

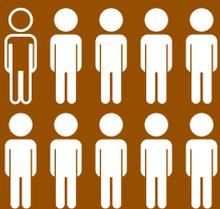


Decembeard

Early diagnosis really does save lives.

Bowel Cancer Awareness

Every 15 minutes someone in the UK is diagnosed with bowel cancer - over 41,000 people a year (Bowel Cancer UK). It is an illness affecting the large bowel (colon and rectum), with most cases occurring in those aged above 50. But bowel cancer can affect any age. Bowel cancer is treatable and curable, especially if diagnosed early.



9 in 10

people will survive if diagnosed at the earliest stage.

Be involved

Decembeard is an annual fundraising event run by Bowel Cancer UK with the vision of a future where nobody dies of bowel cancer.

The idea is to get involved in workplace activities to help raise funds to provide additional support and health services to those affected, ensuring they can get the best possible care needed. From growing or dyeing a beard during the month, or knitting a beard and beanie hat, there are many ways to get your workplace involved. For more information visit [Decembeard](#).

Be aware

Bowel health signs and symptoms:

- ▶ Blood in your stool
- ▶ Unexplained weight loss
- ▶ Exhaustion for no apparent reason
- ▶ Changes to your normal bowel habits for 2-3 weeks
- ▶ A pain or lump in your stomach

These may be caused by other medical conditions, but if you do notice any of these symptoms, please visit your GP for further advice. Read more at [Bowel Cancer UK](#)

Mental wellbeing

Mood boosting food and activity

There is mounting evidence of the role our food choices and activity levels play with improving our mental wellbeing. Scientists have identified a possible link between our nutrition, gut bacteria and mental state, whilst getting out for some fresh air has long been known to help clear the mind.

Some of the following nutrients and foods have been shown to play a role in improving brain function, anxiety and stress:

Magnesium | sunflower seeds, almonds, edamame beans

Zinc | cashews, beef, poultry, egg yolks, oysters

B Vitamins | green leafy veg, meat, poultry, legumes, whole grains

Complex carbohydrates | oats, sweet potato, lentils, brown rice, beans

Omega 3 fatty acids | salmon, mackerel, walnuts, chia seeds

Activity

Mood improvements can be enhanced just 5 minutes into moderate physical activity, where increases in some brain chemicals can result in a clearer mind, helping to boost productivity and problem solving.

Regular workouts and activity sessions are the most effective in helping achieve these brain chemistry changes. Try and mix your week up with structured fitness sessions and general movement on alternate days, such as lunch time walks to gain the benefits.



Food of the month

Salmon, avocado and kale salad:
Combining the mood boosting nutrients full of fibre, protein and some healthy fats, this lunch will keep you going for the whole afternoon and performing at your best.

- 450g cooked salmon fillet
- 1/2 lemon
- Salt and pepper
- 400g kale
- 1 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp whole grain mustard
- 1 apple, chopped
- 1 tomato, chopped
- 1 cucumber, chopped
- 25g spring onions, chopped
- 1 sweet potato
- 1/2 avocado

1. Flake the cooked salmon.
2. Meanwhile combine the lemon juice, olive oil, balsamic vinegar and mustard. Massage into the kale for 1-2 minutes until kale begins to soften.
3. Pierce the sweet potato a few times with a fork or knife. Microwave for 4-5 minutes until tender. You can also bake it in the oven. Carefully chop.
4. Toss everything together. Season with salt and pepper.

Food tip of the month

Limit your intake of processed meats (e.g. bacon, sausage, ham) per week – over 500g per week of processed meat is linked with increasing bowel cancer risks

Quote of the month

“ There’s 3 things in this world that you need: Respect for all kinds of life, a nice bowel movement on a regular basis, and a navy blazer. ”

- Robin Williams