

BOWEL SCREENING

Reasons for engaging in the Bowel Cancer Screening Programme;

The NHS Bowel Cancer Screening Programme is offered every two years to all men and women (registered with a GP) in England aged 60 to 74 . People who wish to be screened but are 75+ need to request a screening kit by calling the freephone helpline 0800 707 60 60. More information is available from www.cancerscreening.nhs.uk.

The Bowel Cancer Screening Programme (BCSP) aims to reduce bowel cancer mortality by detecting and treating bowel cancer, or pre-cancerous growths early. More than 90% of people will live for at least five years when it is detected early. However when found late, less than 7 % survive for the same period (Cancer Research, 2014). It is estimated that the BCSP will save more than 2,000 lives each year by 2025 (NHSE, 2014) **and as an NHS provider we encourage our patients to attend.**

Around one in 17 people in the UK will develop bowel cancer - men and women of all ages, cultures and backgrounds. It is the third most common cancer and the second biggest cause of cancer deaths. Bowel cancer screening has been shown to reduce the risk of dying from bowel cancer by 16 per cent.

Bowel screening can detect bowel cancer in people that have no symptoms. When diagnosis is made early, before it has had a chance to spread, bowel cancer can be cured in over 90% of cases. The later a diagnosis is made, the more difficult bowel cancer is to treat.

This is very important because bowel cancer is usually a very slow growing disease and can be cured with a straight forward operation if it is detected before it has started to spread which will significantly reduce the risk of bowel cancer developing later

Invite letters are sent to all eligible people requesting them to complete a FOB test (this pack comes with full instructions on how to complete the test in the privacy of your own home). The test will be carried out over the course of a few days and patients are then requested to return these via the post to the central laboratory for test.

This test does not diagnose bowel cancer but will identify blood in the faeces and a positive test will trigger an invitation to have an investigation carried out. It aims to detect changes in the bowel that might develop into bowel cancer in the future. It can detect bowel cancer at a much earlier stage, before people are experiencing any obvious symptoms.

Most patients with bowel cancer present with one of the following symptom combinations:

- a persistent change in bowel habit, causing them to go to the toilet more often and pass looser stools, usually together with blood on or in their stools
- a persistent change in normal bowel habit without blood in their stools, but with abdominal pain
- blood in the stools without other haemorrhoid symptoms, such as soreness, discomfort, pain, itching, or a lump hanging down outside the back passage
- rectum or abdominal pain, discomfort or bloating always provoked by eating, sometimes resulting in a reduction in the amount of food eaten and weight loss
- a lump in your abdomen (more commonly on the right side) or in your rectum along with a straining feeling in the rectum
- the symptoms of bowel cancer can be subtle and don't necessarily make you feel ill

If any patient is experiencing any of the above symptoms,

please DO NOT WAIT to be offered screening

Please book an appointment to see your GP TODAY

BREAST SCREENING

Reasons for attended breast screening;

Women over 50 are invited for routine breast screening because it prevents them from dying of breast cancer. Most experts agree that regular breast screening is beneficial in identifying this **and as an NHS provider we encourage women to attend.**

About one in eight women in the UK are diagnosed with breast cancer during their lifetime. There's a good chance of recovery if it's detected in its early stages.

Breast screening aims to find breast cancers early and the earlier the condition is found, the better the chances of surviving it. You're also less likely to need a mastectomy (breast removal) or chemotherapy if breast cancer is detected at an early stage. It uses an X-ray test called a mammogram that can spot cancers when they are too small to see or feel.

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 (although in England the screening programme is currently extending the age range to include women from 47 to 73 years old). Women will first be invited for screening between your 50th and 53rd birthday (although in some areas you'll be invited from the age of 47). Women may be eligible for breast screening before the age of 50 if you have a higher-than-average risk of developing breast cancer. Women over the age of 70 will stop receiving screening invitations. However, they are still eligible for screening and can arrange an appointment by contacting your local screening unit.

Breast screening is carried out at special clinics or mobile breast screening units. The procedure is carried out by female members of staff who take mammograms. During screening, your breasts will be X-rayed one at a time. The breast is placed on the X-ray machine and gently but firmly compressed with a clear plate. Two X-rays are taken of each breast at different angles.

After your breasts have been X-rayed, the mammogram will be checked for any abnormalities. The results of the mammogram will be sent to you and your GP no later than two weeks after your appointment.

Following screening, about one in 25 women will be called back for further assessment but this doesn't mean you definitely have cancer. The first mammogram may have been unclear. About one in four women who are called back for further assessment are diagnosed with breast cancer.

The most common symptom of breast cancer are;

Swelling of all or part of a breast (even if no distinct lump is felt)

Skin irritation or dimpling

Breast or nipple pain

Nipple retraction (turning inward)

Redness, scaliness, or thickening of the nipple or breast skin

Nipple discharge

Painless hard mass that has irregular edges

Breasts can be tender, soft, or rounded

Breasts can become painful

Other possible symptoms of breast cancer include:

Sometimes a breast cancer can spread to lymph nodes under the arm or around the collar bone and cause a lump or swelling there, even before the original tumor in the breast tissue is large enough to be felt. Swollen lymph nodes should also be reported to your doctor.

Although any of these symptoms can be caused by things other than breast cancer, if you have them, they should be reported to your doctor so that he or she can find the cause.

If any women is experiencing any of these symptoms

DO NOT WAIT to be offered screening

please book an appointment to see your GP TODAY