

Lets talk about cancer

4th March 2023





A local,
independent
charity
providing
support for
anyone affected
by cancer

Touch.

Talk.

Activity.





COMMUNITIES



AGAINST CANCER

Cancer
awareness,
prevention &
improving early
diagnosis

Agenda

Let's talk about Bowel Cancer

– Anjay Talwar, Consultant

How to nurture a healthy gut

– Elizabeth Bond

Refreshment Break

A GPs perspective and insights

– Dr Yvonne Hodges

Close





Anjay Talwar
Consultant

Let's talk about
bowel cancer

Bowel Cancer

4th March 2023

Anjay Talwar

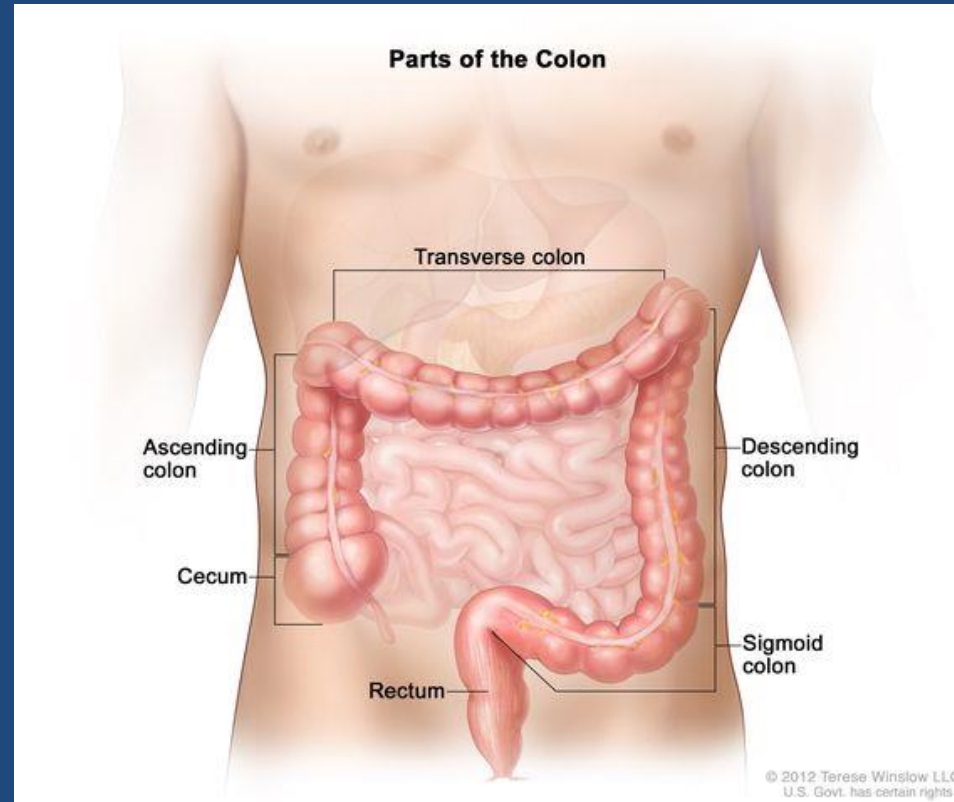
Consultant Colorectal Surgeon



Topics

- The Bowel and cancer
- Symptoms
- Investigations
- Treatment
- Questions?

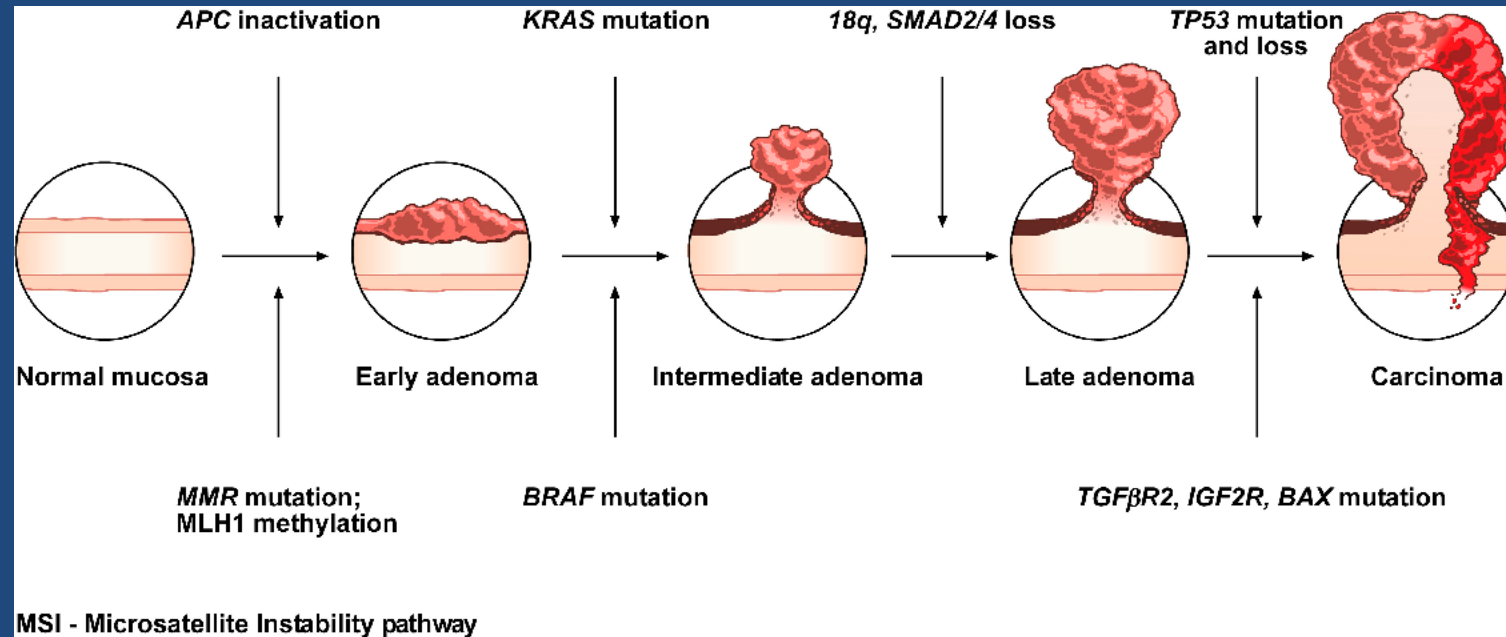
The Bowel



Bowel Cancer

- Pre-cancer polyps
- Adenomas
- Sessile serrated lesions (SSL)
- Hyperplastic polyps

Bowel Cancer



Symptoms

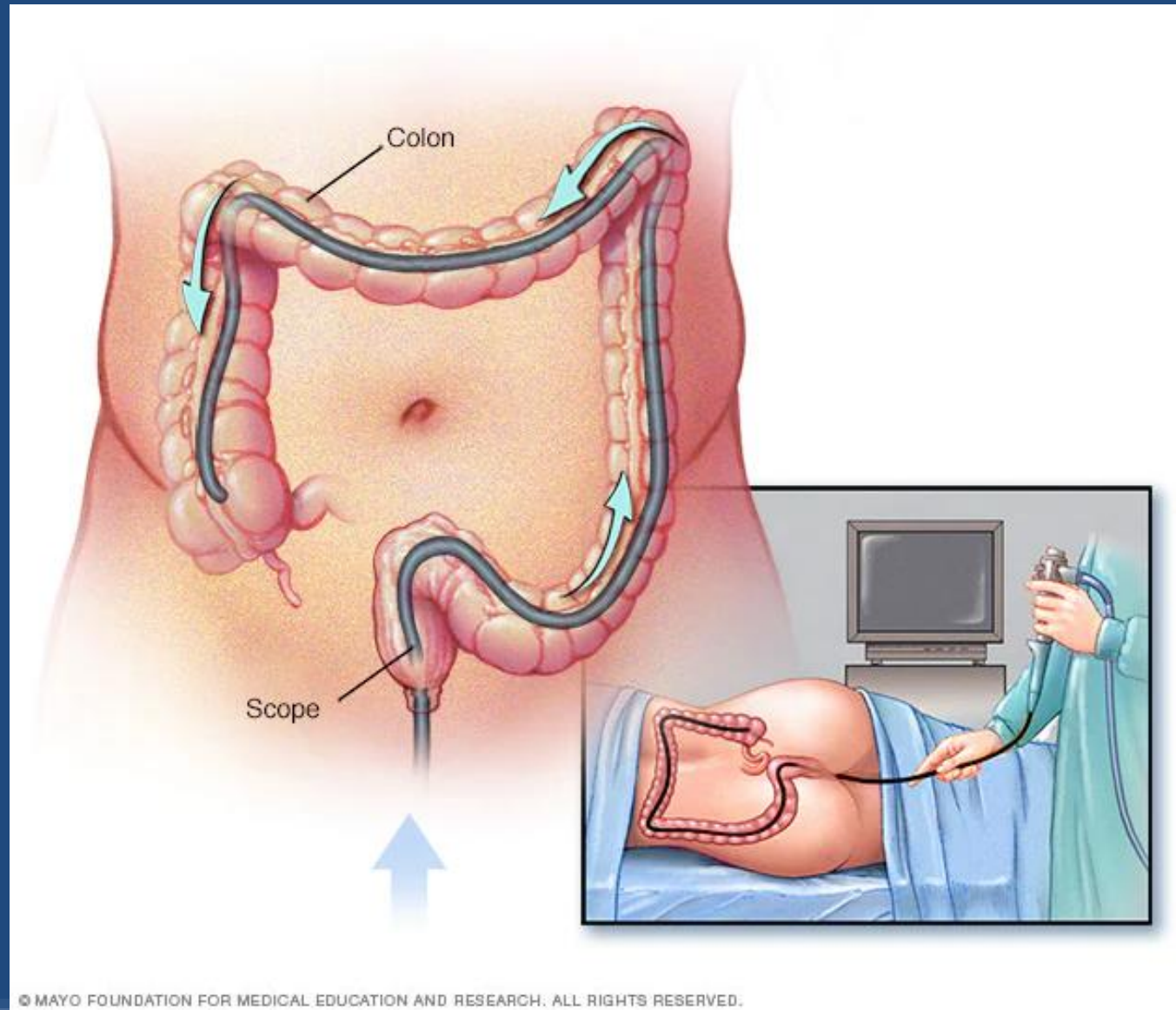
- Change in bowel habit
- Rectal bleeding
- Wt loss
- Anaemia

Investigations

- Invasive tests
- Colonoscopy
- CT colonography
- CT scan
- Colonic capsule endoscopy

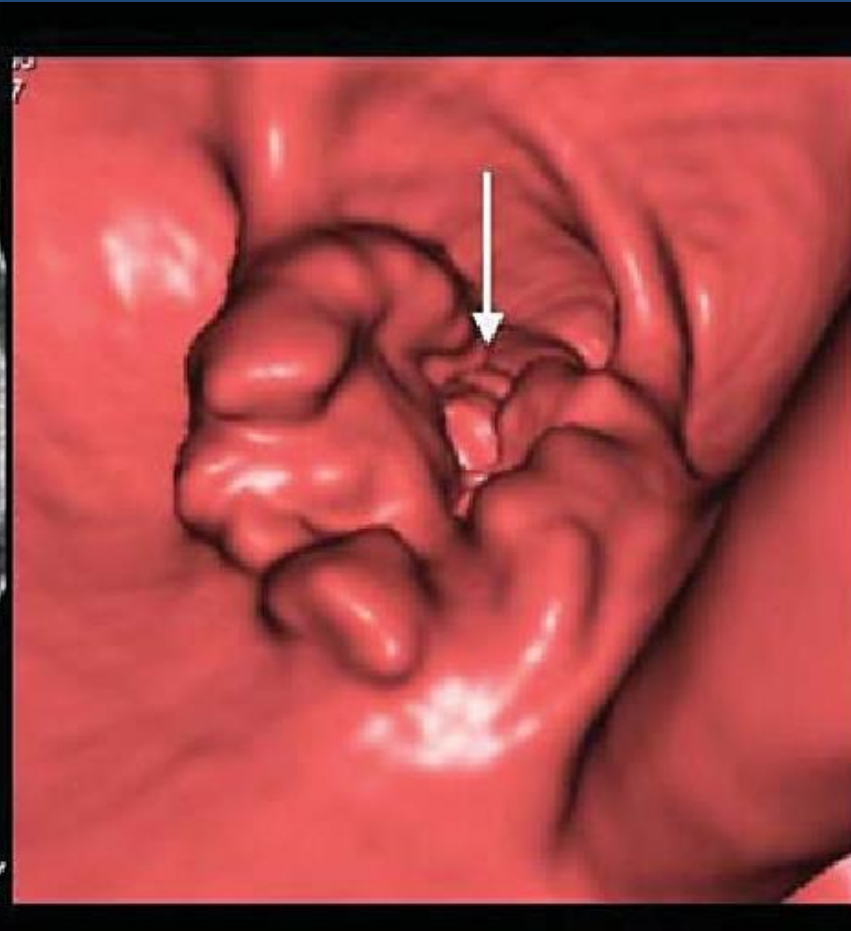
Investigations

- Invasive tests
- **Colonoscopy**
- CT colonography
- CT scan
- Colonic capsule endoscopy



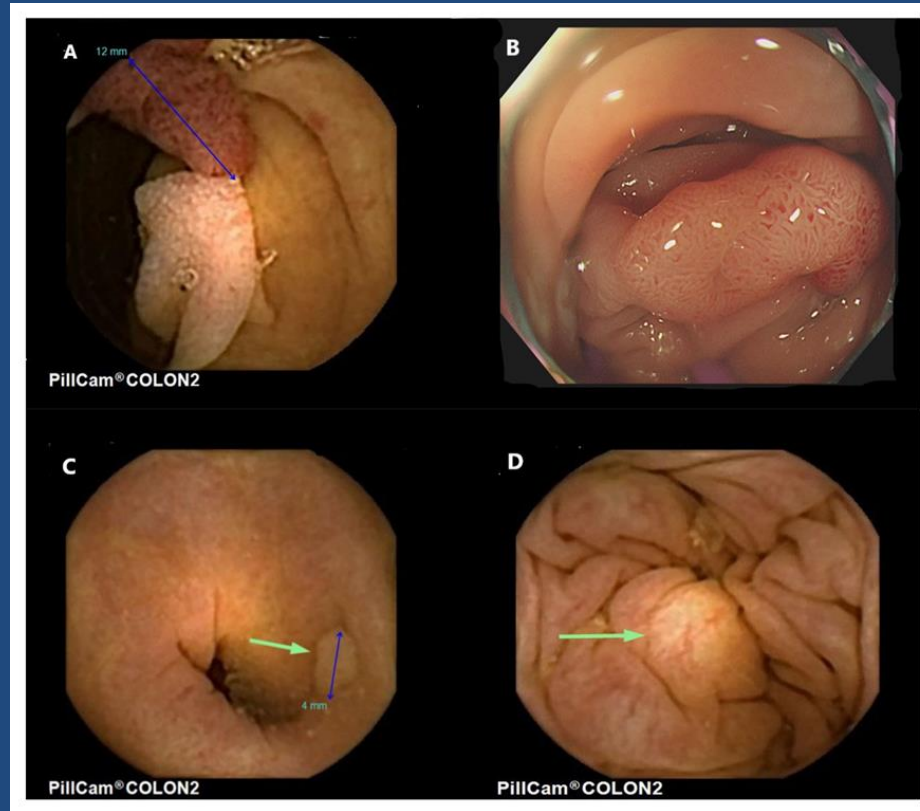
Investigations

- Invasive tests
- Colonoscopy
- **CT colonography**
- **CT scan**
- Colonic capsule endoscopy



Investigations

- Invasive tests
- Colonoscopy
- CT colonography
- CT scan
- **Colonic capsule endoscopy**



Bowel Cancer Screening Program BCSP

- Rolling out to 50-75
- Looking for blood in the stool
- Every 2 years

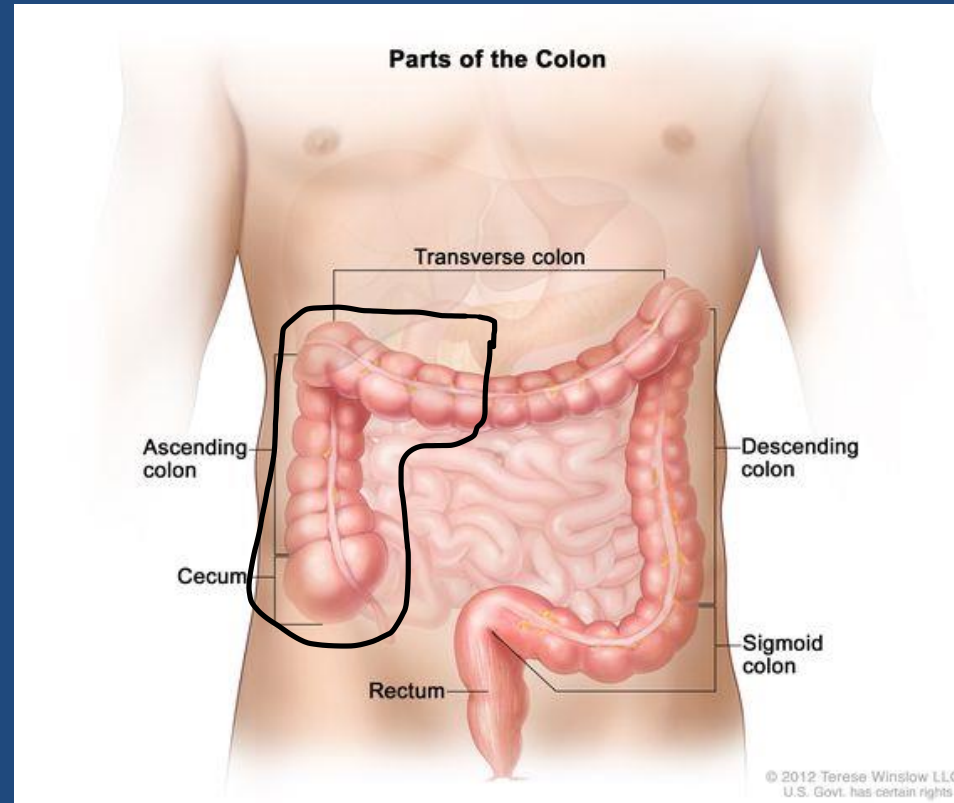
FIT test

- Very sensitive looking for blood
- Used now to screen people before fast track referral
- Can be used to exclude cancer without investigation?

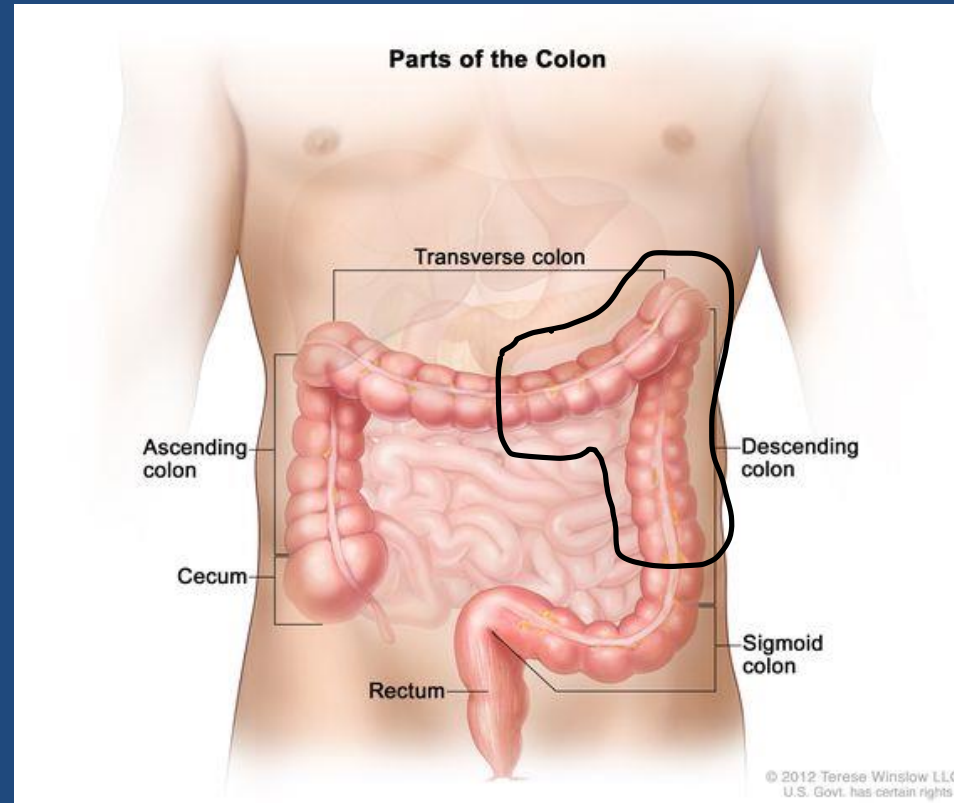
Treatment



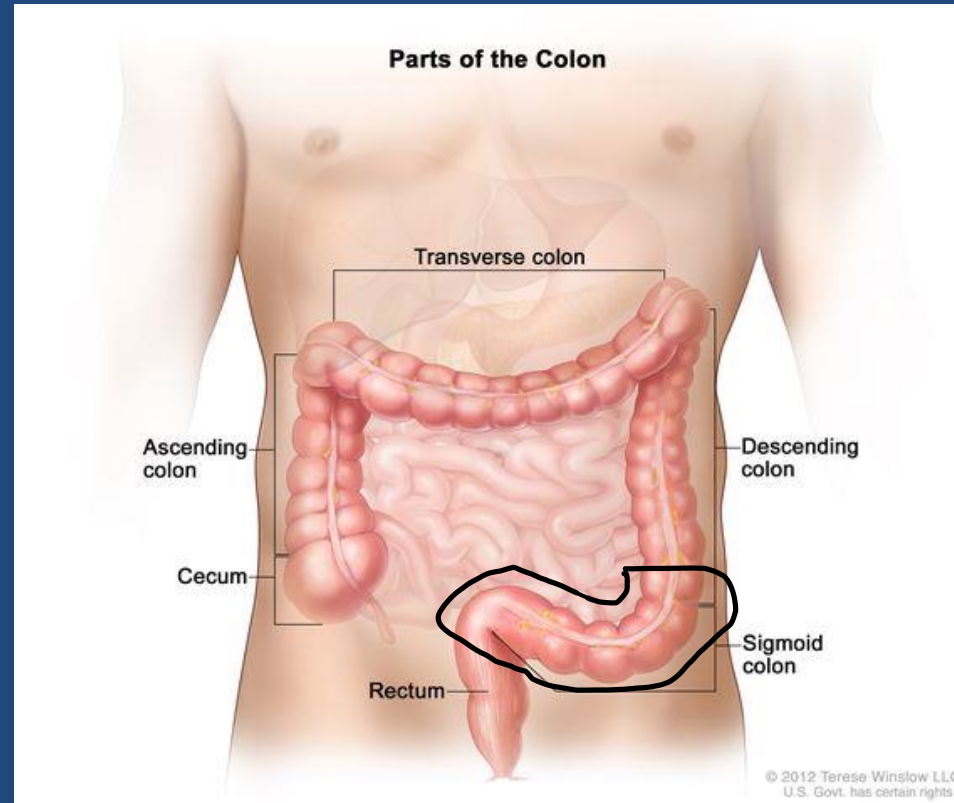
Treatment



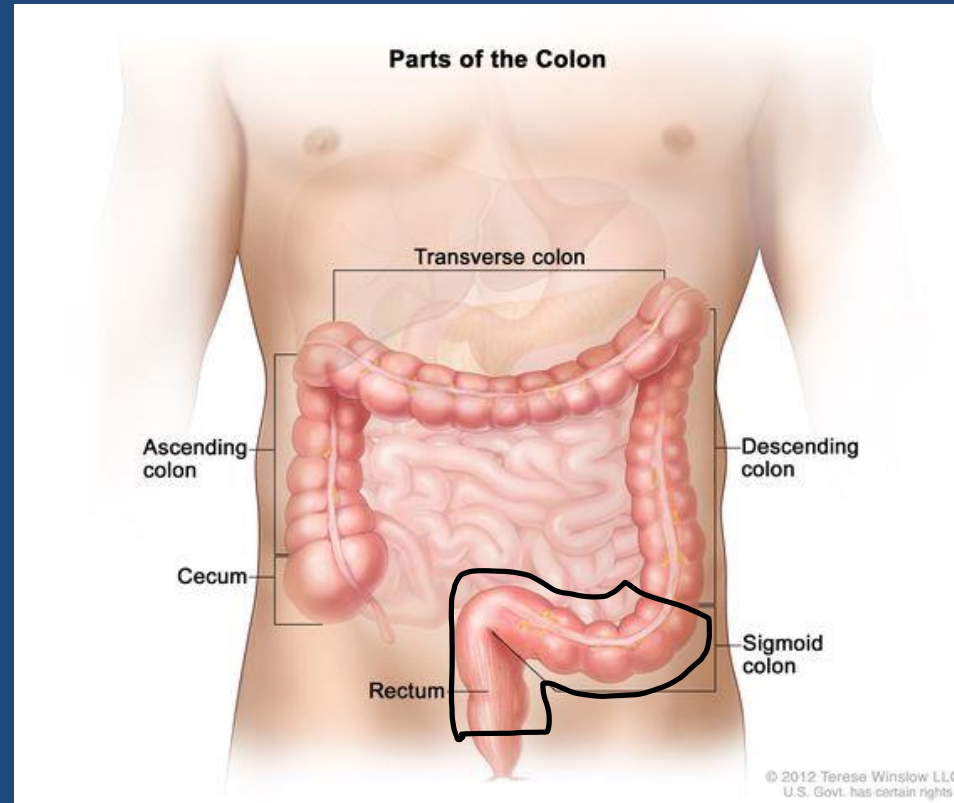
Treatment



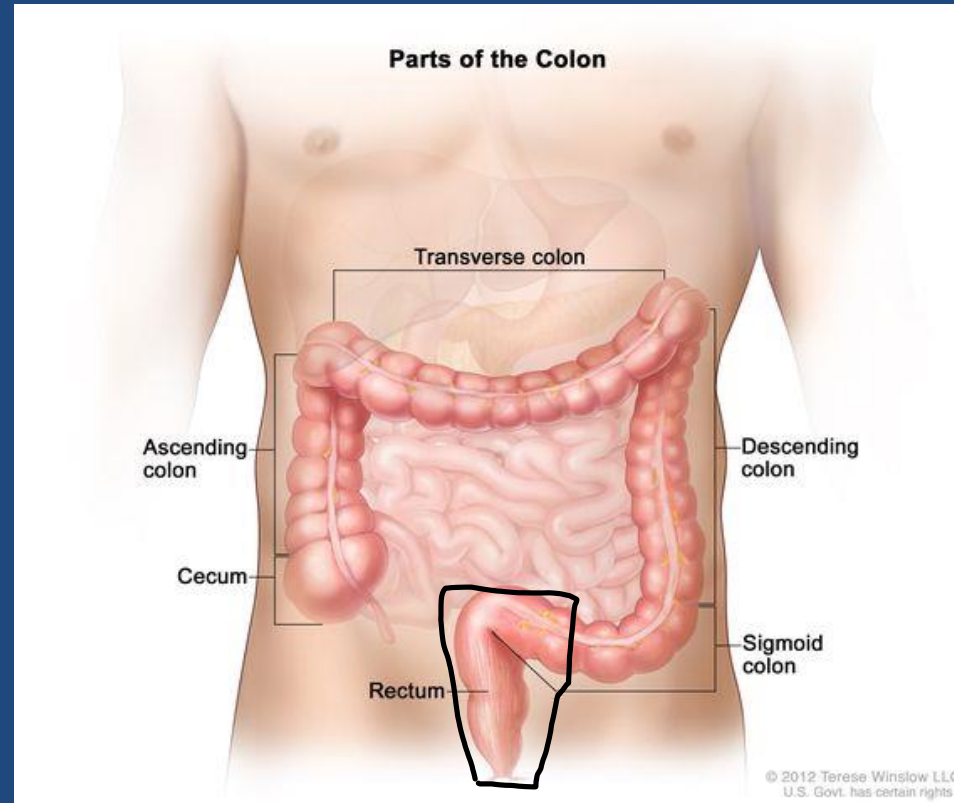
Treatment



Treatment



Treatment



Thank you

- Any questions?



Elizabeth Bond
Nutritionalist

How to nurture a
healthy gut

Examples of anti-inflammatory foods



- Oily fish
- Marshmallow herb
- Slippery Elm Bark
- Liquorice
- Flaxseed
- Berries
- Cruciferous veg
- Apples
- Rosemary
- Leafy greens
- Avocados
- Green Tea
- Chia seeds
- Dark chocolate
- Turmeric
- Mushrooms
- Olive oil
- Well fermented spelt sour dough bread

Fibre Task

Rank weight for weight each food in order of amount of fibre.

1 being highest 10 being lowest.

Values shown in 100g.



- Artichoke (globe)
- Oats
- Brown Rice
- Wholemeal bread
- Butter
- Broccoli
- Almonds
- White rice
- Walkers baked crisps
- White bread

Fibre Task

Rank weight for weight each food in order of amount of fibre.
1 being highest 10 being lowest.

1 being highest 10 being lowest.

Values shown in 100g.



- | | |
|-------------------------|------|
| 1. Almonds | 12g |
| 2. Oats | 10g |
| 3. Wholemeal bread | 7g |
| 4. Walkers baked crisps | 6.3g |
| 5. Artichoke (globe) | 5g |
| 6. White bread | 2.7g |
| 7. Broccoli | 2.6g |
| 8. Brown Rice | 1.8g |
| 9. White rice | 0.4g |
| 10. Butter | 0g |

Foods with calcium



Foods with calcium



Seeds – many seeds are high in calcium. Poppy seeds, sesame, celery and chia seeds.

Cheese – the calcium is more easily absorbed from cheese than it is from plant sources.

Yogurt – also rich in probiotics.

Sardines – lots of calcium due to their edible bones.

Beans and lentils – not only calcium but high in fibre too.

Almonds – many nuts have calcium but almonds are among the highest in calcium.

Leafy greens – collard greens, spinach, kale.

Rhubarb – not only has prebiotic fibre but also has some calcium. (It isn't easily absorbed by the body only about 5% of its calcium can be metabolised by humans.)

Edamame (young soy beans) – also a good source of protein and folate.

Milk – drink full fat and not skimmed if you are going to drink milk and you will also be able to absorb the fat-soluble vitamins it contains.



Fermented Food



Summary

- Reduce inflammation with anti-inflammatory foods and cooking with the right oils for the right temperature.
- Eat plenty of plant foods, 30 different kinds a week, if possible, to increase fibre to feed your microbiome and keep your gut healthy.
- Eat dairy or calcium rich foods.
- Eat fermented foods.
- Stay hydrated, get moving if possible and try and get plenty of sleep.



Thank you for listening!



Dr Yvonne Hodges
GP

A GP's perspective

Lets talk about cancer

Raffle

Feedback survey

Thank you!

