

A close-up portrait of a middle-aged man with a receding hairline and a light beard, smiling warmly. He is wearing a dark blue blazer over a light blue collared shirt. The background is a blurred outdoor setting.

**“It took just a few minutes to complete my bowel screening kit but it saved my life. I discovered I had cancer but luckily it was caught early and now I’m fitter than ever.”**

**Stephen, 56, Buckinghamshire**