

Bowel Cancer Foundation Trust

A yellow square icon with rounded corners, containing a white spiral sun with rays.

Making A Difference

Healthy choices for a healthy life

My Story



In the past 8 years I have had a ileostomy bag on my side, two major reversal surgeries, I've cried every time I set foot in a hospital, and have had to educate myself about inflammatory bowel conditions and bowel cancer.

I've learned the hard way

what to eat and what not to eat and that unfortunately ... exercise really does make a difference!!

At 32 I thought I had it all. I was a mum to a beautiful 3 year old girl, I'd just bought a new house, I was in a long term committed relationship and was in a senior role working for New Zealand's fastest growing company that year.

I was constantly tired, but put it down to the fact I had a 3 year old and was working until 8pm every night running call centres across NZ.

I was however, at the same time ... bleeding everytime I went to the bathroom and like most people I ignored it until I plucked up enough courage to finally see a Doctor.



When you see blood in the toilet bowl you instantly think cancer so I got upset. The DR told me I'd eaten something that had scratched me and sent me home with ointment and told me to stop being silly.

What she had failed to detect was that my bleeding was a major sign of ulcerative colitis. There were polyps that were bleeding in my large bowel and was a pre cursor to bowel cancer.

Four months later I contracted typhoid based Salmonella food poisoning on holiday. This together with my undiagnosed colitis swelled my colon to the point it was going to perforate and, after admitting myself to A&E 3 times.. and being sent home 3 times... Doctors finally realised they had to perform emergency surgery to remove my entire large bowel before it burst.

I lost 20 kilo's in 2 weeks, and went down to 42kilo's in weight. Now I'm 5 foot 10 inches so I was at the point where my organs were ready to shut down.

I was in hospital for a total of 5 weeks. Surgery had damaged nerves in parts of my leg and my foot which I still cant feel to this day. It took me around 6 months to put a reasonable amount of weight back on and I had to learn how to take care of the bag on my side which I ended up keeping for 2 years.

2007



I went straight back to work which in hindsight was a bit of a mistake, but I had a mortgage to pay and resumed my senior role working every night until 8.

I carried on with the routine of raising my daughter and then two months later... my body crashed....

I was diagnosed with Post Traumatic stress Disorder and put on anti depressants.

Work paid me out to leave because I had uncontrollable crying fits. My relationship crumbled and I moved into a 1 bedroom bedsit with my daughter. My house was sold by the bank, I watched my car get repossessed and I then realised I was now a solo mum on benefit ...and on my own. I had no family around me as they all lived overseas.

The last thing my mother in law said to me after leaving her son was that no one was going to want me with a bag on my side!!

It was at that point I realised I had to kick myself back in to life and get myself back on track... I didn't want her to be right.

I realised pretty quickly that I didn't want to be on my pills but it still took me a year to wean myself off the anti depressants.

I had two reversal surgeries by myself with only the mums at My daughters new school to help me. This is where surgeons pulled my small bowel down and created a J-Pouch so I could get rid of the bag and have some reasonable form of function again.

I was fed up of fighting the system, trying to find someone to blame and I'd basically I'd had enough. I felt I needed to give back to society to help me make sense of everything that had happened.

So I set up a charity.

Im actually a journalist by trade so I started investigating and soon realised that we have a very inadequate medical workforce here in NZ. The waiting lists to are way too long to get life saving colonoscopies that can detect polyps and cancers in time.

About 7 months after I left hospital I received a call from the Auckland DHB saying they could finally fit me in for a colonoscopy. This was the procedure that should have been given to me when I first presented myself to A& E the year before and would have prevented me from having my colon removed.

If I'd have waited the 7 months for the colonoscopy I would have been dead.

These procedures literally are a matter of life and death.

And we at Bowel Cancer Foundation Trust are dedicated to raising funds to help improve yours and your family's chances of survival by reducing the colonoscopy waiting lists.....

We want to raise awareness of the Symptoms and early prevention techniques to ensure it can be caught in time.

And this is what I want to share with you today. These slides have been made available for you to share with your family and friends in your own time...



Who are we?

- Contemporary & Disruptive charity
- Promote and find new technologies
- Reduce colonoscopy waiting lists here in NZ
- Promoting Early detection

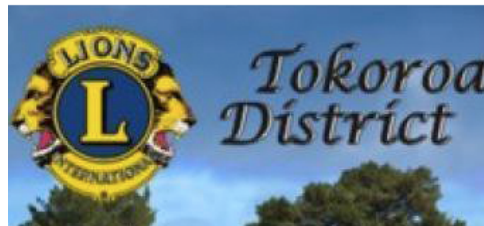


Who are we?

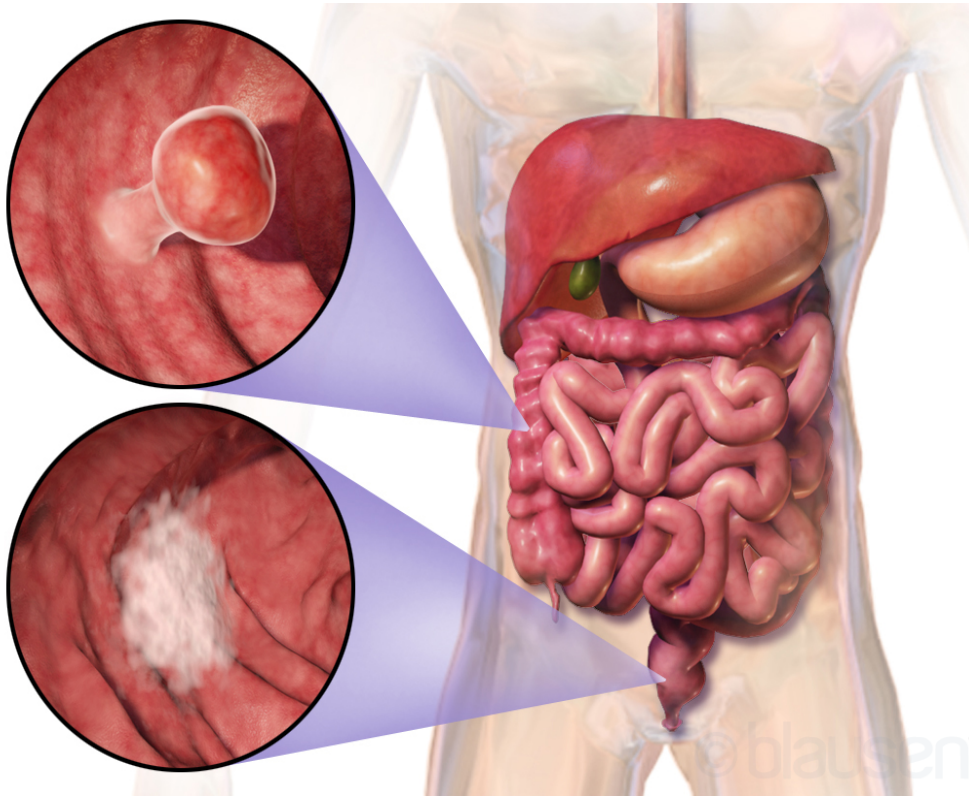
- Not for Profit charity run by volunteers
- Creating & delivering information on Bowel Cancer
- Network of colorectal surgeons, nurses contribute advice & Content
- Supporters include:



include *a charity*
Help the work live on.



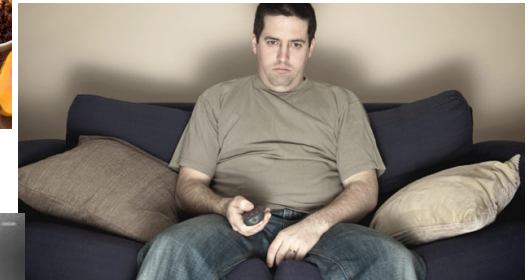
What is Bowel Cancer?



- Uncontrolled cell growth
- Usually starts from non cancerous polyps
- Generally 50 + age group

Contributory Factors

- Obesity - estrogen
- Diet high in animal fats
- Diet low in fruit & fiber
- Sedentary lifestyles
 - create polyps
- Smoking



State of the Nation



- Bowel Cancer - 2nd largest cancer killer in NZ
- 3000 people are diagnosed / 1200 die from it annually
- More than breast / prostate cancer combined



+



=



- 4 x the national road toll
- 90% can be prevented if caught early enough
- Increase 15% (Men) increase 19% (women) 2016



NZ Stats

- NZ has highest bowel cancer rates in the world per capita (Southland)
- 4 Yr Pilot Bowel Screening Program (2017)
- NZ Government: 62 day treatment target

NZ Stats

NZ 3rd highest country OECD

Adults:

30% obese

35% overweight

46% Maori

67% Pacific Islanders

Children:

23% overweight

10% obese

*(Ministry of Health 2013/14 NZ Health Survey)



Symptoms



Sometimes there are no symptoms at all in the early stages.

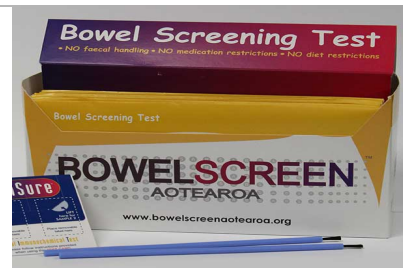
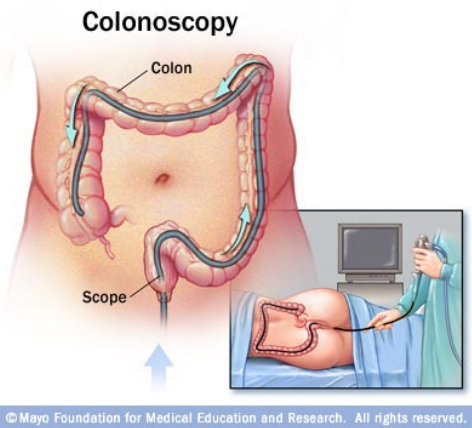
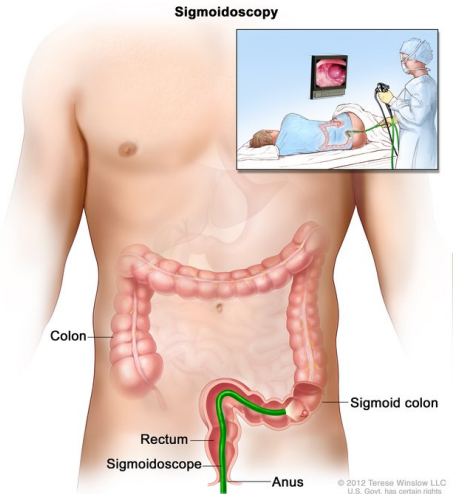
Good indications include:

- Rectal bleeding / blood in the stool
- Change in bowel habit lasting 6 weeks+
- Stomach pain
- Lumps/mass in the abdomen
- Weight loss
- Weakness / tiredness (anemia)

Diagnosis

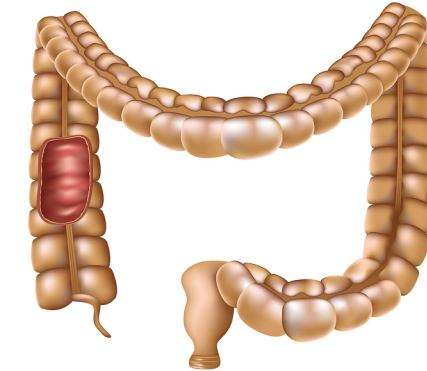
If you are worried visit your Dr. immediately!!

- Blood tests
- Xrays
- Sigmoidoscopy
- Colonoscopy
- Barium enema
- Home: screen kit (NZ 700)
- Pill Cams

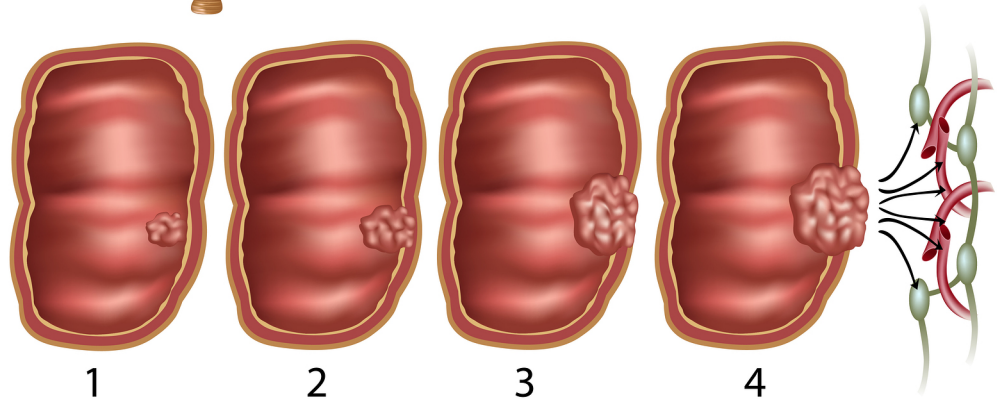


Medical Treatments

- Stage 1 – Surgery
 - cells
- Stage 2 – Surgery
 - cells
- Stage 3 – Chemo
 - Lymph nodes
- Stage 4 - No cure
 - Spread to organs



The stages of
colon cancer



Alternative Treatments



Mistletoe extract
Slow/reverse tumour growth?

Botox injections
Block nerve signals. 35% increased survival rate



Vitamin C infusions
NZ Research: Extend survival

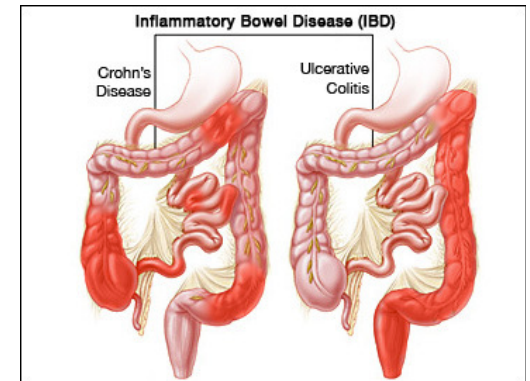


Personalised treatment programs (DNA)
4 treatment groups



Increased Risk Factors

1. Family history of bowel cancer or polyps – first degree relative 200%!!
2. If you have primarily long term ulcerative colitis but also some instances of Crohn's disease
3. If you consume a diet high in fat
4. High consumption of red & processed Meat (4 portions a week)



Prevention is better than a cure!



Be proactive with your health

- Listen to your body
- Any changes see a Dr. immediately
- Know your family history



Regular Screening

- 50 +
- Home Screening – 1 year
- Colonoscopy – 2 years

Prevention - What does your poo say about you?

BRISTOL STOOL CHART



Type 1

Separate hard lumps

Very constipated



Type 2

Lumpy and sausage like

Slightly constipated



Type 3

A sausage shape with cracks in the surface

Normal



Type 4

Like a smooth, soft sausage or snake

Normal



Type 5

Soft blobs with clear-cut edges

Lacking fibre



Type 6

Mushy consistency with ragged edges

Inflammation



Type 7

Liquid consistency with no solid pieces

Inflammation

Colours of the rainbow



- Green – green vegies / fast digestion



- Silver – blockage in bile duct / bleeding upper digestive tract



- Red – beetroot / cranberries / bleeding lower bowel or haemorrhoids



- Black - liquorice / tumour bleeding / ulcer

WHITE

- White - Blocked bile duct



- Yellow – too much fat / sign of coeliac disease

Preventative measures

Maintain a healthy body weight

Take regular exercise



Reduce salts, fats, sugars



Reducing Sugar

- Sugar feeds cancer / linked to inflammation
- Empty calories lead to weight gain
- Naturally occurs in fruit, milk or added
 1. Sucrose – added / processed
 2. Fructose - fruit
 3. Lactose – milk
- 2014 Who recommends only 5% of your daily intake should consist of sugar (13 x teaspoons day)
- Replace with Stevia/ honey



Added sugar in cereal

- How much sugar is in your breakfast cereal?
- **(per 100 grams)*
- Alpen - 5 teaspoons of sugar
- Cheerios - 1.1 teaspoons of sugar
- Corn Flakes - 2.4 teaspoons of sugar
- Cocoa Krispies - 9.6 teaspoons of sugar
- Froot Loops - 10.6 teaspoons of sugar
- Raisin Bran - 7.8 teaspoons of sugar
- Frosted Flakes - 8.9 teaspoons of sugar
- Honey Smacks - 14 teaspoons of sugar
- Rice Krispies - 2.5 teaspoons of sugar
- Special K - 3 teaspoons of sugar
- Wheaties - 3.8 teaspoons of sugar
- Rice Chex - 2 teaspoons of sugar
- Wheat Chex - 2.6 teaspoons of sugar
- Honey Nut Cheerios - 8.25 teaspoons of sugar
- Cocoa Puffs - 9.3 teaspoons of sugar
- Shredded Wheat - 0.1 teaspoons of sugar
- Banana Nut Crunch - 4.7 teaspoons of sugar



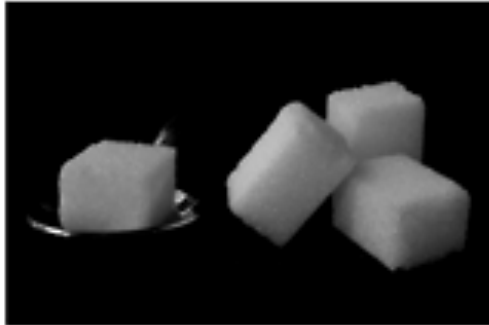
(MedicalNewsToday.com)

Natural sugar in fruit

- Fruits contain fructose, a type of sugar. Fresh fruit have no "added sugar", but as you can see below, their levels of sugar range from 1 teaspoon per 100 grams in cranberries to 4 teaspoons in grapes.
- **per 100 grams*
- Mangos - 3.2 teaspoons of sugar
- Bananas - 3 teaspoons of sugar
- Apples - 2.6 teaspoons of sugar
- Pineapples - 2.5 teaspoons of sugar
- Grapes - 4 teaspoons of sugar
- Lemons - 0.6 teaspoons of sugar
- Kiwi fruit - 2.3 teaspoons of sugar
- Apricots - 2.3 teaspoons of sugar
- Strawberries - 1.3 teaspoons of sugar
- Raspberries - 1 teaspoon of sugar
- Blueberries - 1.7 teaspoons of sugar
- Cranberries - 1 teaspoons of sugar
- Tomatoes - 0.7 teaspoons of sugar



The 56 Names Of Sugar



1. Barley malt
2. Barbados sugar
3. Beet sugar
4. Brown sugar
5. Buttered syrup
6. Cane juice
7. Cane sugar
8. Caramel
9. Corn syrup
10. Corn syrup solids
11. Confectioner's sugar
12. Carob syrup
13. Castor sugar
14. Date sugar
15. Dehydrated cane juice
16. Demerara sugar
17. Dextran
18. Dextrose
19. Diastatic malt
20. Diatase
21. Ethyl maltol
22. Free Flowing Brown Sugars
23. Fructose
24. Fruit juice
25. Fruit juice concentrate
26. Galactose
27. Glucose
28. Glucose solids
29. Golden sugar
30. Golden syrup
31. Grape sugar
32. HFCS (High Fructose
Corn Syrup... Very Bad!)
33. Honey
34. Icing sugar
35. Invert sugar
36. Lactose
37. Malt
38. Maltodextrin
39. Maltose
40. Malt syrup
41. Mannitol
42. Maple syrup
43. Molasses
44. Muscovado
45. Panocha
46. Powdered Sugar
47. Raw sugar
48. Refiner's syrup
49. Rice syrup
50. Sorbitol
51. Sorghum syrup
52. Sucrose
53. Sugar (granulated)
54. Treacle
55. Turbinado sugar
56. Yellow sugar



Eat Healthy - Fiber

- New Zealanders get half daily recommended amount
- 25g Women day / 30g Men day



Soluble – Sponge / absorbs water / Softer stool

Insoluble – Bulking agent / picks up waste

NZ 5 main sources

1. Bread - insoluble
2. Vegetables - soluble
3. Fruits - soluble
4. Potatoes/Kumara – soluble / insoluble
5. Breakfast cereals - insoluble



Eat Healthy - Whole grains

- Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed in their original proportions.
- Bulgur wheat
- Barley
- Corn
- Oats
- Quinoa



Prevention

Stop Smoking



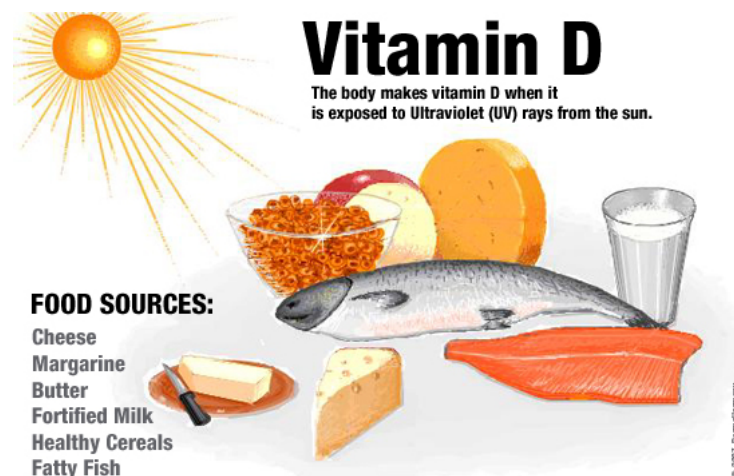
90% Kiwi's are regular drinkers
Otago uni study: 1/3 alcohol related
Cancer deaths attributed to an average
2 drinks a day in women.

Alcohol in moderation



Prevention

- Vitamin D - polyps
- Brush your teeth twice a day – bacteria in the bowel
- Drinking pig whipworm eggs may reduce bowel disease by up to 70%
 - increases remission rates of IBD



Prevention



- Omega 3 – ½ risk



- Coffee drinkers –
reduces cancer re-
occurrence 42%



- Figs - Fiber



wiseGEEK

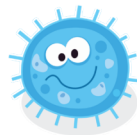
Healthy gut



Good Bacteria:

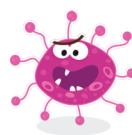
Regulate bowels
Break down foods
Absorb nutrients

Tummy Buddy



Vs

Tummy Baddy



Bad Bacteria:

Malabsorption
Diarrhoea
Bloating
Cramping
Produces toxins

1,000+ good bacteria in our gut often killed off by modern day medicines and antibiotics disrupting our internal flow.



Probiotics!!

- \$30 billion dollars industry
- Re populates the digestive tract with the healthy bacteria restoring our natural balance
- Lay good foundations within the stomach
- Ward off infections
- Boost our immune system
- Help fight obesity





Are we wasting our money?

- They must all survive the acidic conditions of the stomach
- Evade digestion of the small intestine
- Dosage: 5 billion units of probiotic cultures for daily health maintenance and 15 billion-20 billion when you are treating a specific condition.

Quiz

UK Scientists University College of London tested 6 probiotic drinks. Only 1 worked

1. Align
2. Biobalance
3. Biokult
4. Probio 7
5. Yakult
6. **Symprove**



NZ Supermarket Probiotic drinks

1. Yakult
2. Biofeel
3. Pams Bio



Better to take Probiotics. Doctors suggest take early morning on an empty stomach



SUMMARY



What Bowel Cancer is



Contributory Factors



What effect it is having on New Zealanders



Symptoms



Diagnosis



Treatments



Causes / Risk Factors



Prevention



What are we raising funds for?



“To provide dedicated resources towards a National Workforce Development Program”

Short Term:

Complimentary procedures to reduce the colonoscopy waiting list in NZ



Long Term:

Train more colorectal nurses



Short Term

FDA approved Lower bowel Pill Cam Colon2



- Donate Pill Cams to Southland
- Pill Cams Cost *\$1,500 (NZ) each
- Southland reported Highest rates in the world per capita
- 303 colonoscopies ordered by GP's 2014
- Colonoscopies can cost up to \$3,000 each (with anesthetic)
- 101 colonoscopies refused because did not meet government criteria
- Reduce Waiting list for colonoscopies for those left out.

* (\$1100 AUS)

Long Term

- Train Colorectal nurses to help aid the rebuild of the colorectal specialist workforce.

Waitemata Pilot screening program (First 2yrs)

- 67,500 took part
- 4300 yielded positive results
- 160 bowel cancers detected sometimes no symptoms evident
- 40,000 colonoscopies called for in NZ
- 10,000 shortfall due to workforce shortage
- Need 100 specialists required for Nationwide rollout
- Only 40 specialists can be supplied over next decade by the NZ Government



NZ GASTROENTEROLOGY GRADUATES FROM 2000-9

Royal Australasian College of Physicians, sourced June 2010

Year	Graduates	Stayed in NZ
2000	4	4
2001	1	1
2002	4	4
2003	2	2
2004	4	3
2005	5	2
2006	6	3
2007	2	2
2008	1	1
2009	7	data not available
Total	29	22



Bowel Cancer Foundation Trust Scholarships For Nurse Endoscopists

Registered NURSES

Course duration		Cost
✓ Post grad certificate in Advanced Nursing		
Full /Part time	6-12 months	\$4,242
✓ Post grad Diploma in health sciences / Specialist paper in endoscopy		
✓ Full / Part time	1-2 years	\$8,484

Total costs for each nurse = \$12,726

Other ways to help



- Go to our website – donate securely online

<http://www.bowelcancerfoundation.org.nz/#!donate-now/cee5>

- Send Mastercraft a cheque to pass on to BCFT
- Host a conference and invite us to talk to your delegates using this as a fundraising tool
- Share your stories of bowel cancer or screenings with us

- We hope we have helped you to make healthier choices and reduce your chances of bowel cancer
- If you need any further information or help please contact me and I will point you in the right direction



Contact me...



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