

June is Bowel Cancer Awareness Month



Bowel cancer is the fourth most common cancer in Australia.

While genetics and other risk factors play a role, lifestyle choices, particularly nutrition, can significantly affect the risk of developing this disease.

Food choices can largely affect our gut health. A diet high in fibre, wide in a variety of whole foods and gut friendly options like fermented yoghurt, kimchi and kefir can support and maintain a good digestive system.

Foods to minimise and reduce include red and processed meats, excessive alcohol and ultra processed foods that are energy dense and nutrient poor.

Dietitians are trained to provide advice to address these areas and can work with patients to:

- Provide education and support on how to incorporate more fibre rich foods
- Provide dietary strategies to address gut issues such as constipation
- Provide practical nutrition and lifestyle advice to improve overall gut health
- Manage bowel health prior to, or post major surgery and optimise nutritional intake:
 - Pre and post colorectal surgery
 - Pre and post formation of ileostomy and colostomy
- Provide specialised medical nutrition therapy to address other gastrointestinal concerns including IBS, IBD and coeliac disease.



Western Sydney
Nutrition & Dietetics

sydneywestphysio.com.au/nutrition-dietetics

WESTMEAD

Westmead Specialist Centre, Suite 6,
16-18 Mons Road Westmead NSW 2145

Tel (02) 9633 1035

Fax (02) 9633 1641

PENRITH

Suite 8 Broadwalk Arcade,
458-470 High Street Penrith NSW 2750

Tel (02) 4721 5788

Fax (02) 4721 5790