

Participate in the NHS Bowel Screening test to discover any growths before they become cancerous by Leena Khagram

Conversations about cancer can sometimes be scary, making it hard for us to take the necessary steps to protect ourselves. But did you know that bowel cancer is the fourth most common cancer in the UK? It's also the second leading cause of cancer-related deaths. Scary, right? But don't worry, there's hope. We can take action to reduce our risk of developing bowel cancer by embracing healthy habits and learning about prevention. **That's where the**



Leena Khagram –
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NHS Bowel Cancer Screening Programme comes in.



As a health improvement lead working with diverse communities across North-East London, my mission is to make conversations about bowel cancer screening more approachable. I get it - talking about the "bowel" and "cancer" can feel uncomfortable and embarrassing. But we need to break through that discomfort and face these important topics head-on.

In my work with individuals aged 50 and above, I've encountered common misconceptions about cancer. Many people fear that a cancer diagnosis means the end. But here's the truth: *early detection and prevention can make a huge difference.* Bowel polyps are mostly harmless, but they can become cancerous. Failing to take your test means you may not discover any potentially cancerous growths until the symptoms of bowel cancer may start presenting at which point it will be much harder to treat.

I recently spoke with a gentleman who attended one of our workshops. He shared his new found motivation to participate in bowel screening saying *"Now that I know more about bowel cancer and screening, I owe it to myself to take proactive steps sooner rather than later."* When we empower people with knowledge and support them in overcoming their fears, amazing things happen. *That's why the NHS Bowel Cancer Screening Programme is so important. It's saving lives every year through early detection and prevention.*



Free NHS Bowel Screening test kit

So, if you've received the NHS bowel screening test kit, don't wait—take action now. It could save your life.

For more information about the programme, support, or to arrange a gut health & well-being workshop for your team or organisation, reach out to our dedicated health promotion team:

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Those aged 54 and over, living in Tower Hamlets, Waltham Forest or City & Hackney can request a FREE screening kit here - [FREE NHS Bowel Screening Programme Test Kit Request Form \(office.com\)](#)

To register your interest in our 'Gut Health & Well-being workshops, click here: [Gut Health and Mental Well-Being: Registration of interest form \(office.com\)](#)

Further information about the Bowel Cancer Screening programme and eligibility criteria is also available here: [NHS bowel cancer screening: helping you decide - GOV.UK \(www.gov.uk\)](#)

Remember, prevention is better than cure. Let's work together to beat bowel cancer!