



CANCER CONCERN

There is concern about cancer symptoms being missed during the pandemic.

There are four cancers to which we wish to draw your attention :-

BREAST CANCER

One in eight women have breast cancer during their life time.

It is more common in women than men. Men can also suffer with breast cancer.

Self examination - only takes a few minutes

Regularly examine your breasts a few days after the end of your period if you have them, if not pick a date say on the 1st of each month.

Better to keep a record.

Visually inspect by standing topless in front of the mirror.

Firstly with your hands by your sides, then hands on your head and then lifting each breast.

Look for any abnormality i.e. change in size, shape or symmetry, dimpling or puckering, inverted nipple, unexplained redness or rash.

Examine using the pads of the fingers (not tips) examine each breast while lying down or in the shower.

Feel each breast, spiraling from the nipple outwards, making your way to the collar bone and center of the breast and on to the sides near the armpits.

Do this again each side with your arm over your head.

Lastly, gently squeeze the nipple to check for discharge.

If you find a lump or abnormality please seek medical advice.

BOWEL CANCER

The exact cause unknown.

The 4th most common cancer in the U.K. for both men and women.

Over 42.000 diagnosed cases per year. More than 90% of people with bowel cancer have one of the following three symptoms :-

- 1) A persistent change in bowel habit = frequent loose stools/faeces and abdominal/tummy pain.
- 2) Blood in stools/faeces without other symptoms of piles.
- 3) Abdominal pain or bloating always brought on by eating.

If you are suffering from any of the symptoms above – please seek your G.P's advice.

CERVICAL CANCER

In U.K. up to 9 women per day are diagnosed with cervical cancer.

Most common in women under 35 years.

The symptoms in the initial stages of cervical cancer are not always obvious until a more advanced stage.

But luckily it can be prevented and treated effectively by regular smear tests available on the NHS to women over 25 to 64 years and repeated every 3 years.

HPV vaccine is also available.

Symptoms

In most cases unusual bleeding is the first noticeable sign.

This bleeding includes:-

- 1) Between periods.
- 2) During sex
- 3) After you have been through the menopause.

Other symptoms may include :- Pain and discomfort during sex, unusual or unpleasant discharge and pain in your lower back and pelvis.

It is very important to attend all your cervical screening appointments and seek medical advice if you suffer with symptoms.

PROSTATIC CANCER

Around, 48.500 men are diagnosed with Prostatic Cancer in the U.K each year.

It is the most common cancer in the U.K.

The number of men diagnosed with prostatic cancer has increased over the last 10 years.

Early stages of Prostatic cancer may not cause any signs and symptoms: it is when the tumour becomes large enough to cause urinary blockage they occur.

Signs and Symptoms

- 1) Frequency of urination (passing water) especially at night.
- 2) Interrupted flow of urine.
- 3) Difficulty in passing urine.
- 4) Blood – in the urine and semen.
- 5) Pain – in the hips, pelvis, spine or upper legs.
- 6) Pain or discomfort during ejaculation
- 7) Difficulty getting an erection.
- 8) Pain in testicles.

Some of the symptoms above are the same as for Prostatic enlargement not a cancerous condition – so please seek your G.P's advice.

Patient Participation Group.

Hughenden and Chequers Surgery.