HOW CAN WE SUPPORT PEOPLE WITH BOWEL CANCER?

1. **30%** of people with bowel cancer say support from others declines over time.

2. People who feel they lack support from others have:
   - worse quality of life
   - higher levels of anxiety
   - higher levels of depression

3. **What can health professionals do?**
   - Keep checking people have enough support during recovery
   - Offer guidance to family and friends about how to support their loved one
   - Signpost to sources of support

4. **What can family & friends do?**
   - Be available to talk
   - Offer practical support for everyday life
   - Be affectionate

And **most importantly**, do enjoyable things with your friend or relative – this has the biggest impact on wellbeing and mental health.

Further information:

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