

Bowel Cancer Screening

Bowel Cancer Screening is now available for people aged 60 to 69 years who are registered with a doctor (people aged 70+ can call free on **0800 707 60 60** and request a test kit).

A test kit with instructions on how to test your poo for blood, which can be an early sign of bowel cancer will be sent to your home. This allows you to do the test in the comfort of your own home so you will not be embarrassed.

Once you have completed the test return it in the envelope provided. The results will then be sent to your home. Around 98 out of 100 people will have a normal result.

It is important to do the test and return it. If caught early eight out of ten bowel cancers can be successfully treated.

Doing and returning the test may save your life.

For Further Information

A Cancer Information Centre is situated in the main patient waiting area in the Northern Centre for Cancer Treatment at Newcastle General Hospital. The centre manager and trained volunteers are available to provide information, support and advice to anyone affected by cancer. Opening hours are Monday to Friday 10.00 am - 4.00 pm phone **0191 2563596/3597**.

The North Tyneside Macmillan Cancer Information and Support Service is situated in the Shiremoor Resource Centre, Earsdon Road, Shiremoor. The service provides help and support for the person living with cancer, their carers and family as well as information about any aspect of cancer Phone **0800 328 2377** or **0191 293 9241**. This helpline is open Monday to Friday 9.30 to 4.30 pm. A 24 hr answer phone service is also available. Email **cancerinfo@northtyneside-pct.nhs.uk**

Speak to your Doctor – please do not delay in getting your symptoms checked out, and don't forget that your doctor is used to seeing people with all kinds of problems and complaints.
You will not be wasting their time – that is what they are there for.

Remember that most people who have tests are not diagnosed with cancer. There could be many causes of your symptoms.

**Promoted through the NHS North of Tyne
Healthy Communities Collaborative**

Published October 2007



NHS North of Tyne

Let's talk about
the "C" word.

**Bowel
Cancer**

Do you know
what to look for?

**Please read this leaflet
take it home and give it to
your family and friends
You may save a life**

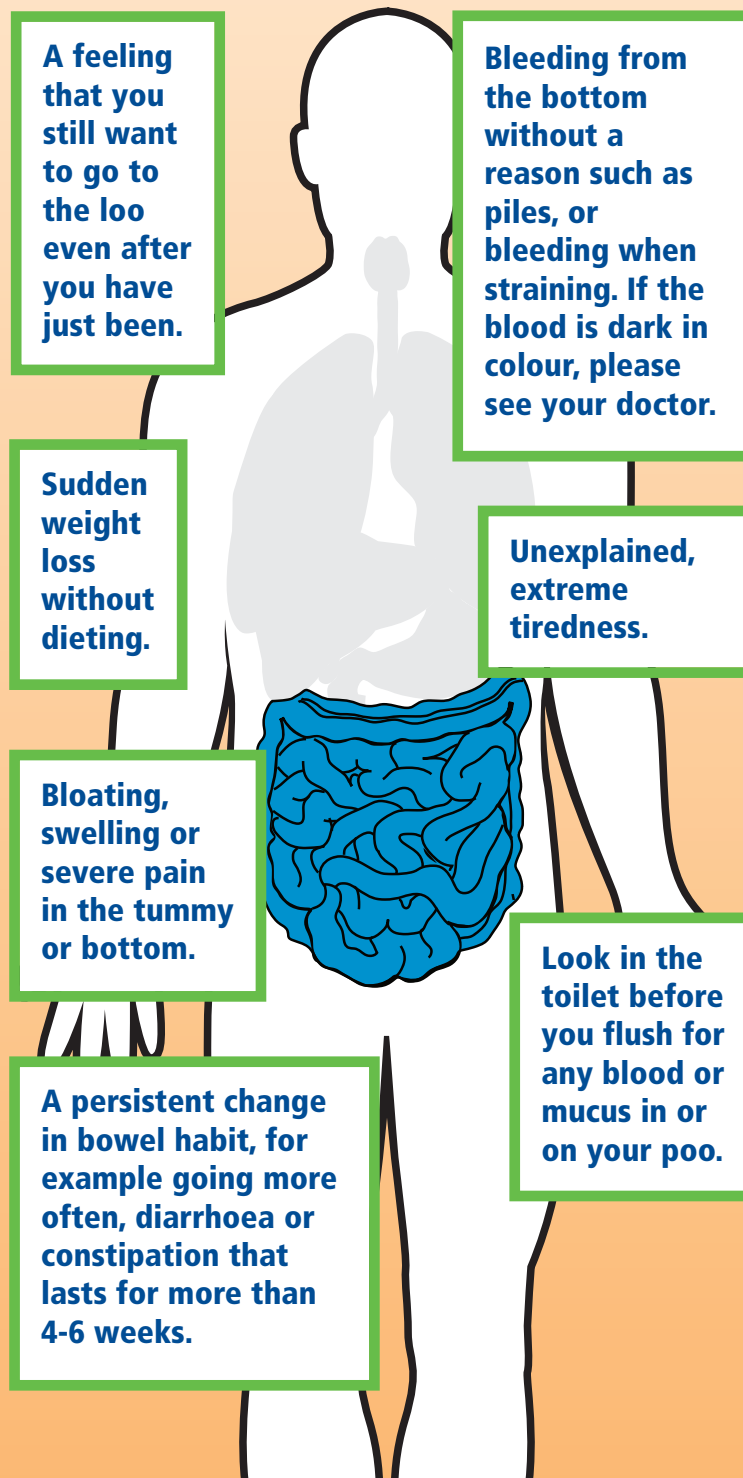
Did you know?

- Bowel cancer can also be known as colorectal cancer.
- Everyday 45 people in the UK die from bowel cancer.
- If it is caught early eight out of ten bowel cancers can be successfully treated.

It is important to get to know what is normal for you, to look for any changes and see your doctor if you notice any changes as soon as possible.


Many changes in bowel habits are not bowel cancer. But if they are then getting them checked early could save your life.


Symptoms to look for include:




What can you do to help reduce the risk of developing bowel cancer?

- Eat only a little red and processed meat every week - red meat includes beef, veal, pork and lamb.
- Eat at least five portions of fruit and vegetables every day and foods that are high in fibre such as wholemeal bread and cereals with fibre in.
- Watch your weight as being overweight can increase your risk of developing bowel cancer.
- Do at least 30 mins of moderate physical activity five or more days a week. (Moderate exercise means you get warm, mildly out of breath and mildly sweaty)
- Do not smoke.
- Reduce the amount of alcohol that you drink and follow the recommended guidelines which are:
2-3 units or less for females - Per Day
3-4 units or less for males - Per Day

 Wine
1/2 175ml = 1 unit

 Beer/Lager
1 Pint = 2 units

 Spirit
25ml spirit = 1 unit

Tips to help you stop smoking and reduce your risk of developing lung cancer

- Plan when you are going to stop.
- Throw your cigarettes and ashtrays in the bin.
- Stop with a friend or relative, this way you can support each other.
- Keep trying, if you start to smoke again, just set yourself another date to quit.
- Change your daily routine, if you normally have a cigarette first thing in the morning then have a shower or bath first.
- Keep busy! Read a book, or go for a walk, so you don't have time to think about a cigarette.

You can get advice and support to help you stop smoking from the Stop Smoking Service. They can be contacted on:
0191 219 5111

Or you can contact the NHS smoking helpline on: **0800 169 0 169**

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Speak to your Doctor – please do not delay in getting your symptoms checked out, and don't forget that your doctor is used to seeing people with all kinds of problems and complaints. **You will not be wasting their time – that is what they are there for.**

Remember that most people who have tests are not diagnosed with cancer. There could be many causes of your symptoms.

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Let's talk about the "C" word.

Lung Cancer

Do you know what to look for?

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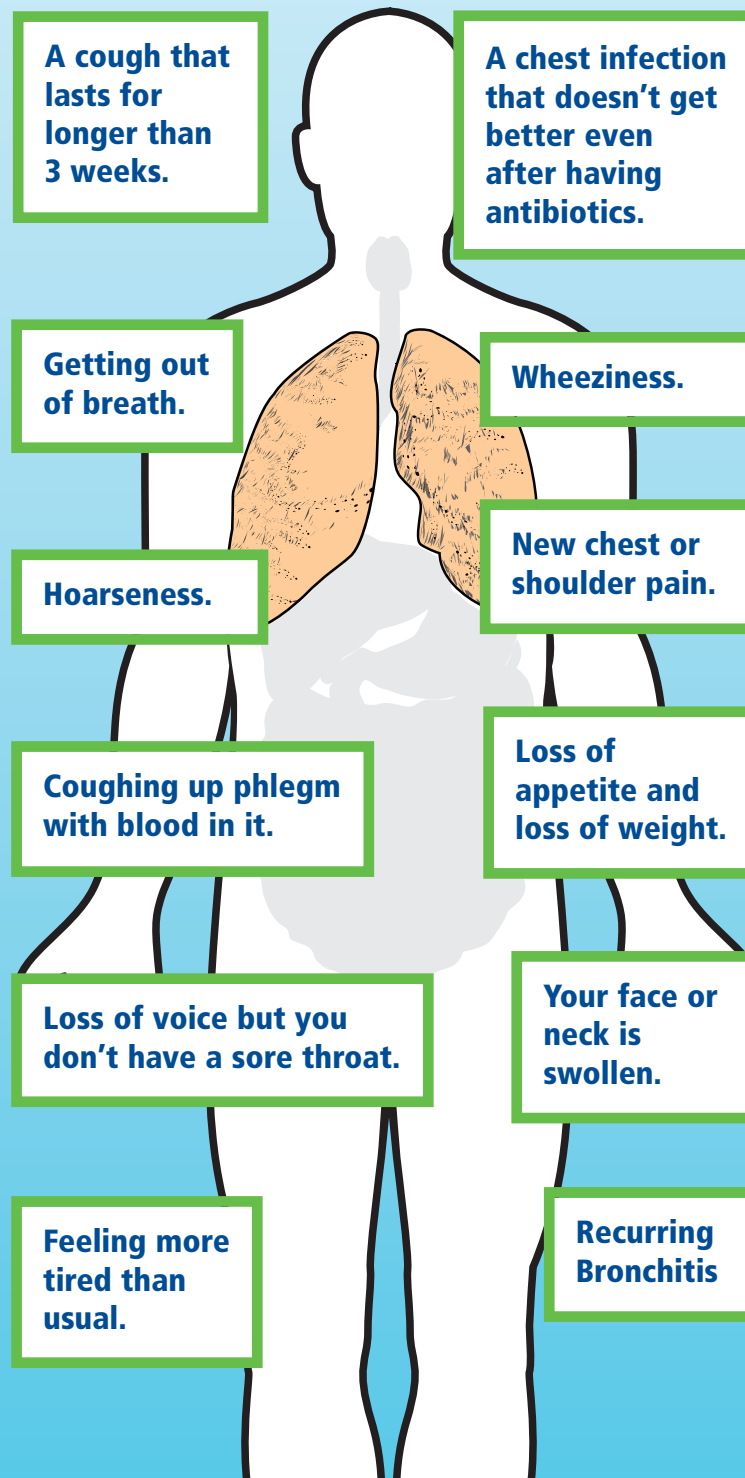
Did you know?

- Lung cancer is the most common cancer in the world.
- The biggest cause of lung cancer is smoking.
- People who have never smoked can develop lung cancer.
- You can be diagnosed with lung cancer if you are old or young.

It is important to get to know what is normal for you, to look for any changes and to see your doctor if you notice any changes as soon as possible.

Many of the possible symptoms may not be lung cancer. But if they are then it is important to get them checked out.

Symptoms to look for include:



What can you do to help reduce the risk of developing lung cancer?

- Stop smoking – stopping smoking is the best thing that you can do to help reduce the risk of developing lung cancer.
- When you stop smoking the risk of developing lung cancer reduces quickly. Approximately 90% of people who have been diagnosed with lung cancer were diagnosed because of smoking.
- Cigarettes cause the most cases of lung cancer but, pipe and cigar smokers have more of a risk of developing lung cancer compared to a non-smoker.
- Reduce your exposure to second hand smoke, ask people not to smoke around you or to go outside to smoke.
- Asbestos exposure can increase the risk of developing lung cancer.

Check your breasts!!

Check them regularly anytime. This does not have to be just after a period. You can check them in the shower, when you are getting dressed, or both!

The Breast Awareness 5-point Code

- 1 Know what is normal for you** – you may have always had lumpy breasts if so, this is normal for you.
- 2 Know what changes to look and feel for** – If you notice something that is different for you please see your doctor.
- 3 Look and feel** – look in the mirror – put your hands above your head, then on your hips and look for any skin changes to the breasts.

To check for lumps - use the fingers of your hand keeping them flat & together. Press all over the breast making sure you cover the whole area of the breast going up into the armpit.

You will need to press quite firmly to feel for any small lumps. Also check that you cover the nipple area as lumps may be behind the nipple.

- 4 Report any changes to your GP without delay** – If you notice any changes see your doctor **as soon as possible** – remember your doctor has seen lots of women with all kinds of problems!
- 5 Attend for routine breast screening if you are aged 50 or over**

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Breast Cancer

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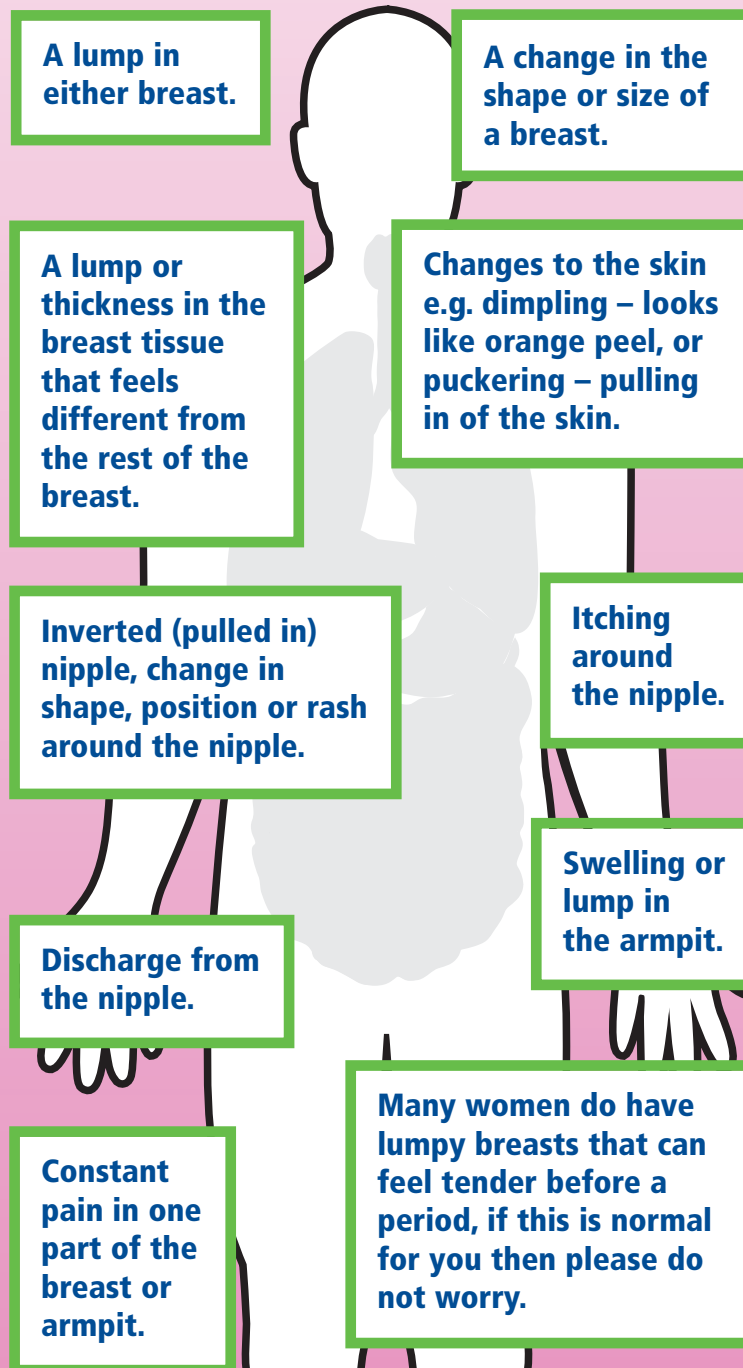
**Please read this leaflet
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You may save a life**

Did you know?

- Breast cancer affects one in nine women in the UK every year.
- It also affects men - around 300 men will be diagnosed with breast cancer in the UK every year.
- Breast cancer screening can show breast cancer at an early stage, often when lumps are too small to feel. Treatment can then begin when the cancer is at an early stage. This is why it is so important to attend your appointment with the Breast Screening Service.
- Breast feeding - the longer a woman breast feeds the risk of developing breast cancer reduces.

If you notice any changes at all it is important to see your doctor as soon as possible.




Symptoms to look for include:



What can I do to help reduce the risk of developing breast cancer?

- Reduce the amount of alcohol that you drink – drinking alcohol in excess everyday increases the risk.

The recommended guidelines for drinking alcohol are:
2-3 units or less for females - Per Day
3-4 units or less for males - Per Day

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- Watch your weight – especially women after the menopause as this can increase the risk of developing breast cancer.
- Eat at least five portions of fruit and vegetables every day.
- Eat only a little red and processed meat every week - red meat includes beef, veal, pork and lamb.
- Take regular exercise.
- Do not smoke. You can get advice and support to help you stop smoking from the Stop Smoking Service. They can be contacted on: **0191 219 5111**
- Attend for routine breast cancer screening sessions in the mobile unit when you are invited. Screening sessions are available for women from the age of 50 – 70. Women over the age of 70 can request a Breast Screening appointment by phoning **0191 282 0202**.