

# Check it. Screen it. Beat it.

**Diagnosing  
Cancer early  
Can save  
lives**

## Bowel Cancer

Bowel cancer is the 3rd most common type of cancer. Screening can help prevent bowel cancer or find it at an early stage, when it's easier to treat.

### Screening

#### A FIT kit

A Fit kit will be sent to your home address on the GP records. The kit is done by scraping the sampling stick on your stool (poo) until the end of the stick is covered then putting back it into the sample bottle. Write the date on the bottle and send back in the pre-paid envelope, Remember to post on the same day

### Who?



Scan the QR for more info



**Aged  
50-74**

**Everyone  
screened  
every  
2 years**

Age 75 or over — request a screening

**Bowel cancer screening helpline:  
0800 707 6060**

## Cervical Cancer

Cervical cancer mostly affects women under the age of 45. Generally caused by an infection with certain high-risk types of (HPV).

### Screening

#### A small swab

The test involves using a small soft brush to take a sample of cells on your cervix.

The test is not to check for cancer but to check the types of HPV

### Who?



Scan the QR for more info



**Aged  
25-49  
Every 3/5 years**

**Aged  
50-64  
Every 5 years**

Everyone with a cervix should go for a cervical screening

**Cervical cancer screening helpline:  
0808 802 0019 (Eve Appeal)**

## Breast Cancer

Around 55,000 women are diagnosed with breast cancer every year in the UK.

### Screening

#### A mammogram (X-ray)

Will be completed 4 times 2 on each breast by 1 or 2 by a female member of staff.

### Who?



Scan the QR for more info



**Aged  
50-71  
Every 3 years**

**Aged  
71+  
Can self refer**

The screening will take about 30 mins

**Breast Cancer Now screening helpline:  
0808 800 6000**



**Don't leave it to chance, check it, screen it, beat it!**

For more information, pick up a leaflet or Scan the QR code