



♥ BOWEL CANCER: WHAT YOU NEED TO KNOW

June is Bowel Cancer Awareness Month. Over 15,500 Australians are diagnosed with [bowel cancer](#) each year. The good news is that it's one of the most treatable cancers — especially when found early. When caught at the earliest stage, survival rates are significantly higher, which is exactly why screening matters so much.

The challenge is that bowel cancer often develops without any symptoms. That's why the [National Bowel Cancer Screening Programme](#) sends free test kits to Australians aged 45–74. The test takes ten minutes at home and is returned by post — no GP referral, no fuss.

[Order your test online today.](#) And, if you have questions, or you've noticed changes in bowel habits or any rectal bleeding, book a time with your GP.

🤖 AI THAT TARGETS CANCER WITH PINPOINT PRECISION

[Radiation therapy](#) has long been one of the most effective tools in the fight against cancer — but its side effects can be difficult to manage. Now, a [world-first project](#) funded by the NSW Government is changing that. The Minns Labor Government has awarded \$7.5 million in research grants to two groundbreaking cancer projects — with \$3.75 million going to Professor Paul Keall and his University of Sydney team to develop **AI-powered radiotherapy** that better targets cancer while reducing the impact on surrounding healthy tissue.

Emerging technologies trialled so far have shown up to a **50% reduction in side effects** — a remarkable outcome for patients who often experience fatigue, pain, and unwanted effects from conventional radiotherapy. The team's goal is to make this technology available to [10% of NSW radiotherapy patients by 2030](#), including Aboriginal, rural, regional, and culturally diverse communities, before scaling globally.

It's still early days, but this is genuinely exciting progress happening right here in our own backyard. If you or someone you love has questions about [cancer treatment](#) or radiotherapy, your GP is always the best place to start that conversation.

YOUR HEALTH

👉 MEN'S HEALTH: BREAKING THE 'SHE'LL BE RIGHT' CYCLE

Australian men visit GPs around 40 per cent less often than women — and are more likely to delay seeking help until a condition is serious. Most of what affects men's health long-term is preventable with the right information and a conversation with a GP.

A [men's health check](#) can cover blood pressure, cholesterol, diabetes risk, prostate health, mental wellbeing, and skin — a surprisingly complete picture of where things stand. Most of these have no symptoms until they're well advanced, which is exactly why finding them early matters.

In your 40s and 50s, a check-up isn't optional — it's smart. Book for yourself, or nudge the bloke in your life who keeps putting it off.

🧑‍🦰 WINTER AND YOUR MOOD — IS IT MORE THAN JUST THE COLD?

It's normal to feel a little [flat during winter](#). Less sunlight affects melatonin and serotonin, disrupts sleep patterns, and can reduce motivation.

A few simple habits help: get outside during daylight hours, remain active, stay connected with people you care about, and maintain a consistent sleep routine.

But if low mood has been lasting more than two weeks, that's worth a conversation with your GP. A Mental Health Treatment Plan may be available through Medicare, giving you access to subsidised sessions with a psychologist or counsellor.

[Explore mental health resources →](#)

🩺 HEALTH TIPS

Small steps that make a real difference for bowel health:

- Aim for 30g of fibre a day. Vegetables, legumes, wholegrains, and fruit all count
- Limit processed and red meat where you can
- Move your body regularly. Even a daily 30-minute walk helps
- If you drink alcohol, keep it to no more than 10 standard drinks a day
- Don't ignore changes in your bowel habits. Check in with your GP

🧬 BOWEL CANCER AND FAMILY HISTORY

If a parent, sibling, or child has had bowel cancer, you may be eligible to start screening earlier than 45 — giving you a head start on protecting your health.

It's worth mentioning your family history to your GP, who can recommend the right screening pathway for you.

Knowing your family history could be one of the most important health conversations you have.

[Find out how your family history affects your screening pathway.](#)