



Check yourself out!

Free Bowel Screening programme
available for people aged 50-74
& living in the Waitemata DHB area



BowelScreening

Check Yourself Out

www.BowelScreeningWaitemata.co.nz | 0800 924 432

KIA ORA 🧑🏻 GREETINGS 🧑🏻 NÎ HÂO
MALO LELEI 🧑🏻 BULA VI NAKA
KANGEI 🧑🏻 FAKALOFA LAHI ATU
AN NYUNG HAA SE YO 🧑🏻 TALOFA LAVA
NAMASTE 🧑🏻 HALO 🧑🏻 SALAAMALEIKUM
XIN CHAO 🧑🏻 TALOFA NI
CHOUM REAP SUR 🧑🏻 NEI HOU 🧑🏻 MINGALABA
SAH-BYE-DEE 🧑🏻 KIA ORANA

What is FREE BowelScreening programme?

- **Four-year pilot in the Waitemata DHB area for 137,000 people**
- **Waitemata DHB residents aged 50-74**
- **Available from October 2011**
- **Two screening cycles**
- **Invitation based programme**
- **Central coordination centre**
- **Dedicated endoscopy unit at Waitakere Hospital**

Who is eligible for FREE BowelScreening?



People aged between 50-74 and living in the Waitemata DHB area

Waitemata District Health Board Area

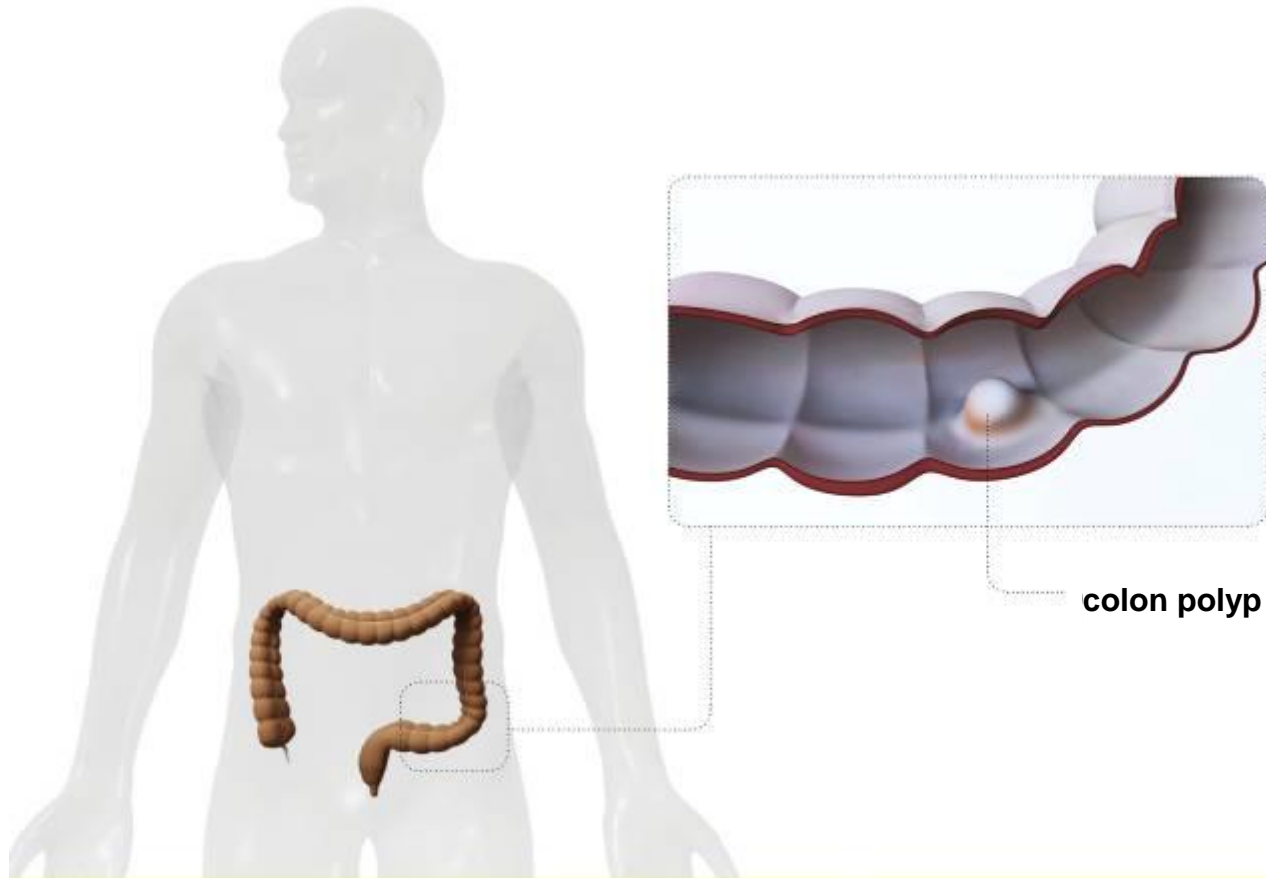


How do you take part?

- **If you are aged between 50-74 and living in the Waitemata DHB area you will be invited to take part**
- **You don't have to actively enrol, but if you haven't been to a doctor recently or you've changed address, we suggest you please call us on 0800 924 432 to check we have your correct details on our register.**
- **When it is your turn to take the test we'll send you an invitation letter explaining how you can do this simple test at home and further information about free bowel screening**
- **Four weeks later you will get a test kit and instructions**


What is bowel cancer?

- Bowel cancer is also called colon, rectal or colorectal cancer



What are the symptoms of bowel cancer?

- In the early stages there might be no symptoms
- Common signs and symptoms of bowel cancer may include:

 *changes in your normal pattern of going to the toilet*

 *blood in your bowel motion*





Who is most at risk of bowel cancer?

- **Bowel cancer is more common as you get older, particularly from the age of 50**
- **Bowel cancer affects more men than women**
- **Genetics and family history might play a part in who gets bowel cancer**



Why is screening for bowel cancer important?

- **Bowel screening can:**

-  *help save lives by detecting bowel cancers at an early stage*
-  *detect polyps that may develop into cancer if untreated*





How does screening work?

- The bowel screening test is an immunochemical faecal occult blood test (iFOBT)



One consent form with a barcode label

One sample collection sheet (to put in toilet bowl)

One sample tube

One zip-lock bag for sample tube

One Freepost envelope

Doing the bowel screening test is easy



1



2



3



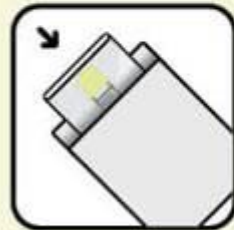
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5



6



7



8

The results



Asian Community Awareness Raising

- **Asian Advisory Group**
- **Chinese and Korean Coordinators**
- **Events such as Chinese New Year and Presentations to church groups and community groups like this!**

**Early detection
can save your life.
Check yourself out!**



0800 924 432

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Talk to your doctor