regularly and eat healthily as good preventative measures.

For information about screening and treatments for bowel cancer click [here](#).

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