

ENGAGEMENT

Blog – Physical health: Bowel Cancer Screening

The following blog has been prepared by TAL. It is available to use in white-label format for communications and is designed to provide information to support physical health.

-BLOG-

Bowel cancer: over 45? 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 45, 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 45, it's an important reminder to make sure you participate in the National Bowel Cancer Screening Program. From 1 July 2024, The Australian Government have lowered the eligible screening age for the program from 50 to 45 years.

- **People aged 45 to 49** can request their [first bowel cancer screening kit](#).
- **People aged 50 to 74** will continue to receive a bowel cancer screening kit every 2 years. 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 but the good news is, if detected early, bowel cancer treatment has a very high success rate.¹

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 50th birthday. You'll then receive a test kit every two years at around the same time. If you're aged 45 to 49 you can request your [first bowel cancer screening kit](#). 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

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

It's projected that the National Bowel Cancer Screening program will prevent more than 92,200 cancers and 59,00 deaths to 2040 at the current participation rate of 43%. Imagine how many more Australians could be saved from the impact of cancer if even more people did the test.²

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

-ENDS-

DISCLAIMER [please add to your post]

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² Cancer Council Australia. (2024). *Bowel cancer screening could save 83,800 lives by 2024*