



SPEAK UP
against cancer!

This booklet
could save your life



Brighton & Hove
City Council

NHS

Brighton and Hove
Clinical Commissioning Group

Am I at risk?

Know the signs

Take action

The information in this booklet will help you to **Stay healthy** and **reduce your risk of cancer**.

If in doubt – check it out

Cancer, when detected early can be: cured, treated, managed and lived with. We need to know our bodies and be aware of changes that persist over time and get them checked out with the doctor.

If you have any of the symptoms described, **don't panic**. Many cancer symptoms are also symptoms of much less serious illness. If you are concerned:

1. Tell your doctor straight away
2. Get it sorted
3. Move on with your life.

SPEAK UP
against cancer!

speakupagainstcancer.org

Contents

Know the facts: Smoking and alcohol	4
Know the facts: Healthy eating	6
Know the facts: Being active	8
Cancer screening	10
Lung cancer	12
Breast cancer	14
Skin cancer	16
Prostate cancer	19
Testicular cancer	20
Bowel cancer	22
Cervical cancer	24
Help , Advice & Support	26

www.cancerresearchuk.org
www.cancerscreening.nhs.uk

Know the facts:

Smoking

- Smoking causes heart disease, chronic lung disease and lung cancer. It increases risk of cancer of: lips, mouth, tongue, throat, stomach and other cancers.
- There is no safe level of use.
- Cigarettes contain over 60 cancer causing chemicals.
- Passive smoking causes disease and death amongst non smokers.
- Smoking and alcohol combined increases cancer risk.
- Don't start smoking.
- If you have started smoking, quit as soon as you can. It's never too late. You'll improve your general health and greatly reduce your risk of cancer.

Know the facts:

Alcohol

- Alcohol is associated with cancer of the mouth, throat, food pipe (oesophagus) breast, liver and bowel. The risk of developing a range of illnesses including cancer increases with the amount of alcohol you drink on a regular basis.
- Guidelines for both men and women are that you are safest not to drink regularly more than 14 units per week, to keep health risks from drinking alcohol to a low level.
- If you do drink as much as 14 units per week, it is best to spread this evenly over 3 days or more. If you have one or two heavy drinking sessions, you increase your risks of death from long term illnesses and from accidents and injuries.
- If you wish to cut down the amount you're drinking, a good way to help achieve this is to have several drink-free days each week.

Know the facts: Healthy eating

Eating healthily is an important part of a healthy lifestyle. A diet that is high in fibre, fruit and veg and low in red and processed meat, salt and saturated fat really will help reduce your risk of developing cancer as well as helping you stay a healthy weight.

- Poor diet is linked to one third of all cancers and to heart disease, high blood pressure, diabetes and obesity.
- Being overweight also increases risks of heart disease, cancer, high blood pressure and diabetes.
- Many adults and children do not eat a healthy diet.
- It's important to know your healthy weight.
- A combination of eating a healthy balanced diet combined with exercise is the best way to lose weight and maintain a healthy lifestyle.



Know the facts:

Being active

Get active. Simple activities in your day can reduce your risk of serious illness, keep your heart healthy and strengthen muscles and bones. It can also reduce stress levels, make you happier and improve your general wellbeing.

- Physical inactivity doubles the risk of heart disease, stroke, high blood pressure, diabetes and osteoporosis and increases risk of some cancers.
- Try to be active daily and do at least 150 minutes of moderate-intensity activity, such as cycling or fast walking, every week and muscle-strengthening activities on 2 or more days a week. You can split this into 10 minutes 3 times a day or 15 minutes twice a day and still get the same benefit. Activities such as walking to work can make a big difference.
- Being active reduces cancer risk, heart disease, improves quality of life and has long term health benefits.



Cancer screening

Screening can detect cancers at an early, treatable stage. It can be a warning of cancer when there are no symptoms. NHS screening programmes make it easy and accessible.

Screening could save your life.



Bowel Cancer Screening

Every two years men and women aged 60-74 will receive an invitation for screening in the post, followed by a screening kit so you can do the test at home. People over 74 can request screening by contacting the freephone helpline on **0800 7076060**.

- Screening can also detect polyps, which are not cancers but may develop into cancer.
- Regular screening can reduce the risk of dying of bowel cancer by 16%.

Cervical Screening

- Cervical screening saves around 5,000 lives in England each year.
- It can detect HPV (human papilloma virus), linked with an estimated 100% of all cases of cervical cancers.

Breast Screening

- We estimate that breast screening saves around 1,300 lives a year.
- As the likelihood of getting breast cancer increases with age, all women who are aged 50-70 and registered with a GP are automatically invited for breast cancer screening every three years.
- In the meantime, if you are worried about breast cancer symptoms, such as a lump or area of thickened tissue in a breast, don't wait to be offered screening – see your GP.
- Attend your mammogram when invited – breast cancer can be effectively treated if caught in time.

Lung cancer Signs & symptoms

The most common cause of cancer death in the UK, it claims over 35,400 lives each year. It's not only smokers who are affected, although smoking causes around 89% of lung cancer deaths. Passive smoking and air pollution could increase your risk. But caught early on, lung cancer can be successfully treated.

Know the signs:

- An unexplained cough for more than 3 weeks
- A change in a cough you have had for a long time
- Shortness of breath
- Blood in the phlegm
- Repeated chest infections
- A lasting chest or shoulder pain
- Unexplained tiredness
- Unexplained weight loss



Some of these symptoms are common and may not be cancer. Check with your doctor.



Mark is a firefighter from Brighton. His lung cancer was caught early and he is back watching Brighton & Hove Albion Football Club.

Breast cancer Signs & symptoms

1 in 8 women develop breast cancer – that's 50,000 people every year, or 130 women every day. It's more common in women over 50. An early diagnosis often means successful recovery.

All women who are aged 50-70 and are registered with a GP are automatically invited for breast cancer screening every three years.

Know the signs:

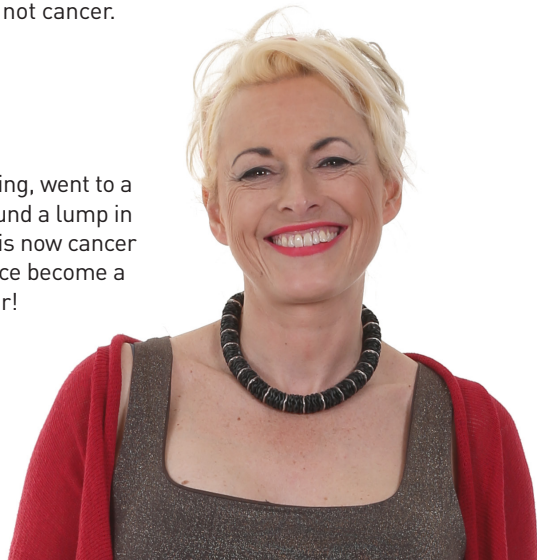
- A lump or thickening in an area of the breast
- A change in the size or shape of a breast
- Dimpling and puckering of the skin
- A change in the shape of your nipple. Has it turned in, sunk in or become irregular in shape?
- Nipple discharge
- Rash or crusting of the skin

14 If you have any of these signs or symptoms don't wait for your next screening invitation - go and see your GP.



Check anything unusual with your doctor, but don't panic. These may be signs of other common conditions that are not cancer.

Nic, from Worthing, went to a GP when she found a lump in her breast. She is now cancer free and has since become a fitness instructor!



www.nhs.uk/Conditions/Cancer-of-the-breast-female
www.gov.uk/topic/population-screening-programmes/breast

15

Skin cancer Signs & symptoms

Most skin cancers are caused by sunburn or long-term exposure to sun. A tan is an early sign of damage to the skin and does not protect the skin from further damage or skin cancer. The sun reflecting off water, sand, snow and concrete will increase your risk of burning. Sun beds are harmful, they mimic the sun by emitting UVA radiation.

The number of cases of skin cancer in Brighton and Hove is growing. Although some people are more at risk than others, we should all take precautions.

Know the signs:

- A spot or sore that does not heal within 4 weeks
- A spot or sore that itches, hurts, is scabbed or crusty, or bleeds for more than 4 weeks
- Moles that change shape, colour or size
- Areas where the skin has broken down and doesn't heal within 4 weeks



See our sunsafe checklist overleaf

Meet **Stewart** who works outside as a football coach. He wife noticed the mole on his shoulder was changing. He had it treated and is now cancer free.

"I'm now aware that I need to apply sun block even on a cloudy day."



Skin cancer

Be sunsafe



- Do not burn the skin
- Wear a hat, loose cotton clothing and sun glasses
- Take special care of babies and young children
- Stay out of the sun between 11am and 3pm
- Use sunscreen Sun Protection Factor 30 or higher for periods of unavoidable exposure and reapply sun cream throughout the day.
- Do not use sun beds
- Drink tap water throughout the day

Young children and babies are more sensitive to the effects of UV rays, and extra care should be taken to protect their skin.

Children and young adults tend to spend more time outdoors, and overexposure to the sun will increase their risk of skin ageing and skin cancer which will only become apparent when they're older.

It can be helpful to teach your child the importance of protecting themselves from a young age, as this may help it to become a lifelong practice.

Prostate cancer Signs & symptoms

Prostate cancer is the most common cancer in men in the UK, with around 41,700 new cases every year, mostly in the over 50s.

Know the signs:

- Difficulty or pain passing urine
- Passing more urine than usual, especially at night
- Blood in the urine



In most cases an enlarged prostate is not a sign of cancer. Don't panic, but check with your doctor.

Meet **Mike**, from Hove, who was diagnosed with prostate cancer.

"Six years after my diagnosis I am still active and living well."



Testicular cancer Signs & symptoms

Testicular cancer is more common in men aged 20-44 and around 2,200 men are diagnosed every year. Learn to recognise the early symptoms and get prompt treatment. It's one of the most treatable cancers if detected early.

Know the signs:

- A hard lump on the front or side of the testicle
- Swelling or enlargement of a testicle
- Pain or discomfort in a testicle or the scrotum
- An unusual difference between one testicle and the other
- A feeling of heaviness in the scrotum
- A dull ache in the lower stomach or groin
- A sudden collection of fluid in the scrotum
- Unexplained fatigue or generally feeling unwell



These symptoms may be caused by conditions other than cancer such as a cyst or infection.

Check yourself once a month, after a warm bath or shower when the scrotal skin is relaxed. If you notice any of the signs, see your doctor without delay – early diagnosis usually means successful treatment.

Matt, from Shoreham, went to his GP with a lump. He was diagnosed and treated quickly.

“I’m glad I was treated early and successfully. Losing my hair has only made me better looking.”



Bowel cancer Signs & symptoms

Around 1 in 20 people will get bowel cancer in their lifetime. 41,600 people are diagnosed every year, and there are 16,200 bowel cancer-related deaths a year. But, if detected early, over 90% of cases can be treated successfully.

Every two years men and women aged 60-74 will receive an invitation for screening in the post, followed by a screening kit so you can do the test at home. People over 74 can request screening by contacting the freephone helpline on **0800 7076060**.

Know the signs:

- Blood in your poo
- Looser poo or a persistent change in bowel habit
- A feeling that you haven't emptied your bowel properly after a poo
- A pain or lump in your tummy
- Unexplained weight loss

If you have any of these signs or symptoms don't wait for your next screening invitation - go and see your GP.



Remember, these symptoms may not point to cancer, but early diagnoses are more easily and effectively treated.



Sonia did her bowel screening and her second one showed an abnormality.

"I had a polyp removed - and I'm glad it was all dealt with so quickly"

Cervical cancer Signs & symptoms

Women aged 25-49 are invited for screening every 3 years, those aged 50-64 every 5 years. Any woman can get cervical cancer but smoking or having unprotected sex can put you at higher risk.

All girls aged 12 to 13 are offered HPV (human papilloma virus) vaccination as part of the NHS childhood vaccination programme. The vaccine protects against cervical cancer. If girls take up the vaccination at school, the programme will prevent at least 7 out of 10 cancers of the cervix (70%) and possibly even more in the future.

Know the signs:

- Bleeding between periods
- Bleeding during or after sex
- Bleeding after the menopause
- Any unpleasant and unusual vaginal discharge
- Discomfort or pain during sex



If you have any of these signs or symptoms don't wait for your next screening invitation - go and see your GP.

Jemma, from Brighton, had early cancerous changes picked up during a cervical screening.



"I had some treatment, but I got the all clear and now I have a gorgeous baby girl too!"

Help, advice & support

If you want to become more healthy and reduce your risk of cancer our Health Trainers Programme is a free and confidential service that will offer one to one advice, support and encouragement to set achievable health goals.

healthtrainers@brighton-hove.gov.uk 01273 296877

Health and wellbeing: visit www.mylifebh.org.uk or www.nhs.uk/change4life for more health information.

Smoking: Speak to a stop smoking advisor at your GP or local pharmacy. www.brighton-hove.gov.uk/stopsmoking

Alcohol: Call Pavilions on **08000 149819** www.pavilions.org.uk or DrinkLine: **0800 917 8282**

Weight: For free weight management sessions call your Healthy Weight Team on **01273 431703** www.bhfood.org.uk

Get active: Contact Active For Life for low-cost physical activity sessions www.brighton-hove.gov.uk/activeforlife **01273 292724** or email sports.info@brighton-hove.gov.uk

Sexual Health and Contraception (SHAC) Call **01273 523388**
www.brightonsexualhealth.com

Carers: If you are a carer, the Carers' Centre is here to advise and support you. www.thecarerscentre.org www.carersuk.org

Overseas Language Interpretation: Sussex Interpreting Services
Non Emergency: **01273 702005** Emergency: **07811 459315**
Online booking form: www.sussexinterpreting.org.uk

British Sign Language (BSL) and Lip Speaking: Action Deafness
Non Emergency: **0844 593 8443** Emergency: **07947 714040**
Online booking form: www.actiondeafness.org.uk

Telephone interpreting: Pearl Linguistics
Call **0800 206 1119** and enter access code: GP practices: P230102
Dentists: P230101 Pharmacies: P230100 Optometrists: P230103
Indicate language required. You should be connected with an interpreter within 60 seconds.

Brighton and Hove health promotion directory
www.brighton-hove.gov.uk/content/health/public-health-brighton-hove

If you are concerned about your health,
visit www.nhs.uk or see your GP

SPEAK UP
against cancer!

speakupagainstcancer.org

NHS

*Brighton and Hove
Clinical Commissioning Group*



**Brighton & Hove
City Council**



**Albion in the
Community**
Giving people a chance