

## MEMBER ENGAGEMENT

### Member blog – Cancer

The following health and wellbeing blog has been prepared by TAL for use by partner superannuation funds for their members. It is available to use in white-label format for communications and is designed to provide information for members on positive ways to support their physical health.

-BLOG-

### Bowel cancer: over 50? Have you done the test?

**[DURING JUNE]** June is Bowel Cancer Awareness month and it's a great time to think about how your lifestyle may affect your risk factors for bowel cancer. If you're over 50, it's also an important reminder to make sure you participate in the National Bowel Cancer Screening Program. If you'd like to know more, our life insurance partner [TAL](#), has provided some useful guidance on what's involved.

**[ALL YEAR]** If you're over 50, it's important reminder to make sure you participate in the National Bowel Cancer Screening Program. You'll receive a screening kit in the mail around your birthday, every second year. If you'd like to know more, our life insurance partner [TAL](#), has provided some useful guidance on what's involved.

#### Why screen?

Bowel cancer is Australia's fourth highest cause of death of people aged 45-74<sup>1</sup> but the good news is, if detected early, bowel cancer treatment has a very high success rate.

Bowel cancer can develop without symptoms so it's important to complete the screening test which checks for microscopic amounts of blood in your bowel motion. If blood is detected, it doesn't necessarily mean you have bowel cancer, but it does mean you need to see your doctor for further investigation.

#### What's involved?

Your first free test kit will arrive in the mail, shortly after your 50<sup>th</sup> birthday. You'll then receive a test kit every two years at around the same time. It's quick and simple to do in the privacy of your own bathroom. Check out the Department of Health National Bowel Cancer Screening program website for a [step-by-step guide](#).

#### Get with the program

It's projected that the National Bowel Cancer Screening program will prevent more than 92,000 cancers and 59,00 deaths to 2040 at the current participation rate of 43%<sup>2</sup>. Imagine how many more Australians could be saved from the impact of cancer if even more people did the test.

For more information on the National Bowel Cancer Screening Program, visit the [website](#).

1 Australian Institute of Health and Welfare. (2021). *Deaths in Australia*.

2 Australian Institute of Health and Welfare. (2022). *Cancer screening programs: quarterly data, Bowel cancer screening participation*

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DISCLAIMER [please add to your post]

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