

**ONE MINUTE GUIDE**

**NHS National Cancer Screening Programmes: Bowel, Breast and Cervical**

Cancer Wise Leeds has worked with local GP Practice staff to encourage patients to complete their bowel, breast and cervical cancer screening when invited. Cancer screening and attendance has been affected since the COVID-19 pandemic and we are therefore looking at new ways of communicating important cancer screening messages.

# What is Cancer Screening?

Cancer screening is a way of identifying people who may have an increased risk of cancer associated with age or gender. The three national screening programmes, bowel, breast and cervical screening, aim to find early signs of cancer, or for bowel and cervical cancer find abnormal cells that could turn into cancer in the future if left untreated.

**NHS Bowel Cancer Screening** checks for signs of bowel cancer. It can also prevent bowel cancer by detecting non-cancerous growths (polyps), which might develop into cancer if left untreated. Everyone aged 60 to 74 who is registered with a GP is automatically sent a bowel cancer screening kit every two years. The programme is expanding so that anyone aged 50 to 59 years will also be eligible for screening. This is happening gradually over 4 years and started in April 2021 with age 56. Other age groups will soon be invited.

*\*If you think you may have missed your bowel screening, call the freephone number 0800 707 6060 to request a new test kit.*

**NHS Breast Screening** can help find breast cancers at an early stage when they are too small to see or feel. Anyone between the ages of 50 to 71 and registered as female with a GP will automatically be invited for breast screening every three years. Because of how the invitations are sent out you may not get your first invite until you are aged 53.

*\*If you think you have missed your breast screening, please contact the breast screening service on 0113 206 3816.*

**NHS Cervical Screening (smear test)** checks the health of the cervix. It is not a test for cancer, but a test that helps prevent cancer, by detecting changes to the cells of the cervix that may develop into cancer in the future. Anyone aged 25 to 64 and registered with a GP will be invited. Screening is offered every three years for those aged 25 to 49 and every five years from the ages of 50 to 64.

*\*If you think you have missed your cervical screening, please contact your* *GP Practice to arrange an appointment.*

# Summary:

Screening can save lives by preventing some cancers and finding early signs of cancer. It is important to take part in screening when invited. We understand people might feel worried about screening, but please be assured that experienced and supportive NHS staff will be on hand to lead you through every step of the process. **For extra support attending or completing a screening please contact your GP** **Practice**. If you would like to know more about screening visit: <https://www.nhs.uk/conditions/nhs-screening/>