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- Health Assessments
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- Return to Work programs
- Pre-Employment Screening



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9th Edition

Bowel Cancer — Are you at risk?

Bowel Cancer is one of the major forms of cancer that kills approximately 5000 men and women in Australia each year.

What is Cancer of the Bowel?

Bowel Cancer or colorectal cancer is any cancer of the colon or rectum. Most bowel cancers start from tiny tumors called polyps but not all polyps are cancerous. If a tumor within the bowel is found in most cases it can be easily treated with surgical removal. However, as the cancer spreads and effects more organs the more complex the treatment is. Early detection and prevention is the best form of intervention to fight the disease.

Bowel Cancer Awareness Week runs every year in July to raise awareness of the disease and to encourage people to get tested. Every week, 80 Australians die as a result of bowel cancer, ranking it as the 2nd biggest killer after lung cancer. This high mortality is largely a result of late detection.

Bowel Cancer Australia's message is a positive and simple one. Save lives through early detection.

Bowel Cancer Awareness Week ran from the 5th - 11th of June with

varying activities and where apple pins could be purchased to raise money for Bowel Cancer research. The pin that featured an apple with a hole in it represents the analogy of a worm eating an apple. If the worm is found early it can be removed with only a hole left but the apple remaining intact, but if left too late the worm can cause enough damage to kill the apple. Apples are a good source of dietary fibre which can reduce your chances of getting bowel cancer and ensure good health, making the symbol a meaningful logo for bowel cancer week.

Research is being conducted into improving testing for the disease. Home kits are now available to self-test for any microscopic signs of bleeding signifying the possible presence of polyps .

Symptoms of the disease are rectal bleeding, anemia, abdominal pain, a change in bowel habits (eg constipation or diarrhea), loss of appetite, recurrent fevers, unexplained nausea or vomiting, or fatigue. These symptoms may also indicate other digestive disorders. Factors such as genetics, lifestyle

factors such as poor dietary habits, smoking, alcoholism and in active lifestyle can also increase your chances of having bowel cancer.

As well as age and exposure to environmental carcinogens are risk factors. It is recommended that individuals over the age of 50 years should have regular screenings and if you have any additional risk factors, see your doctor. If you or any family member have a history of the disease regular check-ups may also be required by your GP.

Prevention plays a significant role in bowel health. Here are just some of the lifestyle changes that can reduce your risk of developing the disease...

- Reduce dietary animal fat and protein intake
- Increase fibre intake with a diet rich in fruit and vegetables
- Consume adequate calcium and dairy foods
- Maintain physical fitness
- Avoid obesity
- Avoid smoking
- Ensure a minimal alcohol intake



Bowel Cancer Australia

INCORPORATING THE
Bowel Cancer Foundation

Quote Of The Month:

“So many people spend their health gaining wealth, and then have to spend their wealth to regain their health.”

EXCUSES BEGONE!

It's time to take care of yourself

\$45

Membership trial month

Then...

NO joining fee
NO admin fee
NO cancellation fee

NO contracts

NO bother!

Call in and see us today or contact us on 4353 0310.

Exercise and Rest reduces the risk of cancer

At the start of the year the Australian government released the 'Don't Stop It, Swap It' campaign, encouraging Australians to lead a more active lifestyle. Researchers have found even more reason to participate in moderate aerobic activity for a minimum of 30 minutes a day. Moderate exercise can strengthen your immune system, improve circulation, reduce body fat and speed digestion.

Each has a role in reducing the risk of cancer particularly cancers of the colon, prostate, uterine lining and breast.

The same study also found that inadequate sleep can have opposing effects of physical activity and effect several key hormonal and metabolic parameters. This is the reverse role of exercise that can prevent the risk of cancer.

Therefore if you are starting a new exercise program or simply seeking out better health you can do the following to improve your quality of sleep.

1. Go get to bed half an hour earlier
2. No caffeine, alcohol, soft drinks or chocolate after midday.
3. Invest in a good bed
4. Make sure your bedroom is dark enough with blinds and curtains that reduce the amount of light.
5. Try burning lavender oil.
6. Keep electromagnetic such as tv's and computer's gadgetry out of the bedroom

Dry July 2011– Clear your head & make a difference

Cancer affects millions of people and their families. Dry July 2011 is raising money for those directly affected by cancer with money raised from the month going to hospitals across Australia including the Calvary Mater Newcastle, Wollongong and Prince of Wales hospitals and their oncology departments.

Participants raise money and awareness for healthy attitudes towards alcohol by abstaining from alcohol for the 31 days of July. In previous years 1000 people participated in the activity that has received \$1.27 million in donations. Donations can be made through the website by viewing the profiles of those participating or it's not too late

to do it yourself. Dry July is not only a great opportunity to help others but also improve your own well-being. As you will clear your head, get healthy, challenge yourself, encourage positive change and a healthy attitude to alcohol consumption.

For more information visit the website at www.dryjuly.com

Apples Assisting in Weight Loss

An apple a day keeps the doctor away. Not only do the antioxidant rich fruit keep you in good health but they also can help reduce your waistline as well.

Apples and other solid foods take longer to eat, so you can sense that you are fuller sooner and eat less, which will help you to lose weight. Full of dietary fibre, low in kilojoules and low GI

content not only will you lose weight but consuming apples as part of your regular diet can help reduce your risk of diabetes and colon cancer.

Plus, researchers have found the polyphenols found in apples assist in hormonal regulation of fat metabolism, lowering cholesterol levels and

helping you to shed unwanted flab.

Did you know: In comparison to a muesli bar, an apple a day over the course of a year will lower your kilojoule intake by 25000 and double dietary fibre in your diet. So next time you're looking for a low fat, healthy snack that won't add cms try snacking on an apple.