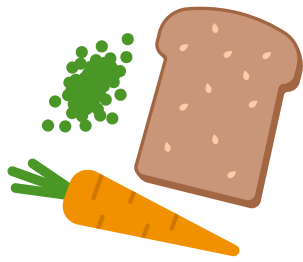
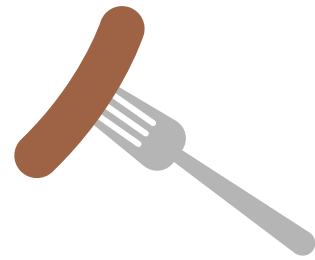


Six key ways to reduce the risk of **bowel cancer**

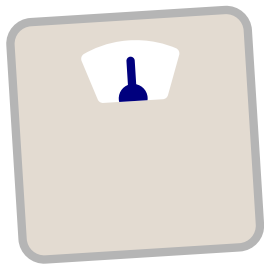
More than half of all UK bowel cancer cases could be prevented



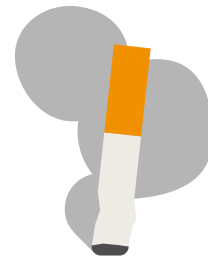
Eat a high-fibre diet



Cut down on processed and red meat



Keep a healthy weight



Be smoke free



Drink less alcohol



Be more active