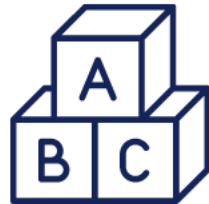




Healthworks

the community health charity

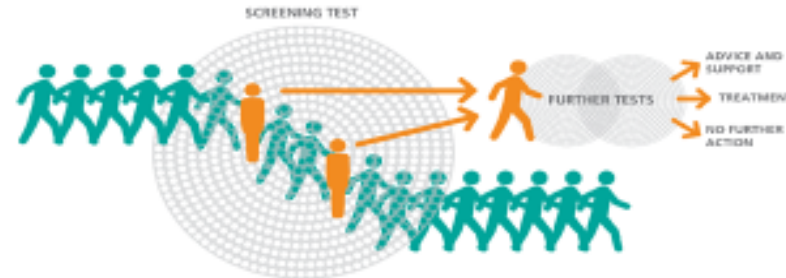




For nearly 30 years Healthworks mission has been clear:
to reduce health inequalities and improve health outcomes across the North East.



What is screening?

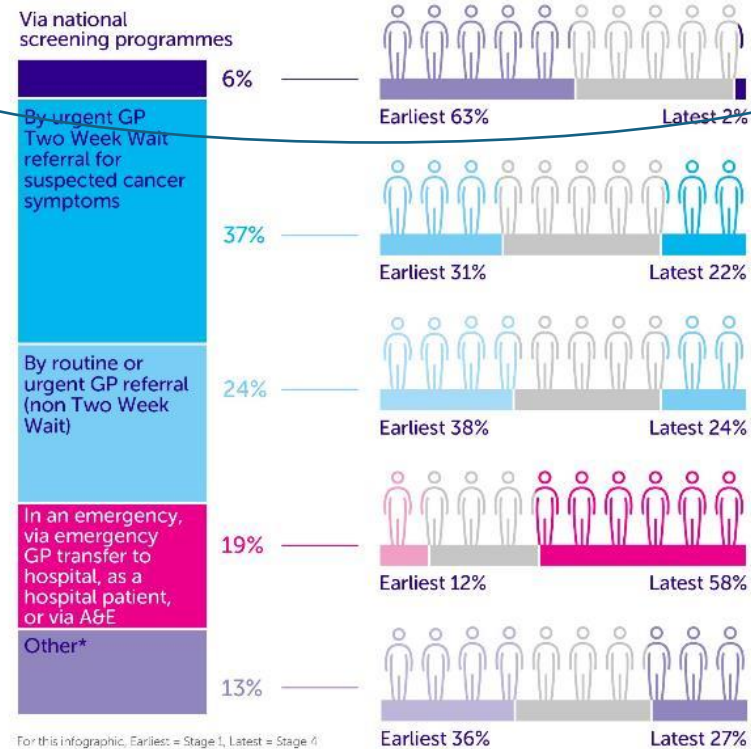


- It **targets a specific population** or group of people
- It is like a filter
- **Most people are unlikely to have the condition** and will pass through the filter (screening test)
- People whose results suggest they are more likely to have the condition are caught in the filter - they need further tests to determine if they really do have the condition

Collaborating to improve cancer care

How and when cancer patients are diagnosed

% of patients diagnosed in England, 2015-2016 Stage when diagnosed



For this infographic, Earliest = Stage I, Latest = Stage IV

*Inpatient elective, other outpatient, death certificate only, or unknown route to diagnosis

Source: Public Health England, Routes to Diagnosis 2006-2016 Workbook, data for England 2015-2016
Public Health England and Cancer Research UK, Stage by Routes to Diagnosis 2015-2016 Workbook



Together we will beat cancer

Cancer Research UK is a registered charity in England and Wales (11089464), Scotland (SC041666) and the Isle of Man (11103)

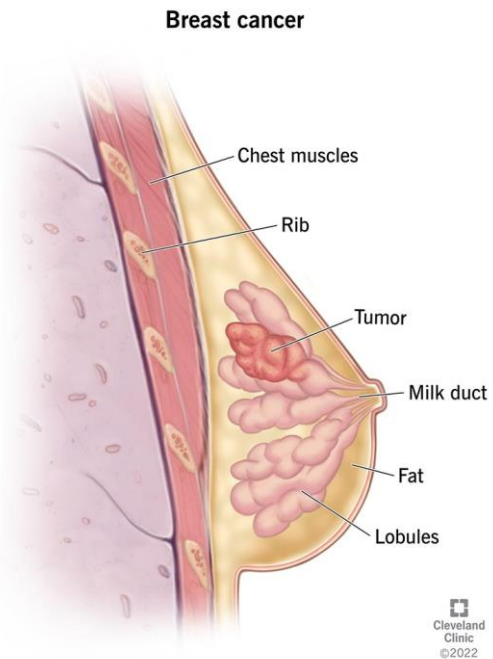
Why is screening important?

Screening reduces the number of people dying from cancer by:

- **Detecting cancer early**
63% of cancers detected through screening are at the earliest stage (stage I)
- **Preventing cancer**
Bowel and cervical screening can prevent cancer

What is Breast Cancer?

Breast cancer is cancer that starts in the breast tissue.



Both men and women have breast tissue in their chest, this means anyone can get breast cancer.

Breast cancer is the most common cancer in the UK. Around 56,800 people are diagnosed with breast cancer every year in the UK.

Breast Cancer Screening



The screening for breast cancer is called a **mammogram**.

You are eligible from the age of 50.

You will be invited every 3 years for your screening.

Signs and Symptoms

Breast cancer isn't just a lump.

There are a range of symptoms that it can present as.



WHAT BREAST CANCER CAN LOOK & FEEL LIKE

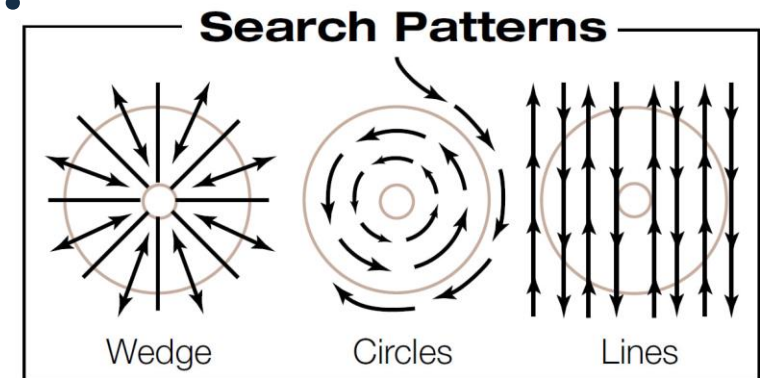
Recognize something? Don't panic, some changes are normal. But if it stays around be smart—show a doctor.



How to Check Your Chest

Place one arm behind your head- check this side then swap to the other.

Use the pad of 3 fingers to check all over your chest, up to your collarbone and under your armpit. Use one of the 3 search patterns below.



Cervical Cancer Information

- Around 3,200 women are diagnosed with cervical cancer in the UK each year.
- Cervical screening invite for cervical cancer is from the age of 25-64
- Symptoms:
 - Bleeding during or after sex
 - Bleeding after menopause
 - Bleeding between periods
 - Changes to your vaginal discharge
- Visit your GP if there is anything not normal for you!

Do you know the symptoms of cervical cancer?

The most common symptoms include:



Vaginal bleeding that is unusual for you – after menopause, between regular periods or after sex



Unexplained pain in your lower back or between your hip bones (pelvis)



Pain or discomfort during sex



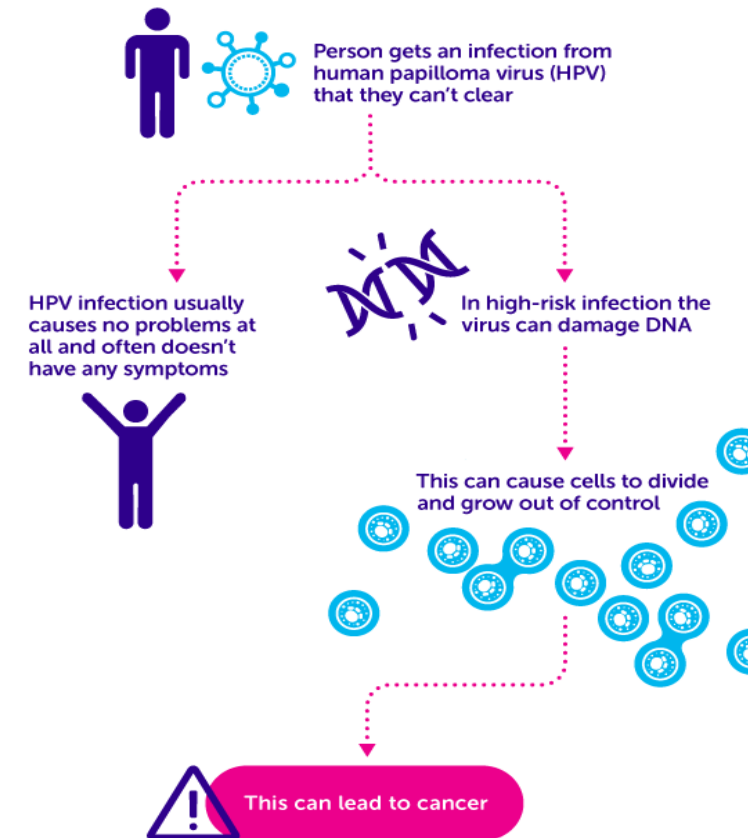
Changes to vaginal discharge

These symptoms are not usually cervical cancer, but it's important to contact your GP and get them checked out. Don't wait for cervical screening (a smear test).

Human Papilloma Virus (HPV)

- HPV infection is very common, more than 70% of unvaccinated people get it.
- HPV lives on the skin in and around the genital area and is transmitted during sexual intercourse.
- Most HPV infections get better on their own and cause no symptoms.
- Some do not clear and can lead to cancers, such as cervical cancer, some mouth and throat cancers as well as some cancers of the anus and genital areas.
- HPV vaccine is offered to all girls and boys in year 8 at school - this is due to evidence that the vaccine helps protect against HPV-related cancers.
- The vaccine is an injection in your arm and if you have missed your vaccine, you can have them up until 25.
- Call your GP for further information and to book any missed vaccines.

HOW CAN HPV CAUSE CANCER?



TOGETHER WE WILL BEAT CANCER
cruk.org/HPV



Ovarian Cancer Information

- The risk of developing ovarian cancer increases with age.
- Most people who get it are over 50.
- Anyone with ovaries can get ovarian cancer.
- There isn't a screening for ovarian cancer.
- Symptoms (frequently-roughly 12 or more times a month):
 - a swollen tummy or feeling bloated
 - pain or tenderness in your tummy or the area between the hips (pelvis)
 - no appetite or feeling full quickly after eating
 - an urgent need to pee or needing to pee more often
- Visit your GP if there is anything not normal for you!



Worried about the symptoms of ovarian cancer?

Target Ovarian Cancer

Bloated tummy?

Always feeling full?

Tummy pain?

Needing to wee more?

Target Ovarian Cancer's nurse-led support line provides confidential information, support and signposting for anyone concerned about ovarian cancer.

Support line
Monday-Friday
9am-5pm
020 7923 5475

Trusted Information Creator
Patient Information Forum

Support line: 020 7923 5475
info@targetovariancancer.org.uk
targetovariancancer.org.uk

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To access our list of references please contact us.
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Registered office: 26 Angel Gate, London EC2V 2PT. Registered charity numbers 120638 (England and Wales) and SC642920 (Scotland).

Bowel Cancer Information

Bowel cancer cases are commonly those over the age of 50

Around 42,900 people are diagnosed with bowel cancer in the UK each year.

It is the 4th most common cancer in the UK.

1 in 15 men will be diagnosed in their lifetime

1 in 18 women will be diagnosed in their lifetime

Visit your GP if anything is not normal for you, be clear and honest

Alternative Stool Chart

Type 1		
Type 2		
Type 3		
Type 4		
Type 5		
Type 6		
Type 7		

Bowel Screening

Tips for collecting your poo

Here are some ideas to make collecting your poo a bit easier. Why not practise and work out which method you find the easiest? Do not let your poo touch the water or toilet.



Cling film over the toilet (remember to leave a dip)



A carton that grapes come in



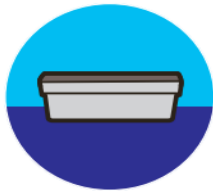
Folded toilet paper in your hand



A plastic bag over your hand, or a glove



A clean empty margarine or ice cream tub



A clean empty takeaway container



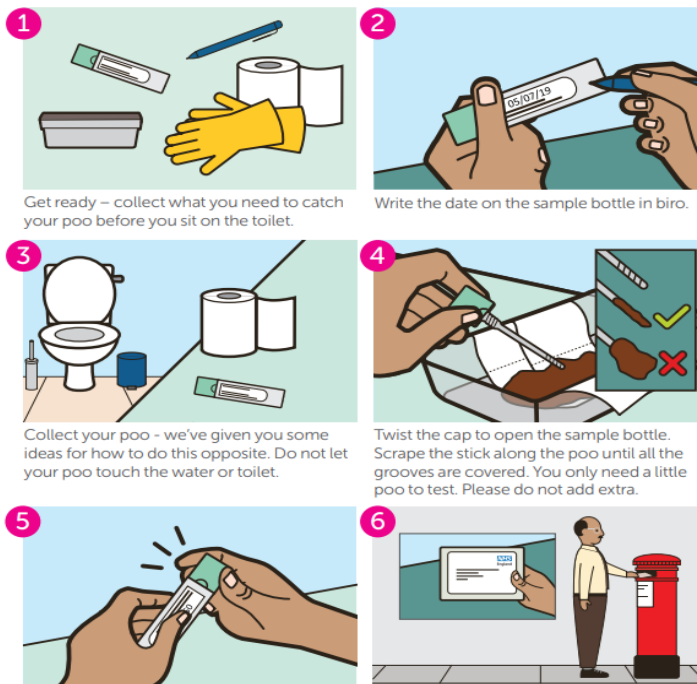
Once you have collected your poo, use your bowel screening kit to take a sample and post it back as soon as possible. You may want to check your local postal collection times.

Ref: BCSC-10-17 August 2019. Annually reviewed. Registered Charity in England and Wales (1089464), Scotland (SC041666) and Isle of Man (1103)



CANCER RESEARCH UK

How to do the bowel screening kit in England



1 Get ready – collect what you need to catch your poo before you sit on the toilet.

2 Write the date on the sample bottle in biro.

3 Collect your poo - we've given you some ideas for how to do this opposite. Do not let your poo touch the water or toilet.

4 Twist the cap to open the sample bottle. Scrape the stick along the poo until all the grooves are covered. You only need a little poo to test. Please do not add extra.

5 Put the stick back in the bottle and click the cap to close it. Do not reopen the bottle after use. Please wash your hands.

6 Check you have written the date on your sample bottle, put the bottle in the prepaid envelope and post it back as soon as possible.

You will receive your result by letter, please read it carefully to find out what the next steps will be. If you get a result saying further tests are needed, it could be down to lots of different things and does not necessarily mean cancer. But if it is cancer, finding it at an early stage means it is easier to treat successfully.



National target 60%



Sun and cancer risk



ncer information for you © Copyright Cancer Research UK 2020



20

Common symptoms of lung cancer



Persistent
cough



Shortness
of breath



Coughing
up blood



Unexplained
weight loss



Repeated respiratory
infection



Shoulder, arm, chest,
or back pain



Healthworks
the community health charity

www.healthworksne.org.uk

0191 272 4244



If it's not
normal for you,
tell your doctor

Cancer information for you © Copyright Cancer Research UK 2020





Don't delay
visiting the
doctor!

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SCAN ME

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