

Order an FOBT

The FOBT you are ordering is called InSure. It will be sent to you by Enterix Australia within two weeks of receiving your order.

The FOBT is done at home then posted to the Enterix laboratory for analysis. You will receive detailed instructions on how to complete the FOBT. There is no faecal handling and no medical or dietary restrictions with this test.

For further queries about your order, contact Enterix on 1800 55 65 75.

The InSure FOBT costs \$30 (or \$22 for pensioners or Health Care Card holders).

To order, complete the form overleaf and return with the required payment to:

**InSure Early Detection Program
Locked Bag 2079
NORTH RYDE NSW 1671**

or

fax to: 02 9889 5211

Who is at risk of bowel cancer?

Bowel cancer is the second most common cancer affecting men and women aged 50 and over.

Some individuals are at higher risk because of:

- a strong family history of bowel cancer
- pre-existing conditions such as ulcerative colitis or Crohn's disease.

People at a higher risk of bowel cancer are advised to talk to their doctor about screening options.

You can reduce your risk of bowel cancer by adopting a healthy lifestyle.

Reduce your risk:

- Eat a healthy diet, including plenty of fruit and vegetables.
- Maintain a healthy body weight.
- Exercise regularly – do 30 minutes of vigorous exercise or an hour of moderate exercise most days.
- Limit alcoholic drinks to no more than two standard drinks per day. Better still, avoid altogether.
- Don't smoke.
- Do an FOBT every two years from the age of 50.



Left: John is living proof that screening can prevent bowel cancer. A positive FOBT led to the discovery of several large polyps in John's bowel which if left untreated could have become cancerous. Finding them early meant they could be easily removed and no further treatment was required.



A guide to bowel cancer screening



Bowel cancer, also known as colorectal cancer, is the second biggest cancer killer in Australia (after lung cancer). More than 3600 Victorian men and women are diagnosed each year and more than 1350 die from it.

However, more than 90% of bowel cancers can be cured if found early.

If you are 50 or over, Cancer Council recommends doing a simple, at-home test every two years. Regular screening is important because bowel cancer can develop without noticeable symptoms.

Cover: Being a GP, Graeme knew the importance of bowel cancer screening but was still shocked when his positive FOBT led to a bowel cancer diagnosis. He had no symptoms. Today Graeme feels great and encourages all his patients 50 and over to screen for bowel cancer.

Below: Jill was diagnosed with bowel cancer at 54. She initially ignored symptoms like feeling tired all the time and changes in her toilet habits but a visit to a GP uncovered the cause. Jill considers herself lucky her bowel cancer was found before it was too late.



Bowel cancer kills more than 70 people in Australia each week

What does screening for bowel cancer involve?

Screening for bowel cancer involves a simple, at-home test called a **faecal occult blood test (FOBT)**. An FOBT looks for traces of blood in the bowel motion (faeces) which are invisible to the naked eye and could be a sign of bowel cancer.

The test involves taking a tiny sample from two separate bowel motions using the sampling sticks provided. The samples are sealed in an airtight container and mailed to a pathology lab for analysis.

An FOBT is positive when traces of blood are found in either sample. However a positive result does not mean you have cancer. In most cases blood will be due to conditions other than cancer, such as polyps (growths on the lining of the bowel) or haemorrhoids, but it needs to be investigated. If your FOBT is positive you will receive a letter asking you to speak to your doctor about a follow-up test, usually a colonoscopy, to determine the cause.

Where can I get a bowel test?

Thanks to the National Bowel Cancer Screening Program, those turning 50, 55 or 65 will receive a free FOBT in the mail. If you are 50 or over but not eligible for the national program:

- ask your doctor or pharmacist about getting an FOBT, or
- if you are a Victorian resident, you can purchase an FOBT from Cancer Council Victoria.

Visit www.cancervic.org.au/boweltest to order online, call **13 11 20**, or fill out the attached order form. The price is \$30 or \$22 for pensioners and Health Care Card holders.

Bowel cancer warning signs

Bowel cancer often develops without symptoms but see your doctor immediately if you notice any of the following:

- blood after a bowel motion
- an unexplained and persistent change in bowel habits, such as looser or more frequent stools or becoming severely constipated
- unexplained tiredness
- lower abdominal pain or a persistent feeling of fullness.



Above: A positive result was the last thing Jan, a keen cyclist and grandmother of nine, expected when she did an FOBT. After surgery and six months of chemo, she is now back on her bike, doing fun runs and believes this simple test saved her life.

Cancer Council would like to thank Jan Farrelly, John Murphy, Jill Gallagher, and Graeme and Marg Jones for appearing in this brochure and helping to promote the message that **screening saves lives.**

FOBT order form

Name:

Date of birth:

Address:

State: Postcode:

(only available to Victorian residents)

Daytime phone number:

FOBT instructions required in:

English Greek Vietnamese

Number of tests required:

1 2

Cost per kit:

\$30 \$22 (for pensioners or Health Care Card holders)

Pension or Health Care Card number:

Total cost: \$

Please tick if applicable:

Enclosed cheque Money order

Credit card type:

Visa Mastercard

Name on card:

Card number: ____/____/____/____

Card expiry: ____/____

