

Bowel Cancer Factsheet

Mandarin

肠癌

Bowel Cancer

您也许听过肠癌亦称为直肠癌。

每年在英国有超过35,500人是被诊断患上肠癌。

及早发现肠癌，大约每10个人中有9个人是可以痊愈过来。

我应该留意什么徵状？

这些病徵不一定会构成癌症，但最好是让您的医生检查一下。

如果您发现有任何病徵，情况亦持续了4-6个星期以上，应该告诉您的医生。

- 没有任何明显的理由，您的屁股流血或大便有血(排便时)。血的颜色也许是黑色或鲜红色
- 没有任何明显的理由，您平常的大便习惯有变化(如腹泻或便秘)，这种情况持续了六个星期以上
- 难以解释的体重减轻
- 肚(腹部)或肛门疼痛
- 大便之后仍然觉得没有真正地排清大便

在大多数的情况下，都不会是癌症。但发现有任何病徵的人都应该去看他们的医生。病徵也许有其它的起因，但最好是预约您的家庭医生，让他们为你检查一下。

如果您有任何关于健康的问题，可以致电0845 4647向国民保健服务直线查询

资料来源：英国癌症支持和对抗肠癌

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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