

# Leeds Health Awareness

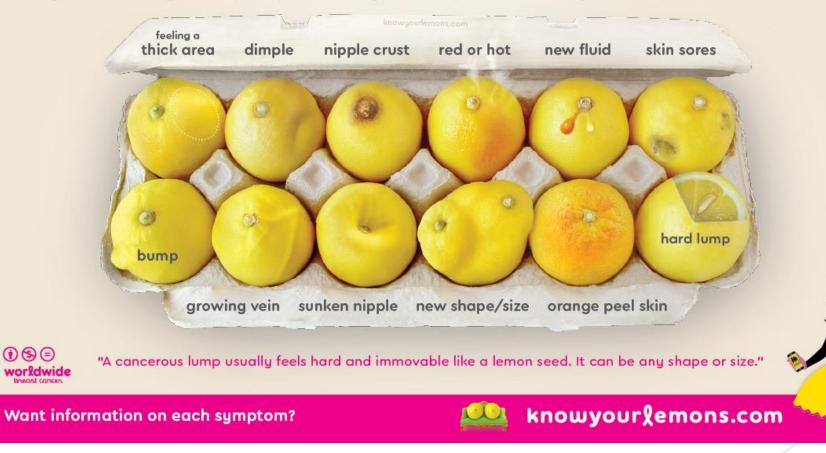
## **Cancer Champions**

## Breast cancer signs and symptoms

#### WHAT BREAST CANCER CAN LOOK & FEEL LIKE

RENESS

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



## National Screening Programme

Mammogram X-ray

- Women first invited aged 50 until 71 but Leeds are trialling women aged 47.
- Every three years.
- Those who are over screening age can request an appointment.

Leeds and Wakefield Breast Screening 0113 206 3771

At stage 1 99% of women survive their cancer for 5+years this reduces to 15% if found at stage 4.

## **Cervical Cancer**

### Symptoms

- Unusual bleeding i.e. between periods
- Pain during sexual intercourse
- Pain in your lower back or pelvis
- Change in toilet habits

### Screening

- Looks for cell abnormalities in the cervix
- Invited aged 25-64
- Every 3 years (25-49) but increases to every 5 years (50-64)

## **Cervical Screening Top Tips!**

- You can talk to your nurse or doctor about any worries.
- You can ask for the first appointment of the day.
- You can ask for a longer/double appointment.
- You can ask if evening/weekend appointments are available.
- You can take a friend with you.
- Wear something you feel comfortable in.
- Remember that you are in control of the smear test.
- You can ask for an interpreter.
- Ask questions and reward yourself!

## **Bowel Cancer Signs and Symptoms**

- Persistent change in toilet habits
- Lump or swelling
- Unexplained weight loss
- Pain in stomach or bottom
- Blood in poo and/or wee



• If found at stage 1 95% survive, this reduces to 7% if found at stage 4.



# **Bowel Screening**

- Every 2 years.
- 60-74, age gradually being reduced.
- Kit sent in post.
- Changing to one sample not three.
- Older can request a kit.
- Not checking for cancer but any abnormalities i.e. polyps.

To request a kit call 0800 707 6060



## How We Can Help

We have been awarded a 5-year contract, still covering cancer but also raising awareness of other long-term conditions.

### We can provide:

- Free training sessions.
- Provide resources for the practice e.g. leaflets and set up focussed displays.
- We can target specific population groups and geographical locations and provide awareness sessions or have a health stand in busy public spaces.

### Contact Us!

Email our team (Megan and Darren).

- Megan.arundel@uni.uk.net
- Darren.meade@uni.uk.net

Or call

0113 8800153

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