

Health Highlights



Well Wairarapa - better health for all
June 2017

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Bowel Screening

Check Yourself Out

Wairarapa residents are urged to do the free bowel screening test



“Take the opportunity to do the free bowel screening test.”

David Vinsen
CE, NZIMVA

This is the message to people living in Wairarapa from a man who found out he had bowel cancer through taking part in Waitemata District Health Board’s bowel screening pilot.

Aucklander David Vinsen, who is the chief executive of the NZ Imported Motor Vehicle Association, had no symptoms of bowel cancer and did the bowel screening test after being encouraged to by his general practitioner. He was surprised when his screening test result came back positive and, after further investigation, cancer was confirmed. He is now recuperating following surgery.

David is encouraging others to do the test as part of a regular check up.

“We look after our vehicles and have them regularly serviced and inspected, but we don’t do the same for ourselves.

“My message to others - especially men who often avoid medical issues - is to take advantage of the opportunity to do the free bowel screening test,” he says.

Early detection saves lives. Could yours be one of them?

More than 8,700 Wairarapa residents will be invited to participate during the first two years of the programme.

Estimates suggest up to 20 cancers may be detected during the first two years of screening.

For more information:
www.bowelscreening.health.govt.nz
or phone 0800 924 432. Liz Falkner

Bowel screening to begin in Wairarapa in July 2017

Wairarapa DHB is one of the first to benefit from the National Bowel Screening Programme. This is a free programme to check for an early sign of bowel cancer.

Who?

The National Bowel Screening Programme is being offered to men and women aged 60 - 74 who are eligible for publicly funded healthcare.

Why?

New Zealand has one of the highest rates of bowel cancer in the world. Regular bowel screening can save lives by finding cancer early when it can often be successfully treated.

What?

If you are eligible to take part, you will be sent an invitation letter, a consent form and a free bowel screening test kit. The test is done at home, and is clean and simple to do.

When?

Participants will receive their first invitation within two years of the programme starting in July. The programme will then be ongoing for eligible 60-74 year olds, who will be invited for screening every two years.

Bowel problems?

Talk to your doctor

Common symptoms of bowel cancer may include:

- a change to your normal pattern of going to the toilet that continues for several weeks (such as diarrhoea, constipation, or feeling that your bowel doesn’t empty completely)
- blood in your bowel motion

Although these symptoms are usually caused by other conditions, it’s important to get them checked by your doctor.



The bowel screening test ...it’s so easy!

The bowel screening test is free, quick and clean

It is easily done by yourself at home

All you need to do is collect a small sample from your bowel motion (poo), and put it into the tube

Post it in the specially designed FREEPOST envelope as soon as possible.

Wairarapa tops the table for suicides per capita



As a community we can:

- Raise awareness
- Seek engagement
- Learn how to talk about suicidal thoughts
- Support early intervention
- Navigate available channels of help
- Strengthen public wellness and build a resilient, confident, healthy Wairarapa

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