



presenters

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Cancer Prevention - Finding Cancer Early - Quality Cancer Care - Living with Cancer

Plan for today

11.00am	meet and greet coffee
11.15am	meet the team
11.30am	what is a cancer champ and what will they do?
11.50am	boundaries
12.00 midday	Cancer champions - two key topics - screening/prevention and support for people living with and beyond cancer
1.00pm	lunch - a chance to chat to other Champions
1.45pm	a review of supporting videos
2.15pm	your questions about the role
2.45pm	presentation of certificates and your Cancer Champion badge
3.00pm	finish



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Why do we need cancer champions and Schemes elsewhere

<https://www.vsnw.org.uk/cancer-champions-stories>

<https://humbercoastandvale.org.uk/2019/05/09/1000-and-counting-cancer-champion-volunteer-training-programme-reaches-milestone/>



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“As a society, we are in a better position to fight cancer than ever before. Cancer Champions are a key part of our strategy to share knowledge across our communities. We know that up to 40 per cent of cancers are preventable through lifestyle changes. We also know that cancers that have been diagnosed at an early stage, before they have had the chance to get too big or spread, are more likely to be treated successfully.

“I am proud to call myself a Cancer Champion. I want to join my fellow champions to use our passion, training and knowledge to work within our communities to support those at risk of developing cancer as well as helping to prevent avoidable cancer deaths by encouraging people to take up cancer screening invitations or go to their GP if they have symptoms they are worried about.”

Lucy Turner, Humber, Coast and Vale Cancer Alliance Programme Director



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As a Cancer Champion you can...

- Promote local cancer prevention schemes and initiatives
- Talk confidently about local support services and places
- Share posts on social media about local cancer initiatives and schemes
- Involve people in your community or workplace in conversations about cancer
- Raise awareness about the importance of cancer screening



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Professional boundaries

- Being a Cancer Champion is a sign posting role
- Encourage others to seek medical treatment from their GP practice if something is a concern or out of the ordinary for them
- The Cancer Champion scheme is aimed at supporting people 18 years and over
- Don't put yourself in a vulnerable or dangerous situation whilst undertaking champion work - only support people in safe environments, where you and the person you are supporting feel comfortable and safe
- Only share information you feel is appropriate – for example protect personal information and data. This may or may not include phone numbers



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Community Cancer Champions



Together we will beat cancer



Why we need your
help in Leicester,
Leicestershire and
Rutland...

What are your chances of being diagnosed with cancer?



30%

40%

50%

60%

IN
THE UK



1 IN 2
OF US WILL
BE DIAGNOSED
WITH **CANCER**
IN OUR LIFETIMES

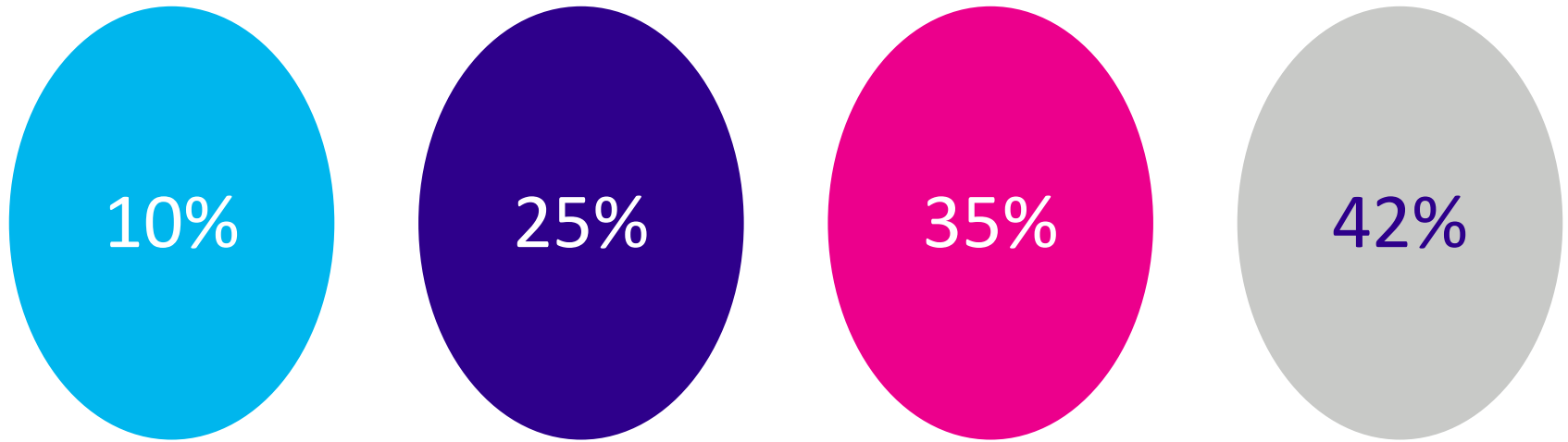
BUT MORE OF US
BEAT CANCER
THAN EVER BEFORE


LET'S BEAT CANCER **SOONER**
cruk.org



CANCER
RESEARCH
UK

How many people would survive cancer (for 10 years or more) in 1970?





10 YEAR
SURVIVAL

1970

24%



12/1



10 YEAR
SURVIVAL



How many people would survive
cancer (for 10 years or more) in
2010?

40%

50%

60%

75%

10 YEAR
SURVIVAL

1970

24%

2010

50%

WITHIN
20 YEARS

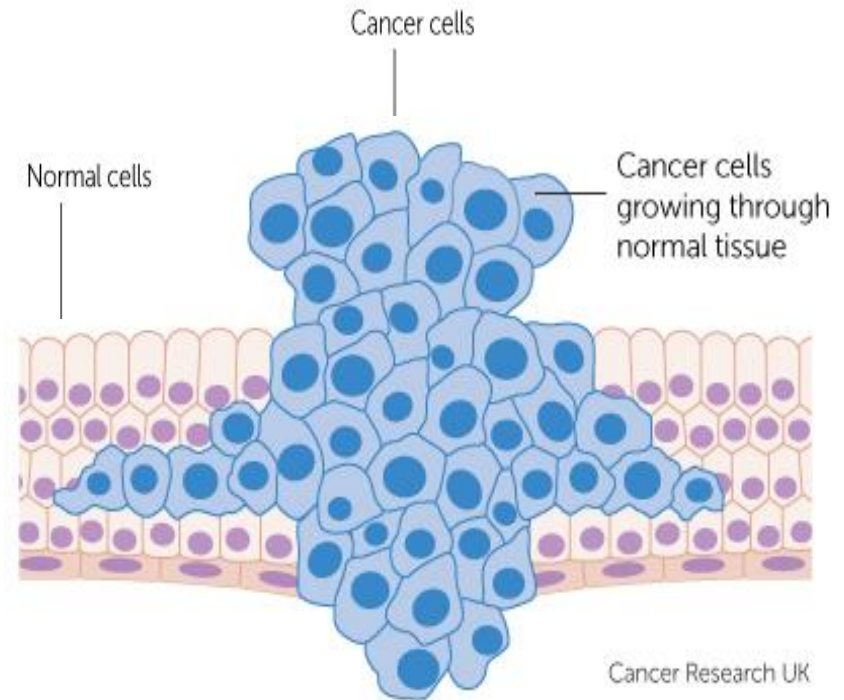
75%



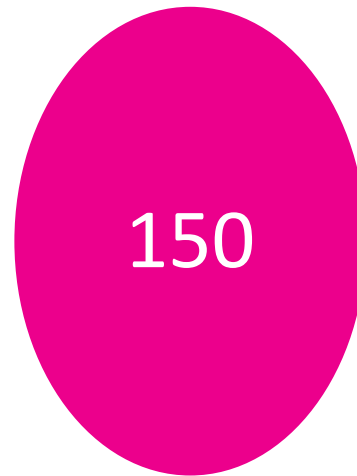
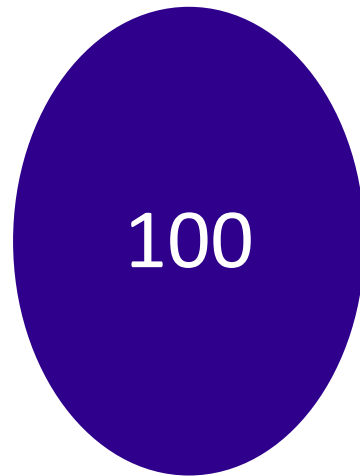
What is Cancer?

What is Cancer?

- A disease of the cells
- Caused when abnormal cells divide uncontrollably
 - usually forming a tumour
- Changes in the cell caused by DNA damage gradually accumulates throughout a person's lifetime



How many types of cancer are there?



Sign and symptoms



Unusual breast
changes

Difficulty
swallowing

Coughing up
blood

Blood in your

Persistent
heartburn

Problems
wee
peeing

Breathlessness

Cough

Pooing more
often

Unexplained
weight loss

Sore that won't
heal

Looser poo

Spotting cancer?

A mouth or tongue
ulcer that won't
heal

Unusual lump
or swelling

Aches or pains that
don't go away

Blood in your
poo

A sore that
won't heal

Unexplained
vaginal
bleeding

Persistent
bloating

Heavy night
sweats

A new mole or
changes to
a mole

Croaky voice or
hoarseness

A large, vibrant pink arrow pointing to the right, which serves as a background for the text.

**IF IT'S NOT
NORMAL – GET
IT CHECKED**



Dr Ian Watson

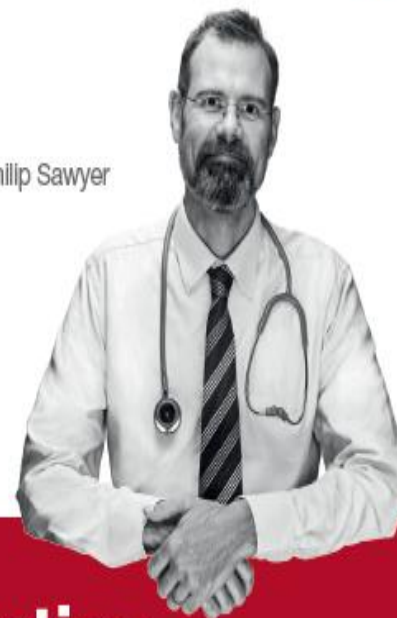
**Coughing
for 3 weeks?**

**Get out of
breath easily?**

**Do you have
either of these
symptoms?
Tell your doctor**

**BE CLEAR
ON CANCER**

Dr Philip Sawyer



**If you notice
blood in your pee,
even if it's
'just the once',
tell your doctor.**

**BE CLEAR
ON CANCER**

Prevention



About cancer

- Most cancers develop because of DNA damage that can happen because of things in our lifestyle and environment.
- **The biggest risk factor for cancer is age**—half of cases in the UK are diagnosed in people aged 70 and over.
- Risk factors in our environment (tobacco, alcohol, UV) can damage our DNA, increasing our risk.

How many cases of
cancer can be
prevented?

**4 IN 10 CANCER CASES IN ENGLAND
CAN BE PREVENTED...**

Prevention game

4 IN 10 CANCER CASES CAN BE PREVENTED...



...MAKE A
CHANGE
TO REDUCE
THE RISK OF
CANCER



 Larger circles indicate more UK cancer cases

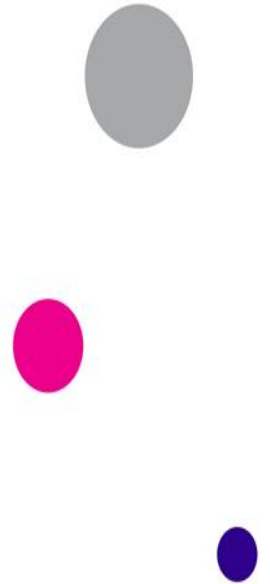
Circle size here is not relative to other infographics based on Brown et al 2018.

Source: Brown et al, British Journal of Cancer, 2018.

LET'S BEAT CANCER **SOONER**
cruk.org



Screening



What is screening?

Screening is a way of **detecting** the **early signs of disease** – it is meant for people **without any symptoms**



What Are The Cancer Screening Programmes in England?

Screening programmes

Bowel screening

- Men and women aged 60–74yrs, invited every 2 years
- Over 74, can request a kit
- FIT (Faecal Immunochemical Test) kit received in the post
- One off bowel scope test at 55yrs



Breast screening

- Women aged 50–70yrs, invited every 3 years
- Women over 70 screened on request
- Mammography



Cervical screening

- Women aged 25-64yrs
- Invited every 3 years age 25-49, and every 5 years age 50-64
- Speculum and brush used to take small sample of cells taken from the cervix



Bowel Screening



Instructions on how to use your test kit

NHS

1



- Write the date on the sample bottle in biro
- Use a container or layers of toilet paper to catch your poo
- Do not let your poo touch the toilet water

2



- Twist cap to open the sample bottle
- Collect sample by scraping the stick along the poo until all grooves are covered
- We only need a little poo to test – please do not add extra!

3



- Put the stick back in bottle and 'click' the cap to close it
- Do not reopen the bottle after use
- Please wash your hands after use

4



- Make sure you have written the date on the sample bottle
- Put the sample bottle in the return envelope supplied
- Peel off the tape, seal the envelope and post.

Please post as soon as possible



please recycle this paper carton



please recycle the plastic tray



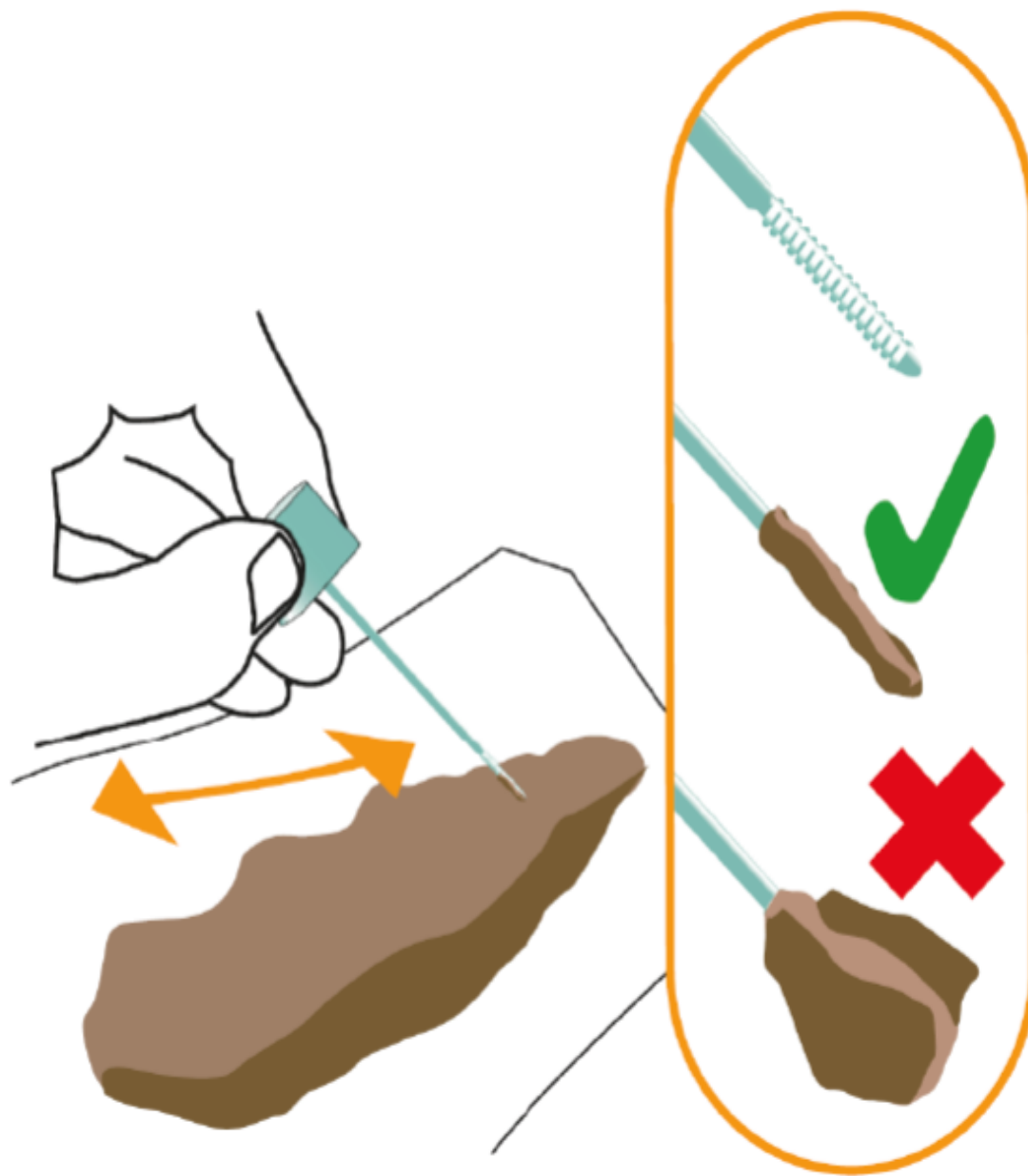
NHS

NHS

1



2



3



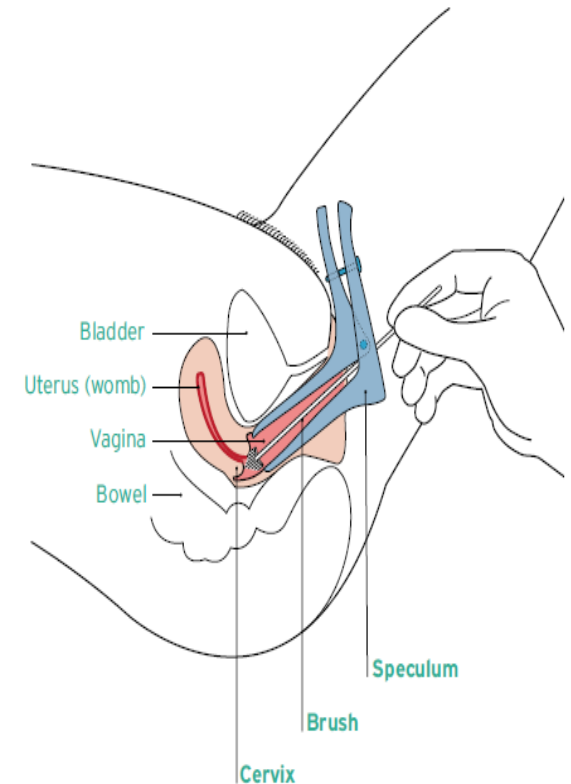
4



Cervical Screening

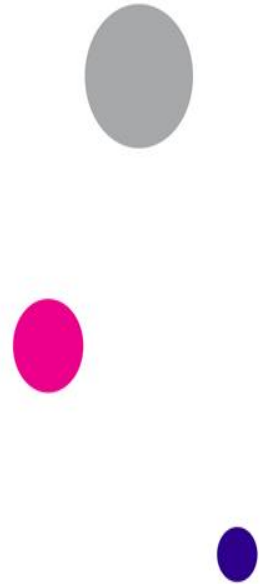
Cervical screening aims to prevent cancer

- It is **NOT a test to find cancer**. It is a test to detect changes to the cells of the cervix that may develop into cancer in the future
- Women from 25-64, who are **registered with a GP** are invited for cervical screening
- Women aged 25-49 are invited every 3 years. After that, women are invited every 5 years until the age of 64
- The test **collects samples of cells** from the cervix



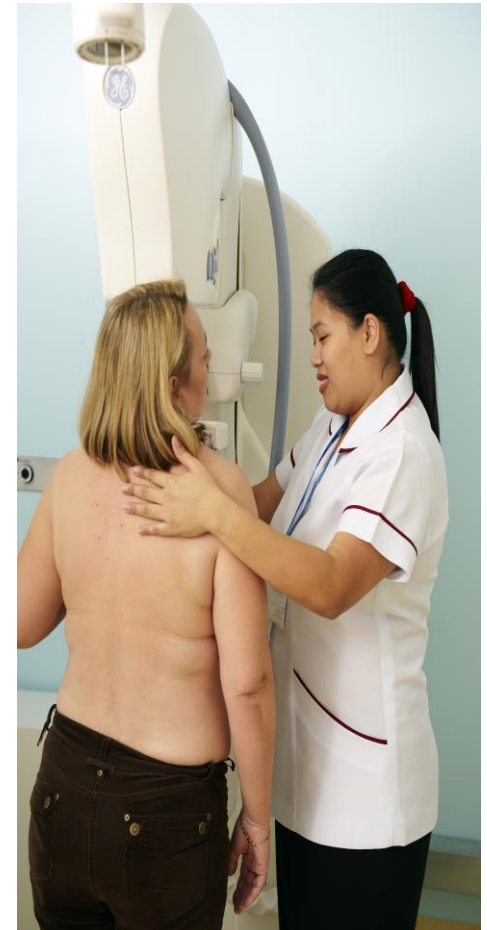
YouTube Video:
<https://youtu.be/QjuEYqQvb0E>

Breast Screening



Breast Screening: Mammography

- For women aged between 50 and 70 years, who are registered with a GP
- Test is a mammogram – 2 x-rays of each breast
- Carried out at special clinics or mobile breast screening units
- Self-referral over 70



What Are The Barriers to Screening?

WHAT THE HEADLINES SAY

MUSHROOM BEAT CANCER

By J. M. H. H.

A MUSHROOM popular in Chinese cooking can help beat cancer, a study has found. Scientists have found that the mushroom can kill cancer cells in the lab. The study was published in the journal *Journal of the National Cancer Institute*. The study found that the mushroom can kill cancer cells in the lab. The study was published in the journal *Journal of the National Cancer Institute*.

...inkling chilli on your food could help fight cancer: Compound that adds heat 'lodges' on surface of diseased cells and tears them apart

COMPUTER IS GIVING KIDS CANCER

EXCLUSIVE

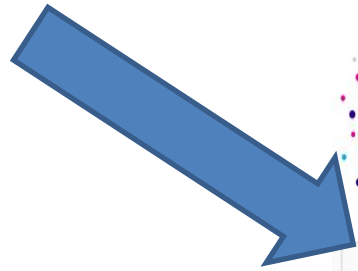
A NEW REPORT SAYS THAT KIDS WHO SPEND TOO MUCH TIME AT THE COMPUTER ARE AT A GREATER RISK OF GETTING CANCER. THE REPORT WAS PUBLISHED IN THE JOURNAL *Journal of the National Cancer Institute*.

Don't be so clingy. Mounting evidence that plastic food wrap releases a host of toxins, even doctors are advising people to stop using it

NEW MOBILE PHONES HEALTH THREAT

...n cups of tea a day 'reduces risk of prostate cancer by 50%'

CANCER RISK IN PORTION OF CHIPS



CANCER
RESEARCH
UK

Together we will beat cancer

Search



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Our research ▼

Funding for researchers ▼

Shop ▼

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Cancer types

Breast cancer

Bowel cancer

Lung cancer

Prostate cancer

More...

Cancers in general

Symptoms

Screening

Tests

Treatment

Clinical trials

Causes of cancer

Smoking

Alcohol

Diet

Obesity

Sun and UV

Coping with cancer

Managing symptoms and
side effects

Counselling and talking

Money and travel

Death and dying

Cancer Chat forum

Health Professionals

Cancer Statistics

Local cancer statistics

Be Clear on Cancer

NICE suspected cancer
referral guidelines

More...

Research is working right now

Your support will help us beat cancer

Donate

CRUK
website –
resources
and
support

The Macmillan Information and Support Centre at the Leicester Royal Infirmary

Angela Sheldon – Macmillan Information and
Support Officer

Angela will talk about resources Macmillan provide
for people living with and beyond cancer available
at the Macmillan Information and Support Centre



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Resources for champions

Online

www.leicestershospitals.nhs.uk/cancerinfo

www.macmillan.org.uk/

www.cancerresearchuk.org/about-cancer

www.nhs.uk/conditions/cancer/

www.cancercaremap.org/



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The LLR Cancer Information Card



Video resources on the web

About Cancer

<https://youtu.be/gKAZkS8CMa0>

for bowel

<https://youtu.be/VnsY31k5Di8>

for lung

<https://youtu.be/lPeJYynjIU>

for prostate

<https://youtu.be/hh5HP1yyJZI>



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The Macmillan Bus

<https://www.macmillan.org.uk/information-and-support/coping/getting-support/local-information-centres/mobile-information-bus.htm>



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Support groups in LLR

- Cancer Care Map

<https://www.cancercaremap.org/>

Please also see the printed sheet in your packs –
this is a list of local support groups



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