

NHS Cancer Screening Programmes

Spotting Cancer Early “Saves lives”



NHS SCREENING CANCER PROGRAMMES - “Reducing the Risks of Cancer”

INFORMATION LEAFLET

Screening for cancer can help find abnormal cells at an early stage and in some cases, it can prevent cancer from developing altogether.

If you have had unexplained blood that does not come from the obvious injury (such as blood in your poo or wee), an unexplained lump, weight loss which feels significant to you or an unexplained pain or a cough that has lasted three weeks or more, it could be a sign of cancer.

It is probably nothing serious, but finding cancer early makes it more treatable – please call surgery and book a GP appointment to discuss.

Useful websites are:

Bowel Cancer UK

www.bowelcanceruk.org.uk

Cancer Research UK

www.cancerresearchuk.org

Macmillan Cancer Support

www.macmillan.org.uk

Alcohol Advice

www.nhs.uk/live-well/alcohol-advice/

Sunscreen and Sun Safety

www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/

The early detection of cancer is incredibly important, it can “save lives”.

In the UK, there are 3 cancer screening programmes:

- **Bowel Cancer Screening**
- **Breast Cancer Screening**
- **Cervical Cancer Screening**

There are practical steps you can take to reduce your risk of cancer, these include:

- Do Not Smoke
- Lead an active lifestyle
- Maintain a healthy weight
- If you choose to drink alcohol - follow the recommended guidelines
- Be safe in the sun



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Bowel Cancer Screening

The aim is to detect abnormal cells at an early stage. Bowel cancer is also called colorectal cancer. It affects any gender in the large bowel which is made up of the colon and rectum.

Most bowel cancers develop from pre-cancerous growths, called polyps, but not all polyps develop into cancer.

If you are any gender, 50+ you will receive a bowel screening invitation every 2 years until the age of 74. If you would like to continue to be screened after 74 - please call the NHS bowel screening team on - 0800 707 6060 every 2 years.

Below is a link for further information about NHS bowel screening:

www.nhs.uk/conditions/bowel-cancer-screening/

Breast Cancer Screening

This helps to find breast cancer at an early stage. Screening is open to anyone aged 50-71 (who has breasts) every 3 years. If you are registered as female at surgery you will automatically receive an invitation for breast screening.

If you are trans or non-binary – you can have breast screening if you were assigned female at birth and have not had surgery to remove the breasts) / have male chest reconstruction / were assigned male at birth and have been taking feminising hormones for longer than 2 years. If you think you should have breast screening, but have not been invited automatically, please call surgery for support and advice.

If you would like to continue to be screened after 71 every 3 years - please call the NHS Breast Screening team to book an appointment on 01270 612396.

Below are links for further information about breast screening:

www.nhs.uk/conditions/breast-screening-mammogram/how-to-book-or-change-an-appointment/

www.gov.uk/government/publications/nhs-population-screening-information-for-transgender-people/nhs-population-screening-information-for-trans-people

Cervical Cancer Screening

The aim is to detect abnormal cells in the cervix that could develop into cancer. Screening is open to anyone with a cervix aged 25-64.

Invitations for cervical screening are sent out automatically as long as you have not opted out. If you have not received one – are aged 25 to 64 have a cervix and want to be screened, please contact surgery and we will be happy to arrange this.

If you are registered at surgery as a male or a non-binary person (and have a cervix) you may not receive one. If you think you should be having cervical screening or have any questions or concerns - please call surgery and will be happy to book an appointment with either a GP or a member of our Nursing Team to discuss them. This could include making appropriate adjustments to ensure you feel comfortable throughout the process - for example: having a longer appointment / a chaperone or family or friend attend the appointment with you / music playing in the background etc).

Below is a link for further information about cervical screening:

www.nhs.uk/conditions/cervical-screening/