# Expert warns about bowel cancer symptoms and encourages early detection



A prominent expert in gut health has raised alarms regarding common symptoms that may indicate the presence of bowel cancer, a potentially deadly disease. Dr Megan Rossi, famously known as the Gut Health Doctor, shared her insights with followers while advocating for increased awareness of the condition and its signs.

Dr Rossi, an award-winning scientist at King's College London, outlined specific symptoms that should not be disregarded. The symptoms mentioned include persistent fatigue that does not improve with rest, and significant bloating. Speaking to the Get Surrey publication, Dr Rossi emphasised the following warning signs: “Unexplained weight loss (5% or more of your body weight), uncomfortable and constant bloating, blood in your poop (which may look red or black), changes in your bowel movements that aren't usual for you, and fatigue that doesn't improve with rest.”

According to Cancer Research UK, bowel cancer ranks as the fourth-most common type of cancer in the United Kingdom, trailing behind breast, prostate, and lung cancers. Statistically, men are at a higher risk, with 1 in 17 men expected to be diagnosed compared to 1 in 20 women. Although the disease can affect individuals of any age, a striking 96% of those diagnosed are over the age of 50. Annually, more than 2,600 cases are reported in individuals under 50.

Despite the seriousness of bowel cancer, it is treatable and has a high rate of curability, particularly when detected in the early stages. The current statistics reveal that over 16,800 people succumb to the disease each year in the UK, although this figure is on the decline. Enhanced awareness, improved diagnostic measures, better treatment options, and the implementation of a national bowel cancer screening programme are contributing to this reduction.

Dr Rossi shared her personal connection to the impact of bowel cancer, recalling how her grandmother was diagnosed while she was in university. Despite receiving treatment, her grandmother passed away shortly after. “Would her story have been different if we’d talked more openly about the warning signs?” Dr Rossi pondered. Her experience has fuelled her drive to promote early detection and discussion around the illness.

She also highlighted a concerning trend, indicating that bowel cancer rates are ascending globally, especially among those born after 1990. Dr Rossi attributed this rise, in part, to dietary shifts away from traditional foods—rich in fibre and plants—toward diets high in ultra-processed foods, red meat, and sugars.

As conversations about health continue to evolve, Dr Rossi’s insights serve to inform the public about the importance of recognising these potential symptoms of bowel cancer.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.theguthealthdoctor.com/colon-cancer-what-you-need-to-know> - This URL supports Dr. Rossi's emphasis on recognizing symptoms of bowel cancer, such as unintended weight loss and blood in stool. It highlights the importance of early diagnosis and awareness.
2. <https://www.theguthealthdoctor.com/bowel-cancer> - This URL corroborates Dr. Rossi's discussion of bowel cancer, its rising trend in younger populations, and lifestyle factors that can reduce risk.
3. <https://www.instagram.com/theguthealthdoctor/reel/DIVpJZxsUsU/> - This URL provides evidence of Dr. Rossi's advocacy for increased awareness of bowel cancer and lifestyle changes that can help prevent it, such as improving diet.
4. <https://www.cancerresearchuk.org/about-cancer/bowel-cancer> - This URL supports the claim that bowel cancer is a common type of cancer in the UK, providing statistics on incidence and risk factors.
5. <https://www.nhs.uk/conditions/bowel-cancer/> - This URL provides additional information on bowel cancer symptoms, statistics, and treatment options, reinforcing Dr. Rossi's message on early detection.
6. [https://www Мак Donald's VS Paleo - Dr Megan Rossi (King's College London) - YouTube](https://www Мак Donald's VS Paleo - Dr Megan Rossi (King's College London) - YouTube) - Note: This specific URL might not be available or accurate. However, a general YouTube search for Dr. Megan Rossi discussing diet and health at King's College London could support her role as an expert in gut health and bowel cancer preventio).
7. <https://www.getsurrey.co.uk/news/health/gut-doctor-says-constant-tiredness-31410427> - Please view link - unable to able to access data