

Bowel Cancer Screening Quiz Sheets

**ANSWER
CANCER**



Bowel Cancer Screening Quiz Sheet

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- Q1:** At what age are people in England first invited to complete their bowel cancer screening kit?
- Q2:** The Bowel Cancer Screening Service send out a bowel test kit called a F.I.T. kit. **Can you tell me what F.I.T. stands for?**
- Q3:** The F.I.T. kit is a test for cancer: **True or False?**
- Q4:** Bowel cancer is also known as colorectal cancer: **True or False?**
- Q5:** Bowel cancer is the most common cancer in the UK: **True or False?**
- Q6:** People with spinal injuries don't need to complete their kit if they are unable to do so: **True or False?**
- Q7:** Men are more at risk of bowel cancer than women: **True or False?**
- Q8:** Over 50% of bowel cancer cases in the UK are preventable: **True or False?**
- Q9:** The risk of bowel cancer is higher in people with a family history of bowel cancer: **True or False?**
- Q10:** Bowel cancer screening can prevent people from getting bowel cancer in the first place: **True or False?**

Bowel Cancer Screening Quiz Sheet – Answers

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- A1:** **56-74** – in England, men and women are invited from their 56th birthday onwards. People aged 56-74 are sent a bowel cancer screening kit in the post every two years. **(Previously 60-74)**. This new age range will be rolled out across GM in 2022.
- A2:** **Faecal Immunochemical Test** – the Bowel Cancer Screening Service uses a test called a Faecal Immunochemical Test (FIT) kit.
- A3:** **False** – it is not a test for cancer. The test checks for microscopic traces of blood in your poo. Traces of blood suggest that further investigation is needed. Bowel cancer screening can also find non-cancerous growths (polyps) in the bowel that may develop into cancer in the future.
- A4:** **True** – bowel cancer is also known as colorectal cancer or colon cancer, but most commonly called bowel cancer.
- A5:** **False** – it's the 4th most common cancer in the UK. 42,000 people are diagnosed with bowel cancer in the UK each year. Breast, prostate and lung cancers take up the top spots.
- A6:** **False** – anyone who needs additional help or support to complete their bowel cancer screening kit can contact the free Bowel Cancer Screening Service helpline on 0800 707 60 60 and they will be able to support them further.
- A7:** **True** – 44% of new bowel cancer cases in the UK are in women compared to 56% in men. Only 53% of men complete their bowel cancer screening test compared with 58% of women.
- A8:** **True** – 54% of bowel cancer cases in the UK are preventable. Risk factors include; eating processed meat, lack of fibre, lack of exercise, smoking, drinking alcohol and being overweight/obese. Reducing risk factors will help reduce your risk of getting bowel cancer.
- A9:** **True** – however, bowel cancer is common and not passed down in most cases. If you have a first degree relative (mother, father, sibling or child) diagnosed with bowel cancer before the age of 50, then you should mention this to your GP.
- A10:** **True** – bowel cancer screening can protect against bowel cancer by finding changes in the bowel before they turn into cancer.

Bowel Cancer Screening Key Messages

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Key Messages:

If it's unusual for you – see your GP

We all know our own bodies. If you notice anything unusual in your bowel habits, lasting 3 weeks or more, see your GP.

3 weeks is a guide. Changes could be due to an illness, a change in medication, stress, or a change in diet. **Don't leave it any longer than 3 weeks.**

Early detection saves lives

Those who regularly complete their bowel cancer screening kit, will have any early changes picked up by their bowel screen test. Usually **before** changes turn into cancer.

Bowel cancer screening saves lives

Bowel cancer screening aims to find any changes in the bowel early **before** they have had chance to become cancerous.



Bowel Cancer Screening Quiz – How to Guide

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This simple briefing sheet aims to give you a couple of pointers for using any of the Answer Cancer quizzes.

Quizzes are a great and fun way to engage with your audience. Everyone loves a quiz. The best part is they are easy to use and very straight forward. Just ask the question and wait for the answer!

How to use

- Use in a group setting either in real life or over Zoom
- Use all or part of the quiz depending on time constraints
- Hold a 'Quiz' night over Zoom or on social media i.e. Facebook or WhatsApp
- Post questions daily on social media i.e. Facebook or WhatsApp group
- Add a couple of questions to your cancer presentation
- Use in a work team meeting
- Use outside in the community at fayres, events or festivals

How to evaluate

- How many people played?
- Did you ask them to 'register' (if online) or 'sign-in/sign-up' (if in a community setting)? Is it appropriate to record gender, age or postcode of people so you can describe if you are reaching 'target audiences'?
- How many key messages were passed on?
- Were you able to have any 'brief advice' conversations? If so, how many?
- Any case studies? Did you have an interesting conversation which you can anonymise? I.e. Someone reports they understand the importance of screening and will now attend?

Top Tips

- Maybe include a small prize for winner/next question answered etc
- Offering prizes is a great way to add people to your contact database – you can ask people to sign-up/become a member, for a chance to win a prize
- Collect data in line with GDPR regulations and display your Privacy Statement on any 'sign-up' documentation