# Gut health expert warns of bowel cancer symptoms



A well-known gut health expert, Dr Megan Rossi, has called attention to the potential symptoms of bowel cancer, warning that ongoing bloating and fatigue may be indicative of the disease. Speaking to the Bristol Post, Dr Rossi, also known as the Gut Health Doctor, highlighted the importance of early detection in the successful treatment of this prevalent cancer.

Dr Rossi, an award-winning scientist from King’s College London, shared insights on health conditions that warrant attention. She emphasised that persistent fatigue, which does not improve with rest, and chronic bloating can be serious warning signs. In her observations, she noted several symptoms that individuals should not overlook: "Unexplained weight loss (5%-plus of your bodyweight), 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," she stated.

According to Cancer Research UK, bowel cancer stands as the fourth-most common cancer in the United Kingdom, following breast, prostate, and lung cancers. Statistics indicate a higher incidence in men, with 1 in 17 men being diagnosed compared to 1 in 20 women over the course of their lives. Although bowel cancer can occur at any age, a significant 96 per cent of patients diagnosed are over 50 years old, with over 2,600 cases being identified in individuals under 50 annually.

Current treatments for bowel cancer are effective, particularly when the disease is diagnosed early. Despite the more than 16,800 deaths from bowel cancer in the UK each year, advancements in awareness, diagnosis, treatment, and the established national bowel cancer screening programme have contributed to a decline in these figures.

Dr Rossi has personal experience with the impact of bowel cancer, having lost her grandmother to the illness. Reflecting on her family's experience, she expressed, "My first memory of the gut wasn’t a happy one. While I was studying at university, my grandmother was diagnosed with bowel cancer. Despite undergoing treatment, she passed away not long after. Would her story have been different if we’d talked more openly about the warning signs? I think about this a lot."

She also commented on worrying trends in bowel cancer prevalence, noting that rates are rising globally, particularly among those born after 1990. "One big reason? We’re uncovering that our shift away from traditional diets — think high-fibre, plant-rich foods — to more ultra-processed foods, red and processed meat, and added sugars, is (in part) to blame," she explained.

As awareness grows around the symptoms and risks associated with bowel cancer, the insights shared by Dr Rossi are likely to resonate with many, reinforcing the need for individuals to remain vigilant about their gut health.

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 early detection and common symptoms like unintended weight loss, blood in stool, and changes in bowel movements, which are crucial for successful treatment of colon cancer.
2. <https://www.theguthealthdoctor.com/bowel-cancer> - This URL corroborates the rising incidence of bowel cancer among younger adults and highlights the importance of lifestyle changes to reduce risk.
3. <https://www.cancerresearchuk.org/about-cancer/bowel-cancer> - This URL provides further details on bowel cancer statistics in the UK, including its prevalence as the fourth-most common cancer type.
4. <https://www.nhs.uk/conditions/bowel-cancer/> - This URL offers NHS guidance on symptoms and treatment options for bowel cancer, aligning with Dr. Rossi's recommendations for prompt medical attention.
5. <https://www.cancer.org/cancer/colon-rectal-cancer/about/key-statistics.html> - This URL from the American Cancer Society provides global statistics and trends on colorectal cancer, supporting Dr. Rossi's observations on its rising prevalence.
6. <https://www.bowelcanceruk.org.uk/about-bowel-cancer/bowel-cancer-statistics/> - This URL offers specific statistics on bowel cancer incidence and age distribution in the UK, reinforcing the need for awareness and early detection highlighted by Dr. Rossi.
7. <https://www.bristolpost.co.uk/news/health/gut-expert-says-bloating-tiredness-10102227> - Please view link - unable to able to access data