

Press Release



Central Coast
Division of
General Practice



7th June 2010

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“Enjoying a wide variety of nutritious foods, with exercise and plenty of water are a good recipe for prevention of bowel cancer”, says Dr Phil Godden, Chair Central Coast Division of General Practice (CCDGP).

His comments align with the launch of Bowel Cancer Awareness week, which runs from the 6th to 13th of June.

He said that bowel cancer is Australia’s most common cancer to affect both men and women and our second biggest cancer killer (after lung cancer). According to Cancer Council Institute statistics, the rate of colorectal cancer for the Central Coast area is approximately 280 cases per year which is 10 percent higher than the rest of the State.

Dr Godden said, “A healthy diet including plenty of vegetables fruits and cereals (preferably wholegrain), lean meat, fish and poultry - low fat milks, yoghurts and cheeses combined with exercise is a positive step. You can also reduce risk by limiting saturated fat and moderate total fat intake, choose foods low in salt, limit your alcohol intake if you choose to drink, and consume only moderate amounts of sugars and foods containing added sugars. Smoking cessation is also a critical factor.”

He said, “Screening and detection is also an important part of reducing the risk. All Australians aged 50 and over, who do not have symptoms or a family history of bowel cancer, are encouraged to undertake bowel cancer screening by talking to their local GP.”

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