Welcome! Focus on Bowel Cancer month. April 2016 update.

HEAR is the result of a collaboration between librarians in St. Vincent’s University Hospital, the Health Service Executive, St. Luke’s Hospital, University Hospital Limerick, St. Michael’s Hospital, Temple Street Hospital, Milford Care Centre, St. Vincent’s (Navan Road) and the Irish Blood Transfusion Service.

We have added some new content to last year’s issue but the majority of the links included are still very relevant.

Unfortunately, it sounds as if talking about bowel or colorectal cancer is still a cause of embarrassment and this can lead to problems in relation to its early diagnosis and treatment.

All your favourites are included: “Health Bytes” dietetics and nutritional information, Bibliotherapy for book recommendations, “Rapid Rounds” includes guidelines and other important evidence-based papers aimed at healthcare professionals. We also have Health Awareness, Patient Education – including an “Easy Read option” – and much more.

To submit your comments or suggestions for future issues, please send your emails to: HEAR@hslg.ie

Did you know? Fast facts on Bowel Cancer.

BowelScreen offers free bowel screening to men and women aged 60-69 through a home test kit known as the faecal immunochemical test (FIT). However, “Low uptake of simple home test means late diagnosis of bowel cancer set to continue”


“Bowel Cancer is the one of the most common cancers in Ireland with 2,485 people diagnosed with the disease every year. - See more at: http://www.cancer.ie/about-us/news/april-is-bowel-cancer-awareness-month-2016#sthash.rjkGtKCY.dpuf"
HEALTH AWARENESS

The HSE has an ‘A to Z’ of common health conditions which is accessible at http://www.hse.ie/eng/A_to_Z/. A section on Bowel Cancer is available here: http://www.hse.ie/eng/health/az/B/Bowel-cancer/

Patient UK also has a patient information leaflet on Bowel Cancer. http://www.patient.co.uk/health/bowel-colorectal-cancer

Mayo Clinic: Colon Cancer Factual information, treatments etc. http://www.mayoClinic.org/diseases-conditions/colon-cancer/basics/definition/con-20031877

American Cancer Society: Colon Cancer Information and links http://www.cancer.org/cancer/colonandrectumcancer/index

Stories from the press…


Support Groups

Irish Cancer Society

Colostomy Care Group

Irish Stoma Care and Colorectal Nurses Association (ISCCNA).

The Ileostomy & Internal Pouch support group.

Marie Keating Foundation

UK Colostomy Association
HEALTH BYTES

Information and tips on diet after bowel cancer from Cancer Research UK


“A diet rich in veg and fish may reduce bowel cancer risk” NHS Choices UK

“Significantly lower uptake of FIT screening for colorectal cancer in men”
Nick Clarke

Books and Bibliotherapy

“Understanding Colon Cancer” by A. Richard Adrouny from Amazon.com:
"For the lay reader wishing to know more about this disease that has become more prominent in public attention, Understanding Colon Cancer gives concise information and explanation. It covers fundamental knowledge about occurrence, carcinogenesis, genetics, diagnosis, staging, prognosis, and treatment, as well as forecasting the kinds of diagnostic tests and treatments that may be developed."

Counselling people with cancer.
Mary Burton, Margaret Watson

Counselling People with Cancer is a practical 'how to' book written by two eminent psychologists …. The book is intended primarily for health care professionals in regular contact with cancer patients and whose work involves a counselling element (Amazon.co.uk)

ABC of Colorectal Cancer,
Annie Young, Richard Hobbs
2011

Oxford Handbook of Oncology
Jim Cassidy 2010 (3rd Edition)
From Oxford University Press

“I know someone with cancer”
Sue Barraclough (junior collection)
Available from Dublin City Libraries

“Understanding bowel cancer: a guide for people with cancer, their families and friends.”
Cancer Council (Australia)
Download the full booklet from this link.
Stage 1 bowel cancer is also called Dukes’ A. As this is a very early stage cancer it has a high cure rate. 95 out of 100 men with stage 1 bowel cancer (95%) will survive for 5 years or more after diagnosis. And all women with stage 1 bowel cancer (100%) will survive for 5 years or more after diagnosis.


Contact your hospital/healthcare librarian if you have any difficulty locating full text for these or any other articles.

“Healthcare Librarians – making evidence evident”

Bowel Cancer & Transfusion


Colorectal surgery


Steele 2014. Time-dependent estimates of recurrence and survival in colon cancer: clinical decision support system tool development for adjuvant therapy and oncological outcome assessment. PMID: 24887722
**Guidelines**

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**Mental Health/Emotional Support**

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<td>Susie's Cause - psychological effects of colon cancer</td>
<td><a href="http://www.coloncancerfoundation.org/treatment/psychological.html">http://www.coloncancerfoundation.org/treatment/psychological.html</a></td>
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<td>Colon Cancer: coping and support (Mayo Clinic)</td>
<td><a href="http://www.mayoclinic.org/diseases-conditions/colon-cancer/basics/coping-support/con-20031877">http://www.mayoclinic.org/diseases-conditions/colon-cancer/basics/coping-support/con-20031877</a></td>
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**Easy Read/Accessible format**

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**Bowel cancer symptoms can include:**

- Blood in your bowel motion or bleeding from the back passage.
- A lasting change in your normal bowel motion, such as diarrhoea or constipation (more than three weeks).
- Feeling you have not emptied your bowel fully after a motion.
- Pain or discomfort in your abdomen (tummy) or back passage.
- Trapped wind or fullness in your tummy.
- Weight loss for no reason.
- Ongoing general tiredness or weakness.
- A lump in your tummy area.

Patient Education & Information

Bowel (Colorectal) cancer information
http://www.patient.co.uk/health/bowel-colorectal-cancer

BowelScreen – The National Bowel Screening Programme is a new, government-funded screening programme. Includes video on how to use the home screen test kit.
http://www.bowelscreen.ie

Colon Cancer - JAMA patient page. Risk factors, screening and additional links.
http://jama.jamanetwork.com/article.aspx?articleid=183082&resultClick=3#SCREENINGFORCOLONCANCER

From Cancer.ie: how to recognise the signs and symptoms of bowel cancer.
http://www.cancer.ie/reduce-your-risk/bowel-cancer-what-you-should-know//bowel-cancer-know-the-symptoms#sthash.hOiOzs76.dpbs

“Living with a colostomy” from NHS Choices.
http://www.nhs.uk/Conditions/Colostomy/Pages/living-with.aspx

Living with a stoma (MacMillan Cancer Support). Watch Pat’s story, and access others on their online community link.

Patient leaflets

Irish Cancer Society - raising awareness of bowel cancer -
http://www.cancer.ie/sites/default/files/content-attachments/hp_bowel_campaign_leaflet.pdf

NCCN Guidelines for patients - Colon Cancer
http://www.nccn.org/patients/guidelines/colon/index.html

Screening for Colorectal (bowel cancer)
http://www.patient.co.uk/health/screening-for-colorectal-bowel-cancer

DISCLAIMER
This newsletter contains information about Bowel Cancer. The information is not advice and should not be treated as such.

This month's issue was compiled by a collaborative group of health librarians. We are: Joanne Callinan, Milford Care Centre; Marie Carrigan, St. Luke’s Radiation Oncology Network; Bernadette Colley, Temple St. University Hospital; Isabelle Delaunois, University Hospital Limerick; Catherine Dillon, HSE; Grace Hillis, Daughters of Charity Disability Support Services; Aoife Lawton, Dr. Steeven’s Hospital; Anne Madden, St. Vincent’s University Hospital; Margaret Morgan, Midland Regional Hospital Mullingar; Caroline Rowan, St. Michael's Hospital; Niamh O’Sullivan, IBTS.