

WE ARE
MACMILLAN.
CANCER SUPPORT

「我發現自己
大便帶血，
便立即去看
醫生了。」

John



腸癌的症狀

腸癌是英國第三大最常見的癌症。男女都有可能罹患腸癌。大部分腸癌患者年齡都在 50 歲以上。

知道注意何種症狀及於何時去看醫生，會產生很大不同。若您出現這些症狀，請不要恐懼，要去做檢查。

若您出現以下任何症狀，請去看醫生。

- 大便帶血持續三週或更久。
- 大便溏瀉或腹瀉持續三週或更久。
- 胃部或直腸疼痛或存在腫塊。
- 如廁之後仍感覺沒有清空腸道。
- 在沒有任何明顯緣由的情況下體重下降。
- 一段時間以來感覺比平時疲憊。

存在這些症狀的多數人並非是因為身患腸癌，這些症狀可能是其他原因引起的。但請不要嘗試自行診斷 — 要去看醫生。若您確實患有癌症，越早發現，就越有可能成功治愈。

去檢查這些症狀並非是在浪費醫生的時間。

越早發現腸癌，治愈的可能性就會越大。

若您需要支援或只是想和別人談談，請撥打免費電話 **0808 808 00 00** 聯絡麥克米倫，或造訪 **macmillan.org.uk**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

**'I HAD BLOOD
IN MY POO
AND WENT TO
SEE MY DOCTOR
STRAIGHT AWAY.'**

John



Bowel cancer is the third most common cancer in the UK. It can affect both men and women. Most people who get bowel cancer are over 50.

Knowing what changes to look for and when to see your doctor could make a real difference. Don't be scared if you have symptoms – get them checked.

See your doctor if you have any of these symptoms:

- Blood in your poo (stools or bowel motions) for three weeks or more.
- Looser poo or diarrhoea that lasts for three weeks or more.
- Pain or a lump in your tummy or back passage (rectum).
- Feeling like you haven't emptied your bowel properly after going to the toilet.
- Losing weight for no obvious reason.
- Feeling more tired than usual for some time.

Most people with these symptoms do not have bowel cancer – they can be caused by other things. But don't try to diagnose yourself – see your doctor. If you do have cancer, the sooner it's found, the more likely it is to be successfully treated.

You are not wasting your doctor's time by getting your symptoms checked.

The earlier bowel cancer is found, the more likely it is to be cured.

If you need support or just want someone to talk to, call Macmillan free on **0808 808 00 00** or visit **macmillan.org.uk**