

# Don't risk it.

**Check the symptoms today. Cancer could be cured if caught early enough.**

Recognising symptoms of bowel, cervical/gynaecological and breast cancer is essential for early detection and treatment, which can significantly increase survival rates. Being aware of changes in the body, such as unexplained bleeding, persistent pain, lumps, or unusual discharge, can prompt you to speak to your GP.

Early diagnosis through symptom awareness allows for more effective and less invasive treatments, improving the chances of recovery and reducing the risk of complications.

**Speak to your GP if unsure about anything**



To get this leaflet and other information in a different language please scan the QR code

**Check the symptoms today. Cancer could be cured if caught early enough.**

## Bowel Cancer

For more information please Scan the QR code or speak to your GP



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

## Cervical Cancer

For more information please Scan the QR code or speak to your GP



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

## Breast Cancer

For more information please Scan the QR code or speak to your GP



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

# Check it. Screen it. Beat it.

**Diagnosing Cancer early**

**Can save lives**

**Cervical Cancer**

**Bowel Cancer**

**Breast Cancer**

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

## Bowel Cancer

More than **16,000** people die from bowel cancer in the UK every year

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.



### Symptoms



Bleeding from your bottom



A change in your pooing habits. You might be going more or less often, or have diarrhoea or constipation that might come and go.



Feeling tired all the time but not sure why



A pain or lump in your tummy



Losing weight but not sure why

If something isn't normal for you, contact your GP

### Screening

#### 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 envelop on the same day



Aged **50-74**

Everyone screened every **2 years**

Age 75 or over — request a screening

## Cervical Cancer

**99.8%** of cervical cancer cases in the UK are preventable.



Cervical/Gynaecological screening is a way of preventing cancer. It tests for a virus called human papillomavirus (HPV). High risk HPV can cause cervical cells to become abnormal. Virtually all cases of cervical cancer are linked to high risk HPV.

### Symptoms



Unusual vaginal bleeding



Unpleasant smelling vaginal discharge



Constant Fatigue



Bleeding after menopause



Leg/Pelvic pain



Pain and discomfort during sex



Unexpected weight loss

If you are invited for your smear test whilst age 24, depending on your birthday, you can ask your GP/Nurse to give you the HPV vaccine.

If something isn't normal for you, contact your GP

### 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



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

Aged **50-64**  
Every 5 years

Everyone with a cervix should go for a cervical screening

## Breast Cancer

Breast cancer is the most common cancer in the UK, representing **15%** of all new cancer cases.

Screening saves about 1 life from breast cancer for every 200 women who are screened. This adds up to about 1,300 lives saved from breast cancer each year in the UK.



### Symptoms



Lump in the breast



Nipple changes inversion



Redness & heat



Swelling of all or part of the breast



Bloody discharge



Visible lump on armpit



Dimpled or depressed skin



Skin irritation or texture change

If something isn't normal for you, contact your GP

### Screening

#### A mammogram (X-ray)

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



Aged **50-71**

**71+**

Can self refer

The screening will take about 30 mins