

Bowel Cancer Factsheet

Cantonese



腸癌

Bowel Cancer

你也許聽過腸癌亦稱為直腸癌。

每年在英國有超過35,500人是被診斷患上腸癌。

及早發現腸癌症，大約每10個人中有9個人是可以痊癒過來。

我應該留意甚麼徵狀？

這些病徵不一定會構成癌症，但最好是讓你的醫生檢查一下。

如果你發現有任何病徵，情況亦持續了4-6個星期以上，應該告訴你的醫生。

- 沒有任何明顯的理由，你的屁股流血或大便有血(排便時)。血的顏色也許是黑色或鮮紅色
- 沒有任何明顯的理由，你平常的大便習慣有變化(如腹瀉或便秘)，這種情況持續了六個星期以上
- 難以解釋的體重減輕
- 肚(腹部)或肛門疼痛
- 大便之後仍然覺得沒有真正地排清大便

在大多數的情況下，都不會是癌症。但發覺有任何病徵的人都應該去看他們的醫生。病徵也許有其他的起因，但最好是預約你的家庭醫生來讓他們為你檢查一下。

如果你有任何關於健康的問題，可以致電0845 4647向國民保健服務直線查詢

資料來源：英國癌症支持和對抗腸癌

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English



Bowel cancer

You might also hear bowel cancer being called colorectal cancer.

Over 35,500 people are diagnosed with bowel cancer each year in the UK.

When bowel cancer is found early, around 9 out of 10 people can be cured.

What should I look out for?

These symptoms are unlikely to be caused by cancer but it is best to get them checked out with your doctor.

If you notice any of these symptoms and they last longer than 4-6 weeks, tell your doctor.

- **Bleeding from your bottom or blood in your poo (bowel motion) without any obvious reason. The blood may be dark or bright red in colour.**
- **A change in your normal bowel habit (such as diarrhoea or constipation) for no obvious reason, lasting longer than six weeks**
- **Unexplained weight loss**
- **Pain in the tummy (abdomen) or back passage**
- **A feeling of not having emptied your bowel properly after a bowel motion.**

In most cases, it won't be cancer but people who notice any of these symptoms should see their doctor. The symptoms may have other causes, but it is best to make an appointment to have them checked out with your GP.

If you have questions about your health you can contact NHS Direct on **0845 4647**

Sources: Cancerbackup UK and Beating Bowel Cancer.

Manchester Public Health Development Service