



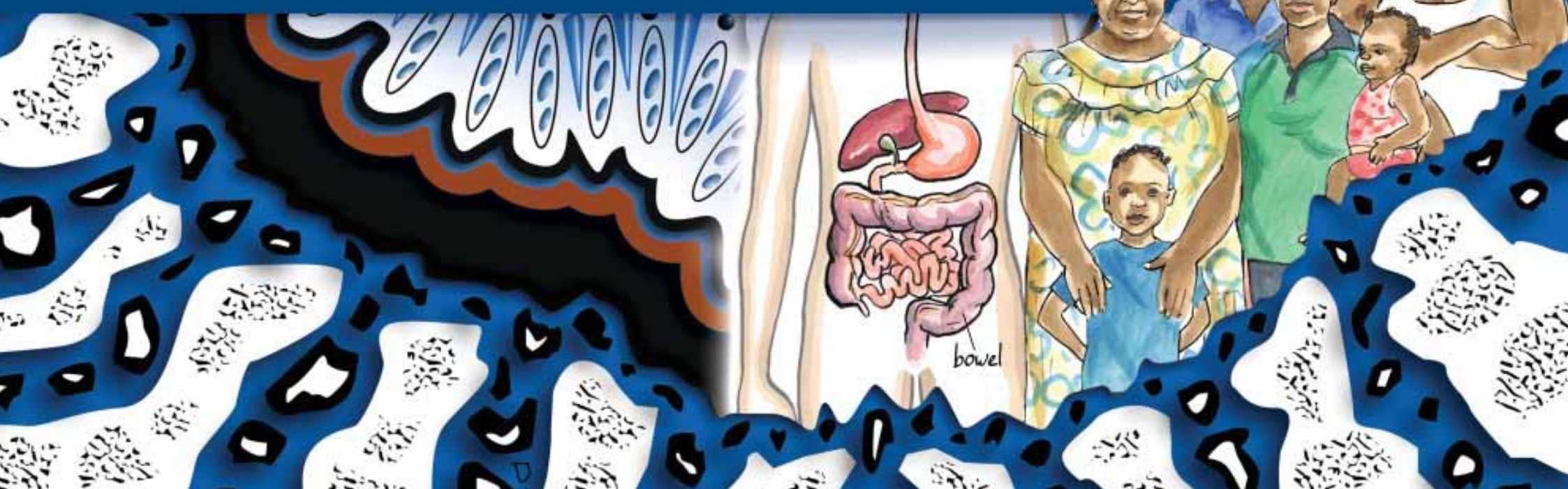
You're lookin' good on the outside But what about the inside?

**NATIONAL
BOWELCANCER**
SCREENING PROGRAM

health • care • people



Screening for bowel cancer



For the user of this flipchart

This flipchart has been produced by Queensland Health, Cancer Screening Services Unit, to assist in providing information on bowel cancer and bowel cancer screening to Aboriginal and Torres Strait Islander men and women, particularly those eligible for the National Bowel Cancer Screening Program.

The flipchart covers areas such as:

- The bowel
- Bowel cancer
- Who is at risk of bowel cancer
- Signs and symptoms of bowel cancer
- How to do a Faecal Occult Blood Test
- Follow up tests such as colonoscopy
- How to reduce risk of bowel cancer

Users of this flipchart are encouraged to modify the wording provided to suit their particular community.

Also, it may not be suitable to use the entire flipchart at one time. Users of the flipchart may prefer to use only sections of the flipchart as appropriate to their client's needs.

The flipchart can be used as a specific educational tool for the National Bowel Cancer Screening Program or to provide general information about bowel cancer or bowel cancer screening tests.

The flipchart can be used in small group situations or for one-on-one information sharing.

Acknowledgements

The Cancer Screening Services Unit would like to acknowledge the input of female and male Health Workers and key Aboriginal and Torres Strait Islander people who live and work in communities across Queensland who have guided the development of this resource. In particular, the Unit would like to acknowledge Sandra Angus, John Brady, Liela Murison and Cindy Sinclair for their valuable input into both this resource as well as strategies for the Program.

Acknowledgement is also extended to The Cancer Council, Aboriginal and Torres Strait Islander Health Unit (Queensland Health) and local Queensland Bowel Cancer Screening Program staff, in particular Naomi Goldsworthy and Sonja Main, who provided advice in the development of this document.

This resource has been coordinated by Sarah Holmes, Project Officer (Health Promotion) with Cancer Screening Services Unit.

Artwork

The artwork used in this resource is titled 'New World Order' and was a collaboration between Bianca Beeton and Kathleen Cameron. This artwork represents an internal cellular structure within the human with colours used to represent both Aboriginal and Torres Strait Islander people. The title 'New World Order' looks forward to the future, to a healthier Aboriginal and Torres Strait Islander community, due to the promotional and early detection work that is being undertaken in cancer screening. This artwork was created using digital medium.



About the artists

Bianca Beeton is a Kabi Kabi woman, born in Roma in Western Queensland. Bianca studied a Bachelor of Arts - Visual Arts (Honours) at the Queensland University of Technology and currently lives and works in Brisbane.

Bianca's work explores issues of growing up as a fair skinned urban Aboriginal woman. Her work looks at issues surrounding the loss of traditional culture through the process of assimilation and the Aboriginal Protection Act including the impact on our health and well being. Bianca believes that creating art helps to maintain our well being.

Bianca has had a number of solo exhibitions in Queensland and interstate, as well as had her work included in numerous group exhibitions in Australia and overseas. Bianca is currently a member of the ProppaNOW Aboriginal artists collective.

Kathleen Cameron was born in Redcliffe and has lived in South East Queensland since this time. In exploring her identity as a white Australian woman, Kathleen has longed to form a connection with the Indigenous spirituality of Australia. She considers herself blessed to share modern Australia with a diverse culture rich in spirit, but is alerted to the many boundaries and challenges faced socially and culturally. This collaboration was important for Kathleen not only as a white Australian honoured to

participate in a collaboration with a talented Aboriginal artist, but to work with her close friend who helps bridge her knowledge and understanding.

Illustrations were completed by Julie Haysom.

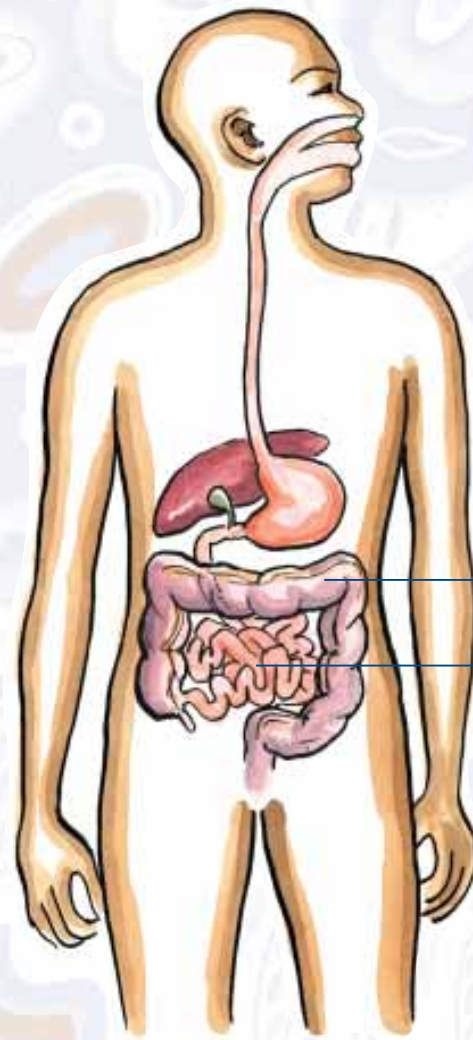
Julie Haysom began her Indigenous cross-cultural education in 1982. After four years country service in Queensland's South Burnett district, she and her partner were transferred as secondary teachers to the remote Aboriginal community of Mornington Island in the Gulf of Carpentaria. Since then, she has been immersed in Indigenous culture, association and issues both professionally and personally in several locations. No longer a full time teacher, she juggles her life as a parent of four, a relief teacher, private art teacher, artist, and as a freelance illustrator. Julie's illustrating assignments have encompassed projects for a variety of government departments, non-government organizations and individuals, locally, nationally and internationally. She has won several art awards and commendations for painting and drawing. Julie currently lives with her family in Far North Queensland.

The bowel

The bowel helps digest our food.

The bowel is made up of two main parts:

- **The small bowel**
- **The large bowel**



Large bowel

Small bowel

The bowel

What is bowel cancer?

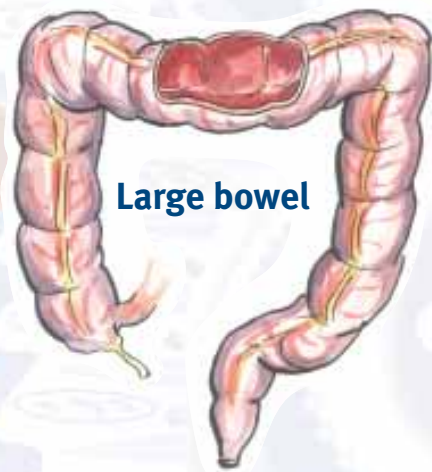
Bowel cancer is a growth that most often is found inside the large bowel.

It develops from small growths known as polyps.

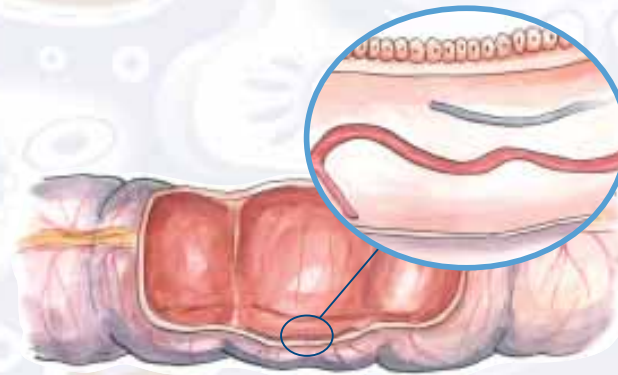
Polyps look like small spots on the bowel wall - like cherries on stalks.

Not all polyps will grow into cancer.

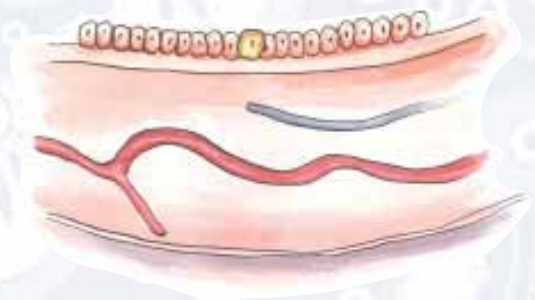
If polyps are found early, they can be removed.



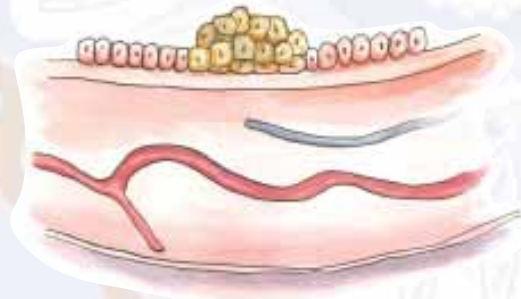
Large bowel



Normal cells on the lining of the bowel wall



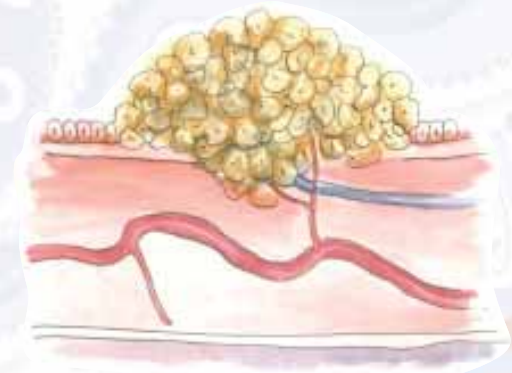
Abnormal cell on the lining of the bowel wall



Multiple abnormal cells



Polyp



Bowel cancer

What is bowel cancer?

Who gets bowel cancer?

- **Bowel cancer can occur in both men and women.**
- **Bowel cancer is the most common internal cancer in Australia.**
- **Approximately 1 in every 20 Australians get bowel cancer in their lifetime.**

1 in every 20 people



Who gets bowel cancer?

Who is at risk?

Everyone is at risk of bowel cancer, but particularly men and women who:

- Are aged 50 years and over
- Are overweight
- Smoke
- Are not physically active
- Have a high alcohol intake
- Have close family who have had bowel cancer or bowel diseases
- Have bowel diseases (eg. Inflammation) or bowel irregularities