

Unhealthy lifestyle (not enough exercise, obesity, unhealthy diet that is poor in fibres, fruits and vegetables, alcohol consumption and smoking) increases the risk for developing colorectal cancer. The risk of developing colorectal cancer also increases in people with inflammatory bowel disease and in those, who have a family history of colorectal cancer.

Svit can save your life.

Thus, join the programme and encourage your family and friends to do the same.

For more information about the prevention and early detection of colorectal cancer and the Svit Programme, refer to any of the Svit contact points in community health centres. You can also contact us by phone, fax, e-mail or check out our website at www.program-svit.si.



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Nacionalni inštitut
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MINISTRY OF HEALTH OF THE RS | HEALTH INSURANCE INSTITUTE OF SLOVENIA
NATIONAL INSTITUTE OF PUBLIC HEALTH



Svit
Saves Lives



NATIONAL SCREENING
AND EARLY DETECTION PROGRAMME
FOR COLORECTAL CANCER

It's time to think about yourself.

Svit Programme

The Svit Programme is the national screening and early detection programme for colorectal cancer. It is aimed at men and women aged 50 to 74 years.

When you are invited to the programme, we warmly recommend you to respond to the invitation and join the programme.

The Svit Programme enables the detection of faecal occult blood and, if necessary, a more detailed examination of the colon, which explains the cause of the faecal occult blood and plans an immediate effective treatment of the abnormalities.

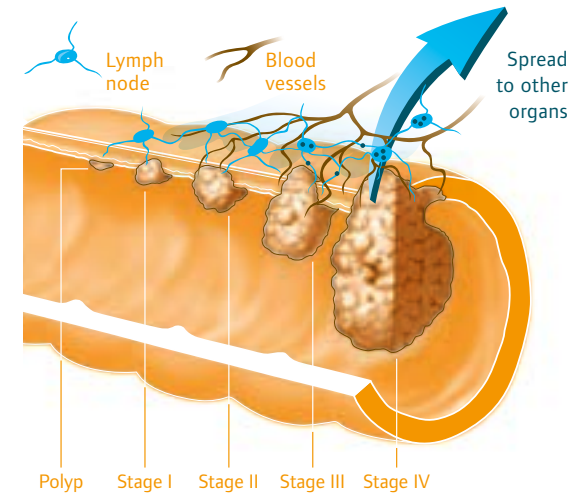
The Svit Programme can save at least 200 lives in Slovenia every year, and it can spare many people from suffering due to this insidious disease. The timely removal of polyps from the large intestine and rectum will decrease the number of patients in Slovenia by at least 300 every year.

The success of the Svit Programme depends on the inclusion of as many invited people as possible and on their active cooperation.

What is colorectal cancer?

Colorectal cancer is an **insidious silent killer** in Slovenia since around 1,400 people develop this type of cancer every year and it kills around 700 of them each year. Many people are not even aware of the colorectal cancer in its early stages because its **symptoms are not developed for a long time**. Thus, it often happens, that the patients visit their general practitioners too late.

The risk of developing colorectal cancer increases after the age of 50, but it can also affect younger people. Colorectal cancer usually develops from precancerous growths in the lining of the bowel; called the polyps. **If such polyps are found and removed in time, this type of cancer can be prevented.** If the growths are found early enough, the treatment can be highly successful, and the patient can further enjoy the quality of life.



The stages of colorectal cancer

A person can have colorectal cancer for several years before developing serious health problems, but this is when successful treatment may no longer be possible. **The Svit Programme enables early detection of this type of cancer even in people without any obvious health problems.**