



**LEEDS
HEALTH
AWARENESS**

Leeds Health Awareness

Cancer Champions

Breast cancer signs and symptoms



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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.



"A cancerous lump usually feels hard and immovable like a lemon seed. It can be any shape or size."



Want information on each symptom?



[knowyourlemons.com](https://www.knowyourlemons.com)



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!



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- ▶ 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
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- 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
- ▶ Twitter and Instagram @Leeds_Health_
- ▶ Facebook @LeedsHealth