

**BENHILL & BELMONT GP CENTRE**  
**Member of the South West London Primary Care Organisation**

**Main Surgery**

54 Benhill Avenue  
Sutton  
Surrey SM1 4EB  
Tel: 020 8642 8011  
(24 hour service)  
Fax: 020 8770 0586

**Principals**

Dr C J Elliott  
Dr A Malik  
Dr A C Kaye  
Dr J J Croucher

**Associates**

Dr H DeBono  
Dr A Ilves  
Dr S Huggins

**Branch Surgery**

1 Station Approach  
Belmont, Sutton  
Surrey SM2 6DD  
Tel: 020 8642 0920  
(surgery hours)  
Fax: 020 8661 1166



Dear Patient

**LETTER APPLIES IF YOU ARE OVER 50.**

I am writing to you to tell you about a new project at our Practice to increase earlier detection of bowel cancer. The risk of bowel cancer increases with age, with over 85% occurring in people aged over 65 years. I am contacting patients who are at greater risk and inviting anyone who has symptoms to make an appointment for a Bowel Health Check. Over 90% of bowel cancers are curable if detected at an early stage and it is one of the most successful cancers to treat.

**Who is at risk from bowel cancer?**

- About one in 20 people in the UK will develop bowel cancer during their lifetime. It is the third most common cancer in the UK, and the second leading cause of cancer deaths
- The risk of developing bowel cancer increases with age; eight out of ten people diagnosed with bowel cancer are over 60
- People with a family history of bowel cancer have an increased risk of developing the disease
- People who take little exercise, are overweight, and have a diet high in red meat and low in fruit and vegetables are all thought to be at risk

**What are the symptoms of bowel cancer?**

If you have any of the following symptoms, I would like you to telephone the surgery and ask for a Bowel Health Check appointment. Please bring this letter with you when you come.

- A change in your normal bowel habit lasting three weeks or more. E.g. loose stools, diarrhoea, increased frequency
- Bleeding from the bottom (rectum) and/or blood in your stools for three weeks or more
- Unexplained extreme tiredness and/or unexplained weight loss
- A pain or lump in your abdomen and/or back passage

Yours sincerely,

Practice Manager