

KEY POINTS TO REMEMBER

- Cancer is a serious disease when abnormal cells divide in an uncontrolled way.
- Four in 10 cases of cancer could be prevented, largely through lifestyle changes, such as:
 - **not smoking**
 - **keeping a healthy bodyweight**
 - **eating a healthy, balanced diet**
 - **cutting back on alcohol**
 - **enjoying the sun safely**
 - **keeping active.**
- Cancer screening involves testing apparently healthy people for signs of the disease. Everyone within a certain age group will be invited.
- Screening can save lives by finding cancers at an early stage, or even preventing them from developing.
- Screening is not the same as the tests a person may have when doctors are diagnosing or treating cancer.
- There are more than 200 different types of cancer and each has its own individual signs and symptoms.
- Get to know what looks and feels normal for your body. Anything that's new, unusual or doesn't go away needs to be checked out by your GP.

NEED MORE INFORMATION?

www.nhs.uk/cancer

Cancer Research UK

www.cancerresearchuk.org

0808 800 4040

Jo's Cervical Cancer
Trust

www.jostrust.org.uk

0808 802 8000

Macmillan Cancer Support

www.macmillan.org.uk

0808 808 0000

Roy Castle Lung Cancer
Foundation

www.roycastle.org

0800 358 7200

Breast Cancer Care

www.breastcancercare.org.uk

0808 800 6000

Teenage Cancer Trust
www.teenagecancertrust.org

020 7612 0370

Prostate Cancer UK

www.prostatecanceruk.org

0800 074 8383

Bowel Cancer UK

www.bowelcanceruk.org.uk

0800 707 60 60

HELP US CANCEL OUT CANCER

VOLUNTEER TO TAKE THIS CAMPAIGN INTO YOUR COMMUNITY, OR BOOK AN AWARENESS EVENT FOR A GROUP OR ORGANISATION YOU'RE INVOLVED WITH.

CONTACT THE CCG ENGAGEMENT TEAM ON

01707 685 397 or email

enhertscg.engagement@nhs.net

FOR MORE ON CANCEL OUT CANCER, VISIT

www.enhertscg.nhs.uk/canceloutcancer

NHS

**East and North
Hertfordshire**

Clinical Commissioning Group

CANCEL OUT CANCER

HIGHLIGHTS FROM THE CAMPAIGN

Supported by:



**MACMILLAN
CANCER SUPPORT**

WHAT CAN WE DO TO PREVENT CANCER DEVELOPING?

Scientists believe that 43% of cancers can be prevented through healthier lifestyles. What changes can you make to help prevent cancer?

7 WAYS TO CUT DOWN CANCER



Be smoke free



Keep a healthy weight



Be safe in the sun



Drink less alcohol



Eat a high fibre diet



Cut down on processed meat



Be more active

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/prevention



KNOW YOUR BODY

Get to know what's normal for you – how your body looks and feels, and how you feel in yourself.

Symptoms could range from breathlessness and blood in your urine, to a croaky voice that won't go away or persistent heartburn or indigestion. Anything that's new, unusual for you or not quite right needs to be checked out - make an appointment to chat to your doctor.

WHY IS SCREENING IMPORTANT?

Cancer screening involves testing apparently healthy people for signs of the disease. It can save lives by finding cancers at an early stage, or even preventing them.

In the UK we screen for breast, bowel, and cervical cancer.

Some screening programmes can also prevent cancer. The cervical screening programme and the new Bowel Scope test can detect abnormal changes before they can turn into cancer. Treating these early changes can prevent cancer from developing in the first place.

SPOTTING CANCER EARLY

If we can detect cancer early, the chances of survival are much higher.

A good example is bowel cancer: When diagnosed at the earliest stage, more than nine in 10 people survive for at least five years. However when it is diagnosed at the latest stage less than one in 10 people will survive for five years or more.

The best advice is to follow these steps:

- Get into a routine of regularly checking your body and know what is normal for you
- Making some notes when you check your body for symptoms, and how long you have had them. If you see your GP, the information could be very useful
- Don't put something new or different about your body down to getting older or another health condition. Seek advice.