

# Cancer Awareness Factsheet

# Cancer Awareness

## What is Cancer?



Cancer is caused by damage to our **DNA** which can happen over a person's lifetime. Rare cancers can start due to **inherited faulty genes**.



**Environmental and lifestyle factors** can damage our DNA - e.g. UV rays, chemicals in tobacco etc.



There are more than **200 different types** of cancer.



**1 in 2 people** in the UK will get cancer in their lifetime.



Primary Tumour - where a **cancer starts**.



Secondary Tumour - cancer that's **spread to other parts** of the body.



Cancer and its treatments **can affect** blood circulation, lymphatic and immune systems, and the hormone system.

## Some cancer facts...

### Preventable Cases



38%

Cancer cases are preventable UK, 2015

### Caused by Smoking



15%

Smoking is the largest cause of cancer in the UK

### Caused by Obesity



6%

Overweight and obesity is the UK's biggest cause of cancer after smoking

### Cases



367,167

New cases of cancer, 2015-2017, UK

### Deaths



164,901

Deaths from cancer, 2015-2017, UK

### Survival



50%

Survive cancer for 10 or more years, 2010-11, England and Wales

# Cancer Awareness

## *Lifestyle changes to help prevent cancer*



# Cancer Awareness

## Breast Cancer

### Symptoms

- ! Lump or area of thickened breast tissue.
- ! Change in size or shape of the breast.
- ! Discharge from either nipple which could be streaked with blood.
- ! Lump or swelling in either of your armpits.
- ! Dimples on the skin of your breasts.
- ! A rash on or around the nipple.
- ! Change in appearance of the nipple.

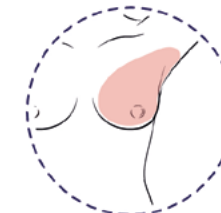
### Risk Factors

1. Age - as you get older the risk increases.
2. Family history.
3. Previous diagnosis of Breast Cancer.
4. Previous benign lump.
5. Being tall, overweight or obese.
6. Excessive drinking.

### Breast Self-examination



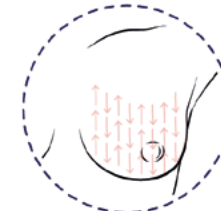
Once a month,  
2-3 days after periods.



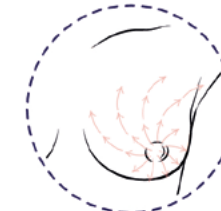
Examine breast and armpit  
with raised arm.



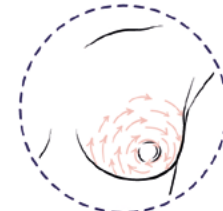
Use fingerpads with  
massage oil or shower gel.



Up and down.



Wedges.



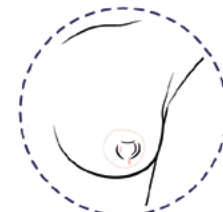
Circles.



Examine Breasts in the mirror  
for lumps or skin dimpling...



...change in skin colour  
or texture...



...nipple deformation,  
colour change or leaks of fluid.

In the UK, about 1 in every 8 women during their lifetime will be diagnosed with Breast Cancer. With early detection, treatment is more successful with a greater chance of recovery. With age, the risk increases, therefore women aged between 50 to 71 will be invited to attend a mammogram screening every 3 years. **If you notice any changes, don't wait until your next screening, see a GP.**

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## Cervical Cancer

### What is it?

Cervical cancer develops in a woman's cervix (the entrance to the womb from the vagina).

### Who does it affect?

- Mainly affects sexually active women between 30 and 45 years old. Cervical cancer affects around 3,000 women in the UK every year, making it the most common form of cancer for women under the age of 35.
- 9 women are diagnosed with cervical cancer every day.
- 2 women lose their lives to cervical cancer every day.

### Symptoms

- If you do have symptoms, these can be:
  - abnormal vaginal bleeding: during or after sex, between periods and new bleeding after menopause. This does not mean you have cervical cancer but should consult your GP as soon as possible.
  - Discharge of abnormal amounts, colour or smell.
  - Urinating more frequently.
  - Pain when urinating.
  - Pelvic pains.

### Protecting yourself

- Best protection method for cervical cancer is attending regular smear tests!
- Every woman between 25-65 yrs are invited to have a smear test.
- Every 3 years from 25-49 yrs.
- Every 5 years 50-64 yrs.
- HPV causes a majority of cervical cancers. Certain strains of the virus cause normal cervical cells to become abnormal. Over the course of years or even decades, these cells can become cancerous.

*75% of cervical cancers can be prevented by screening.*

*Cervical cancer often has NO SYMPTOMS in the early stages, or can be confused with urinary tract infection, yeast infection or menstrual cycle.*

## Top Tips

**For attending your regular smear tests**

**1** Go in the **middle** of your cycle

**2** Ask for a **woman** doctor

**3** Wear **comfortable** clothing

**4** Ask for a smaller speculum

**5** Take someone along if needed

**6** Listen to music

*A smear test lasts 5 minutes...*

*The impact of cervical cancer lasts a lifetime.*

# Cancer Awareness

## Health Focus - The Prostate

### Only men have a Prostate

Only men have a prostate gland and it's about the shape and size of a walnut and sits underneath your bladder - it produces the fluid that makes up part of your semen.

### Enlarged Prostate

Enlarged prostate - once a man reaches 50, the prostate can become so enlarged that it obstructs urine out of the bladder - this is called Benign Prostatic Hyperplasia which can have similar symptoms to prostate cancer.

### Prostate Cancer

Prostate cancer is the most common type of cancer in men in the UK.

### 1 in 7

1 in 7 men born today will go on to develop the condition - it's more common in men over 65.

### Symptoms

Prostate cancer initially might not produce any symptoms but as it progresses it may cause the following:

- Unable to urinate (this is called retention)
- Needing to urinate urgently
- Needing to urinate more often than usual
- Getting up to urinate during the night
- Blood in your urine
- Pain when you urinate
- A weak flow of urine
- Trouble starting or stopping



50

Only **2 in 5 people** (40%) know that being aged **50 or over** increases a man's risk of prostate cancer.



**4 in 5 men** (83%) at increased risk of prostate cancer don't know they're at greater risk.



Only **half of the UK population** (47%) know that having a family history of prostate cancer increases your risk of getting the disease.

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## Testicular Cancer

### What are testicles?

The testicles are 2 oval-shaped male sex organs that sit inside the scrotum on either side of the penis.

The testicles are an important part of the male reproductive system because they produce sperm and the hormone testosterone, which plays a major role in male sexual development.

### Testicular cancer:

The most common type of testicular cancer is germ cell testicular cancer, which accounts for 95% of all cases.

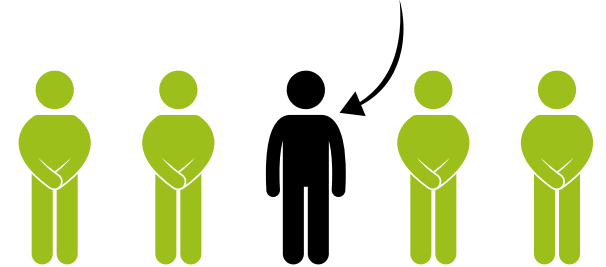
### Symptoms:

- painless swelling
- lump in 1 of the testicles
- change in shape or texture of the testicles
- an increase in the firmness of a testicle
- a difference in appearance between 1 testicle and the other
- a dull ache or sharp pain in your testicles or scrotum, which may come and go
- a feeling of heaviness in your scrotum

*Testicular Cancer kills around 65 men every year.*

*Around 2,300 men are diagnosed with testicular cancer each year in the UK*

That's more than one death every single week.

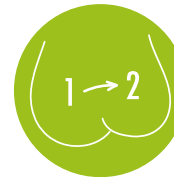


*Testicular cancer tends to affect younger men*

*Make a date with your testicles and check them once a month...*



**Check in the shower**



**Check one at a time**



**Roll between your fingers**



**Look out for hard bumps**

greencore  
group

