

CANCER AWARENESS

RESOURCE KIT



The Healthworks Cancer Awareness Resource Kit

The resources can be used together as a complete e-book and/or as individual information sheets to use and share.

You'll find the following information in the resource kit:

1) WHAT WE DO AND ACCESS TO FREE TRAINING

How Healthworks supports people of all ages to live longer, happier and healthier lives.

2) OUR CANCER AWARENESS WORK

3) A GUIDE TO COMMON CANCERS

- Bowel cancer
- Breast cancer
- Cervical cancer
- Prostate cancer
- Testicular cancer
- Skin cancer
- Lung cancer
- Ovarian cancer

4) HOW YOU CAN GET INVOLVED

5) REDUCING RISK AND HOW WE CAN HELP YOU IMPROVE HEALTH AND WELLBEING

6) USEFUL INFORMATION AND RESOURCES



Healthworks is an award-winning charity, working across the North East region with people of all ages to enable them to lead longer, happier and healthier lives.

We offer a range of services to improve health and wellbeing outcomes of people across the region:

- Getting active
- Eating Well
- Stop smoking support
- NHS Health Checks
- Cancer awareness
- Falls prevention
- Antenatal and breastfeeding support
- Support to manage existing health conditions including Long Covid, diabetes and arthritis
- Royal Society For Public Health and other training
- Healthworks Pre-school at The Lemington Centre
- Healthworks Gyms and activity classes in Lemington and Benwell
- Room and activity space hire
- Zone Works (inc Zone West) children and young people project

FREE ONLINE TRAINING



- increase your awareness of the signs, symptoms and risk factors associated with many common cancers
- find out more about screening and what to expect
- find out how to self-check your body and what to look for
- feel more confident to have impactful cancer conversations

**Access for free at hwn.org.uk
or scan the code**



SCAN ME

Healthworks

Cancer Awareness Work

We are on a mission to tell as many people as we can about the signs and symptoms of various cancers and the importance of taking up screening invites when received and you can play a huge part in this!

Did you know that every two minutes someone in the UK is diagnosed with cancer? That's a pretty shocking statistic and illustrates why our awareness raising work is so important in helping reduce people's risk of developing cancer!

Through Cancer Awareness Sessions and Community Cancer Champion Training in groups and workplaces, we are helping communities in the region become more informed about cancer and the importance of screening in reducing risk.

They are free, fun, informative and by taking part people help us save lives!



We offer:

- Free Cancer Awareness training online and in-person for groups and organisations*
- Free Cancer Champion training*
- Free Cancer Awareness resources
- Free Take a Minute Cancer Awareness video library
- Free access to our Cancer Awareness resource page
- Free Community Cancer Champion facebook page
- Interactive Cancer Awareness stall at events

*This training is free for people in some areas of the North East region please contact us to check if your area is covered.



Healthworks
the community health charity

www.healthworksnewcastle.org.uk

0191 2724244

Why we are raising awareness of cancer

- 1** 1 in 2 people will get cancer in their lifetime
- 2** 4 in 10 cancer cases every year are preventable (135,000 every year)
- 3** There are around 375,000 new cancer cases in the UK every year, that's around 1,000 every day!
- 4** Every 2 minutes someone in the UK is diagnosed with cancer
- 5** Breast, prostate, lung and bowel cancers accounted for over half (53%) of all new cancer cases in the UK
- 6** There are more than 166,000 cancer deaths in the UK every year, that's more than 450 every day!
- 7** Early detection, through screening and knowing signs and symptoms, is key to survival rates



A GUIDE TO COMMON CANCERS

We want to tell as many people as we can about the signs and symptoms of various cancers and also the importance of taking up screening invites when received.

Currently the NHS offers screening routinely for three cancers – bowel, cervical and breast – and one of our key aims is to promote take up of these screening services. In addition to attending screening when invited, it's really important that you know your own body from head to toe so that you can check for anything that's unusual for you.

Take a look at this [Cancer Research video](#) about how to spot cancer early

**It's important to know your own body and
what's 'normal' for you!**



Breast Cancer

Breast cancer is the most common type of cancer in the UK. Most women diagnosed with breast cancer are over the age of 50, but younger women can also get breast cancer. Around 1 in 8 women are diagnosed with breast cancer during their lifetime, however there is a good chance of recovery if it's detected at an early stage.

That's why it's vital that women check their breasts regularly for any changes and always have any changes examined by a GP

Did you know...

1 in 8 women
will be
diagnosed
with breast
cancer

Breast
cancer can
affect men
too

There are
11,500 deaths
due to breast
cancer every
year in the UK

Women
between 50 and
70 are invited
for breast
screening every
3 years

Signs and symptoms

Breast cancer can have several symptoms, but the first noticeable symptom is usually a lump or area of thickened breast tissue.

Most breast lumps are not cancerous, but it's always best to have them checked by a doctor.

You should also see a GP if you notice any of these symptoms:

- A change in the size or shape of one or both breasts
- Discharge from either of your nipples, which may be streaked with blood
- A lump or swelling in either of your armpits
- Dimpling on the skin of your breasts
- A rash on or around your nipple
- A change in the appearance of your nipple, such as becoming sunken into your breast

Screening

- Anyone registered with a GP as female will be invited for NHS breast screening every 3 years between the ages of 50 and 71
- You'll get a letter in the post inviting you
- You'll automatically get your first invite for breast screening between the ages of 50 and 53. Then you'll be invited every 3 years until you turn 71
- You need to be registered with a GP surgery to be invited for breast screening
- Mammographic screening, where X-ray images of the breast are taken, is the most commonly available way of finding a change in your breast tissue (lesion) at an early stage
- Women with a higher-than-average risk of developing breast cancer may be offered screening and genetic testing for the condition
- All women who are 50 to 70 years old are invited for breast cancer screening every 3 years
- Women over the age of 70 are also entitled to screening and can arrange an appointment through their local screening unit
- If you're a trans man, trans woman or are non-binary you may be invited automatically, or you may need to talk to your GP surgery or call the local breast screening service to ask for an appointment

If you have not been sent a letter

If you have not been invited for breast screening by the time you are 53 and think you should have been, contact your local breast screening service:

Gateshead – 0191 445 2554 (this is also the number for people in South Tyneside and Sunderland)

Newcastle – 0191 282 0202

If you are 71 or over

You will not automatically be invited for breast screening if you are 71 or over.

But you can still have breast screening every 3 years if you want to. You will need to call your local breast screening service to ask for an appointment:

Gateshead – 0191 445 2554

Newcastle – 0191 282 0202



Risks and how to reduce them

Studies have looked at the link between breast cancer and diet. Although there are no definite conclusions, there are benefits for women who:

- maintain a healthy weight
- exercise regularly
- have a low intake of saturated fat
- do not drink alcohol
- It's been suggested that regular exercise can reduce your risk of breast cancer by almost as much as a third. Regular exercise and a healthy lifestyle can also improve the outlook for people affected by breast cancer
- If you've been through the menopause, it's particularly important that you try to get to, and maintain, a healthy weight. This is because being overweight or obese causes more oestrogen to be produced, which can increase the risk of breast cancer

You can take action to reduce your risk by:

- Checking your breasts regularly
- Seeing a GP as soon as you notice anything unusual for you
- Attending your screening appointments when invited
- Getting more active
- Reducing your alcohol intake
- Losing weight if you are overweight
- Eating a balanced diet

Further information and resources

- [Healthworks 'Take a minute' breast cancer video](#)
- [NHS - what happens at a breast screening appointment video](#)
- [NHS website](#)
- [Cancer Research](#) - breast cancer
- [CoppaFeel](#) - how to check your breasts
- [Pink Ribbon Foundation](#)
- [MacMillan Cancer Support](#)
- [Breast screening information for women with learning disabilities](#)





Cervical Cancer

Cervical cancer is a cancer that's found anywhere in the cervix. The cervix is the opening between the vagina and the womb (uterus). It's part of the reproductive system and is sometimes called the neck of the womb. Nearly all cervical cancers are caused by an infection from certain types of human papillomavirus (HPV).

It can often be prevented by attending cervical screening, which aims to find and treat changes to cells before they turn into cancer.

Did you know...

Cervical cancer mainly affects sexually active women between 30 and 45

Nearly all cervical cancer is caused by HPV

HPV testing is part of cervical screening

Cervical screening invites are sent out every three years

Signs and symptoms

- Vaginal bleeding that's unusual for you – including bleeding during or after sex, between your periods or after the menopause, or having heavier periods than usual
- Changes to your vaginal discharge
- Pain during sex
- Pain in your lower back, between your hip bones (pelvis), or in your lower tummy
- If you have another condition like fibroids or endometriosis, you may get symptoms like these regularly.
- You might find you get used to them. But it's important to be checked by a GP if your symptoms change, get worse, or do not feel normal for you.

Screening

- Cervical screening (some people may call this a “smear test”) is the best way you can reduce your risk of developing cervical cancer
- All women and people with a cervix between the ages of 25 and 64 are invited for regular cervical screening. It helps find and treat any changes in the cells of the cervix before they can turn into cancer.
- They are nothing to worry about, only take minutes and contrary to popular belief they are not painful!
- Invites are sent out every three years and it is vital you attend your screening as it really could save your life!
- All children aged 12 to 13 are offered the HPV vaccine.



Cervical screening (Smear Test)

Why have a 'smear test'

- The cervical smear programme is an important test of the health of your cervix
- It is not a test for cancer in itself, but it does aim to reduce the number of women who develop cancer by detecting abnormal cells in the cervix at an early stage
- An abnormal result does not mean that you have cancer; many changes resolve on their own
- Cervical cancer is the second most common cancer in women under 35 years, with about 2800 new cases diagnosed each year
- It is estimated that 75% of cancers can be prevented by detecting changes early

Arranging your test

- The NHS Screening Programme sends out reminders to all women between the age of 25 and 64 when they are due a smear
- If you think you may have missed your smear or unsure when you are due one, speak to the practice nurse who can advise you
- When you have received your reminder, speak to the receptionists who will be able to arrange your smear with the nurses

How often should you be tested

- Women are offered screening at different intervals, depending on their age:
- Women should receive their first invitation for screening at 25
- Women aged 25-49 are invited for screening every three years
- Women aged 50-64 are invited for screening every five years
- Women aged 65 or over are only screened if they have not been screened since they were 50 or have had recent abnormal test results

Sometimes, women who have had abnormal or borderline results may be recalled for a repeat smear earlier than above.

Having the test

- It is best to have the smear taken about midway between periods. Most smears are performed by the nurses and take about 5-10 minutes.
- You will need to be undressed from the waist downwards. A speculum is inserted into the vagina (this simply holds the walls open to allow a good view of the cervix). A small brush is used to take a sample of the cells of the cervix.
- The examination can be uncomfortable and a bit embarrassing for some women but should not hurt. If it does hurt, tell the person doing the test.

Getting your results

- You will be informed by the Contractor Services Agency of your cervical smear result.
- If you have any queries regarding your result, please telephone the surgery and ask to speak to a Practice Nurse.

Risks and how to reduce them

Nearly all cervical cancers are caused by an infection with certain high-risk types of human papillomavirus (HPV). You can get HPV from:

- any skin-to-skin contact of the genital area
- vaginal, anal or oral sex
- sharing sex toys

Anyone with a cervix can get cervical cancer. This includes women, trans men, non-binary people, and intersex people with a cervix. You cannot get cervical cancer if you've had surgery to remove your womb and cervix (total hysterectomy).

You might also be more likely to get cervical cancer if:

- you're under 45 – cervical cancer is more common in younger people
- you have a weakened immune system, like if you have HIV or AIDS
- you have given birth to multiple children or had children at an early age (under 17 years old)
- your mother took the hormonal medicine diethylstilbestrol (DES) while pregnant with you – your GP can discuss these risks with you
- you've had vaginal, vulval, kidney or bladder cancer in the past

Cervical screening and HPV vaccination are the best ways to protect yourself

- All women and people with a cervix between the ages of 25 and 64 are invited for regular cervical screening. It helps find and treat any changes in the cells of the cervix before they can turn into cancer.
- All children aged 12 to 13 are offered the HPV vaccine. It helps protect against all cancers caused by HPV, as well as genital warts.

You can also lower your chance of getting cervical cancer by:

- using condoms, which lower your chance of getting HPV – but they do not cover all of the skin around your genitals so you're not fully protected
- quitting smoking – smoking can weaken your immune system and the chemicals in cigarettes can also cause cervical cancer
- eating a balanced diet to help support your immune system

Further information and resources

- [Healthworks 'Take a minute' cervical cancer video](#)
- [NHS website](#)
- [Don't ignore your cervical screening invite](#)
- [Cancer Research video - should I go for cervical screening](#)
- [NHS - Cervical Screening](#)
- [Cancer Research - cervical cancer](#)
- [National Cervical Cancer Coalition](#)
- [Jo's Cervical Cancer Trust](#)
- [MacMillan Cancer Support](#)



Bowel Cancer

Bowel cancer is a general term for cancer that begins in the large bowel.

Depending on where the cancer starts, bowel cancer is sometimes called colon or rectal cancer.

Bowel cancer is one of the most common types of cancer diagnosed in the UK.

Did you know...

9 in 10
people with
bowel cancer
are over 60

It can affect
both men
and women

There is a
free bowel
cancer
screening
helpline 0800
707 60 60

Bowel cancer
is more
common in
overweight
or obese
people

Signs and symptoms

- Persistent blood in your poo – that happens for no obvious reason or is associated with a change in bowel habit
- A persistent change in your bowel habit – which is usually having to poo more and your poo may also become more runny
- Persistent lower abdominal (tummy) pain, bloating or discomfort – that's always caused by eating and may be associated with loss of appetite or significant unintentional weight loss

Screening

- In England, you receive a bowel cancer screening kit if you're aged between 60 and 74 years.
- Some people may now receive a test before they turn 60. This is because NHS England is gradually expanding this programme to also invite people aged between 50 and 59.
- People aged over 74, can request a screening kit every 2 years by contacting the bowel cancer screening programme on 0800 707 6060.
- For the screening test, you use a home test kit to collect a small sample of poo and send it to a lab. This is checked for tiny amounts of blood.



Risks and how to reduce them

- Age – almost 9 in 10 people with bowel cancer are aged 60 or over
- Diet – a diet high in red or processed meats and low in fibre can increase your risk
- Weight – bowel cancer is more common in overweight or obese people
- Exercise – being inactive increases your risk of getting bowel cancer
- Alcohol – drinking alcohol might increase your risk of getting bowel cancer
- Smoking – smoking may increase your chances of getting bowel cancer
- Family history – having a close relative (mother or father, brother or sister) who developed bowel cancer under the age of 50 puts you at a greater lifetime risk of developing the condition; screening is offered to people in this situation, and you should discuss this with a GP

You can take action to reduce your risk by:

- Taking your bowel screening test when invited
- Make sure your GP practice has your correct address so your kit is posted to the right place
- Seeing your GP if you notice any of the signs and symptoms of bowel cancer
- Eating less red meat
- Getting more active
- Reducing your alcohol intake
- Losing weight if you are overweight
- Eating a balanced diet
- Stopping smoking

Using the home testing kit

- The NHS bowel cancer screening kit used in England is the faecal immunochemical test kit – known as the FIT kit.
- You collect a small sample of poo on a small plastic stick and put it into the sample bottle and post it to a lab for testing.
- There are instructions that come with the kit. You can also find NHS bowel cancer screening kit instructions on [GOV.UK](https://www.gov.uk) and in this [Cancer Research video](#).

Further information and resources

- [Healthworks 'Take a minute' bowel cancer video](#)
- [NHS website](#)
- [Cancer Research](#) - bowel cancer
- [Bowel Cancer UK](#)
- [Northern Cancer Alliance](#)



Prostate Cancer

Prostate cancer is the most common cancer in men in the UK. Prostate cancer does not usually cause any symptoms until the cancer has grown large enough to put pressure on the tube that carries urine from the bladder out of the penis (urethra).

The prostate is a small gland (about the size of a walnut) in the pelvis and is part of the male reproductive system. It's located between the penis and the bladder.

Did you know...

Prostate cancer is the most common cancer in men in the UK

Most cases develop in men aged 50 or older

The prostate produces a thick white fluid that creates semen when mixed with the sperm produced by the testicles

Prostate cancer is more common in black men and less common in Asian men

Signs and symptoms

- Needing to pee more frequently, often during the night
- Needing to rush to the toilet
- Difficulty in starting to pee (hesitancy)
- Straining or taking a long time while peeing
- Weak flow
- Feeling that your bladder has not emptied fully
- Blood in urine or blood in semen

These symptoms do not always mean you have prostate cancer. Many men's prostates get larger as they get older because of a non-cancerous condition called benign prostate enlargement.

Screening

- Instead of a national screening programme, there is an informed choice programme, called prostate cancer risk management, for healthy men aged 50 or over who ask their GP about PSA testing. It aims to give men good information on the pros and cons of a PSA test.
- If you're aged 50 or over and decide to have your PSA levels tested after talking to a GP, they can arrange for it to be carried out free on the NHS.
- If results show you have a raised level of PSA, the GP may suggest further tests.



Risks and how to reduce them

- Age – the risk rises as you get older, and most cases are diagnosed in men over 50 years of age
- Ethnic group – prostate cancer is more common in black men than in Asian men
- Family history – having a brother or father who developed prostate cancer before age 60 seems to increase your risk of developing it; research also shows that having a close female relative who developed breast cancer may also increase your risk of developing prostate cancer
- Obesity – recent research suggests there may be a link between obesity and prostate cancer, and a balanced diet and regular exercise may lower your risk of developing prostate cancer
- Diet – research is ongoing into the links between diet and prostate cancer, and there is some evidence that a diet high in calcium is linked to an increased risk of developing prostate cancer

You can take action to reduce your risk by:

- Seeing your GP if you notice any symptoms
- Getting more active
- Reducing your alcohol intake
- Losing weight if you are overweight
- Eating a balanced diet
- Stopping smoking

Check your risk of developing prostate cancer using the:
[Prostate Cancer UK Risk Checker](#).

Further information and resources

- [Healthworks 'Take a minute' prostate cancer video](#)
- [NHS - should I have a PSA test](#)
- [NHS website](#)
- [Prostate Cancer UK](#)
- [Cancer Research](#)
- [Prostate Scotland - symptom checker](#)
- [Movember](#)



Testicular Cancer

Cancer of the testicle is unusual as it tends to mostly affect men between 15 and 49 years of age.

Typical symptoms are a painless swelling or lump in one of the testicles, or any change in shape or texture of the testicles.

It's important to be aware of what feels normal for you. Get to know your body and see a GP if you notice any changes.

Did you know...

Men in their early 30s are the most likely to get testicular cancer

Survival rates for testicular cancer are very high

In the UK around 2,300 men are diagnosed with testicular cancer each year

Trans women can also develop testicular cancer if they haven't had an operation to remove their testicles

Signs and symptoms

Typical symptoms are a painless swelling or lump in one of the testicles, or any change in shape or texture of the testicles.

Look out for:

- A lump or swelling in part of one testicle
- A testicle that gets bigger
- A heavy scrotum
- Discomfort or pain in your testicle or scrotum

It's important to be aware of what feels normal for you. Get to know your body and see a GP if you notice any changes.

Screening

- There is no screening programme in place, that's why it is so important to check your testicles regularly and see your GP if you find anything unusual for you.
- Your symptoms are unlikely to be cancer but it is important to get them checked by a doctor.
- Try not to be embarrassed. Doctors are used to discussing intimate problems and will try to put you at ease.



Risks and how to reduce them

The exact cause or causes of testicular cancer are unknown, but a number of factors have been identified that increase a man's risk of developing it.

- Undescended testicles
- A family history of testicular cancer
- Previous testicular cancer
- Abnormality of the penis or urethra
- HIV or AIDS
- Ethnicity - in the UK white men are more likely to develop testicular cancer

You can take action to reduce your risk by:

- Checking yourself regularly
- Seeing your GP as soon as you notice anything unusual for you
- Getting more active
- Reducing your alcohol intake
- Losing weight if you are overweight
- Eating a balanced diet
- Stopping smoking

Further information and resources

- [Healthworks 'Take a minute' testicular cancer video](#)
- [NHS website](#)
- [Cancer Research](#) - testicular cancer
- [MacMillan Cancer Support](#)
- [Movember](#)



Skin Cancer

Skin cancer is one of the most common cancers in the world. Non-melanoma skin cancer refers to a group of cancers that slowly develop in the upper layers of the skin.

The term non-melanoma distinguishes these more common types of skin cancer from the less common skin cancer known as melanoma, which can be more serious.

Did you know...

In the UK,
around 147,000
new cases of
non-melanoma
skin cancer are
diagnosed each
year

It affects
more men
than women

It is more
common in
the elderly

The cure rates
for non
melanoma skin
cancers are
very high

Signs and symptoms

- The first sign of non-melanoma skin cancer is usually the appearance of a lump or discoloured patch on the skin that persists after a few weeks and slowly progresses over months or sometimes years.
- In most cases, cancerous lumps are red and firm and sometimes turn into ulcers, while cancerous patches are usually flat and scaly.
- Non-melanoma skin cancer most often develops on areas of skin regularly exposed to the sun, such as the face, ears, hands, shoulders, upper chest and back.

Screening

See a GP if you have any skin abnormality, such as a lump, ulcer, lesion or skin discolouration that has not healed after 4 weeks.

While it's unlikely to be skin cancer, it's best to get it checked.



Risks and how to reduce them

- Overexposure to ultraviolet (UV) light is the main cause of non-melanoma skin cancer. UV light comes from the sun, as well as from artificial tanning sunbeds and sunlamps.
- Other risk factors that can increase your chances of developing non-melanoma skin cancer include:
 - a previous non-melanoma skin cancer
 - a family history of skin cancer
 - pale skin that burns easily
 - a large number of moles or freckles
 - taking medicine that suppresses your immune system
 - a co-existing medical condition that suppresses your immune system

You can take action to reduce your risk by:

- avoiding overexposure to UV light
- protecting yourself from sunburn by using high-factor sunscreen
- dressing sensibly in the sun
- limiting the amount of time you spend in the sun during the hottest part of the day.
- avoiding sunbeds and sunlamps
- regularly checking your skin for signs of skin cancer can help lead to an early diagnosis and increase your chance of successful treatment.
- seeing your GP if you notice anything unusual

Further information and resources

- [Healthworks 'Take a minute' skin cancer video](#)
- [NHS website](#)
- [Cancer Research](#) - skin cancer
- [MacMillan Cancer Support](#)
- [British Skin Foundation](#)





Lung Cancer

Lung cancer is one of the most common and serious types of cancer. Smoking is the most common cause and around 7 in 10 cases are linked to smoking.

It's never too late to give up smoking and it is the best way to cut your risk. If you want to give up smoking you are up to three times more likely to succeed with the support of a stop smoking service such as the one to one support we offer.

Did you know...

7 in 10 lung cancer cases are linked to smoking in the UK

Around 43,000 cases are diagnosed each year in the UK

Lung cancer usually affects people over the age of 60 and is rare in under 40s

Lung cancer is also associated with second hand smoke, air pollution and exposure to chemicals

Signs and symptoms

There are usually no signs or symptoms in the early stages of lung cancer, but many people with the condition eventually develop symptoms including:

- A persistent cough
- Coughing up blood
- Persistent breathlessness
- Unexplained tiredness and weight loss
- An ache or pain when breathing or coughing

You should see a GP if you have these symptoms.

Screening

- If you experience any symptoms it's important that you speak to your GP.
- There are no screening tests for lung cancer but early diagnosis improves the chances of effective treatment.

Risks and how to reduce them

- Smoking cigarettes is the single biggest risk factor for lung cancer. It's responsible for more than 7 out of 10 cases
- Tobacco smoke contains more than 60 different toxic substances, which are known to be carcinogenic (cancer-producing)
- If you smoke more than 25 cigarettes a day, you are 25 times more likely to get lung cancer than someone who does not smoke
- Frequent exposure to other people's tobacco smoke (passive smoking) can also increase your risk of developing lung cancer
- While smoking cigarettes is the biggest risk factor, using other types of tobacco products can also increase your risk of developing lung cancer and other types of cancer, such as oesophageal cancer and mouth cancer

You can take action to reduce your risk by:

- stopping smoking

However long you have been smoking, it's always worth quitting. Every year you do not smoke decreases your risk of getting serious illnesses, such as lung cancer.

After 12 years of not smoking, your chance of developing lung cancer falls to more than half that of someone who smokes. After 15 years, your chances of getting lung cancer are almost the same as someone who has never smoked.

- eating a balanced diet
- taking regular exercise

Further information and resources

- [Healthworks 'Take a minute' lung cancer video](#)
- [NHS website](#)
- [Cancer Research](#) - lung cancer
- [MacMillan Cancer Support](#)
- [Asthma + Lung UK](#)



Ovarian Cancer

Ovarian cancer affects the two small organs (ovaries) that store the eggs needed to make babies. Anyone with ovaries can get ovarian cancer, but it mostly affects those over 50 and sometimes runs in families.

The symptoms of ovarian cancer, such as bloating, are not always obvious. As a result, ovarian cancer is often diagnosed late, but early diagnosis can mean it is more treatable.

Did you know...

Anyone with ovaries can get ovarian cancer

Over 50's tend to be mostly affected

Between 5 and 15 out of 100 ovarian cancers (5 to 15%) are caused by an inherited faulty gene

More than half of all cases in the UK in those aged 65 and over

Signs and symptoms

- Feeling full quickly
- Loss of appetite
- Pain in your tummy (abdomen) or lower part of your abdomen that doesn't go away
- Bloating or an increase in the size of your abdomen
- Needing to wee more often

Other symptoms:

- Tiredness that is unexplained
- Weight loss that is unexplained
- Changes in your bowel habit or symptoms of irritable bowel syndrome, especially if this starts after the age of 50

Screening

- If you are worried about your family history of ovarian cancer, speak to your GP
- They can tell you whether you might benefit from a referral to a genetics service



Risks and how to reduce them

The risk of developing ovarian cancer increases with age, with more than half of all cases in the UK in those aged 65 and over. Anyone with ovaries can get ovarian cancer. This includes women, trans men, non-binary people and intersex people with ovaries. You cannot get ovarian cancer if you've had surgery to remove your ovaries.

You may have a higher chance of getting ovarian cancer if you:

- inherited a faulty gene, such as the BRCA genes or those linked to Lynch syndrome
- had breast cancer or bowel cancer
- had radiotherapy treatment for a previous cancer
- have endometriosis or diabetes
- started your periods at a young age or went through the menopause late (over 55), or have not had a baby – because these things may mean you've released more eggs (ovulated more)
- have never used any hormonal contraception, such as the pill or an implant
- are taking hormone replacement therapy (HRT)
- are overweight
- smoke

You can take action to reduce your risk by:

- Seeing your GP if you notice and symptoms
- Stopping smoking
- Getting more active
- Reducing your alcohol intake
- Losing weight if you are overweight
- Eating a balanced diet
- Talking with a GP about possible tests or treatment (taking a hormonal contraception or removing your ovaries) if ovarian cancer runs in your family

Further information and resources

- [Healthworks 'Take a minute' ovarian cancer video](#)
- [NHS website](#)
- [Cancer Research](#) - ovarian cancer
- [Ovarian Cancer Action](#)



Head and Neck Cancer

Head and neck cancer is a general term that covers many different types of cancer that can develop in the head and neck area including mouth and lips, voice box, throat, salivary glands, nose and sinuses and the back of the nose and mouth.

More than 90% of head and neck cancers begin inside the mouth, the nose and the throat. Risk factors include smoking, alcohol and HPV.

Did you know...

Head and neck cancer accounts for 5% of all cancers globally

Men are 2 to 3 times more likely to develop head and neck cancer

It is most common among those over 40 years old but there has been a recent increase in young people

The most common areas for head and neck cancers are the oral cavity 42%, the pharynx 35% and the larynx 24%

Signs and symptoms

Head and neck cancers can have several symptoms. Dental hygiene is an important part of diagnosis so make sure to visit your dentist regularly.

You should also see a GP if you notice any of these symptoms:

- A sore throat
- Non-healing mouth ulcers
- Red or white patches in mouth
- Pain in throat
- Persistent hoarseness
- Painful and/or difficulty swallowing
- A lump in your neck
- Blocked nose on one side and/or bloody discharge from the nose

Seek medical advice from your GP if you have one of these symptoms for 3 weeks

Further information

- [Healthworks 'Take a minute' cancer video](#)
- [NHS website](#)



Pancreatic Cancer

Pancreatic cancer is a cancer that's found anywhere in the pancreas. The pancreas is an organ in the top part of your tummy that helps you digest your food and make hormones such as insulin which control sugar levels in the blood.

Pancreatic cancer can affect how well the pancreas works meaning you may have problems digesting your food and controlling the sugar levels in your blood.

Did you know...

Pancreatic cancer is the 10th most common cancer in the UK

Pancreatic cancer is one of the top 5 most common cancers in Gateshead

1 in 53 males and 1 in 57 females in the UK will be diagnosed with pancreatic cancer in their lifetime

31% of pancreatic cancer cases in the UK are preventable

Signs and symptoms

Pancreatic cancer often doesn't cause symptoms in the early stages, as the cancer grows it may start to cause symptoms. Symptoms may not be specific to pancreatic cancer meaning it can be difficult to diagnose, and they can vary from person to person.

Common symptoms include:

- Indigestion
- Tummy pain or back pain
- Changes to your poo
- Unexplained weight loss or loss of appetite
- Jaundice (yellow skin and eyes, dark pee and itchy skin)

Other symptoms you might get include:

- Losing your appetite
- Recently diagnosed diabetes
- Problems digesting your food
- Feeling or being sick
- Blood clots
- Feeling very tired (fatigue)

Further information

[Healthworks 'Take a minute video'](#)

[NHS website](#)

[Pancreatic Cancer UK](#)

GET INVOLVED IN OUR CANCER AWARENESS WORK



Cancer Awareness Sessions

Learn about cancer awareness for free!

Our in-person or virtual sessions are available to people, workplaces or community groups based in Newcastle or Gateshead and other parts of the North East.

Please [contact us to ask about these sessions.](#)



Become a Community Cancer Champion

Our Community Cancer Champions are volunteers who work across the region and raise awareness about cancer among their family, friends, neighbours and work colleagues. Our team offers free Community Cancer Champion training (in Newcastle and Gateshead). Please [contact us to find out more.](#)



Join our private Cancer Champions Group

Head over and join our free North East Cancer Champions facebook group, where you will become a part of a supportive network of like minded people who really make a difference and help save lives.

Join the [Cancer Champions Facebook Group](#)



Use and share our free cancer awareness resources:

- Free online [Cancer Conversations training](#)
- Watch [Take a Minute Cancer Videos](#)
- Visit our [Cancer Resource page](#)
- Access [Free Healthy Lifestyle digital resources](#)
- Download our [Cancer Awareness brochure](#)
- [Download our info and resources sheet](#)



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REDUCING RISK AND HOW WE CAN HELP



NHS Health Checks

The NHS Health Check is a health check-up for adults in England aged 40 to 74.

It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions.

An NHS Health Check (which includes blood pressure checks, BMI and cholesterol checks with same day results) helps find ways to lower a person's risk.

In Summer 2022 our team carried out NHS Health Checks at the Newcastle upon Tyne Hospital Trust sites for members of the staff team. We gathered feedback from those staff members who had a check, which was incredibly positive.

87%

enjoyed the NHS Health Check experience

98%

would recommend the NHS Health Check to colleagues

82%

of participants intended to make lifestyle changes as a result of the NHS Health Check

92%

would like further health and wellbeing sessions in the workplace

It was great to have the tests in the workplace, they were easy to book and convenient to attend. I was originally invited for health check at GP surgery 5 years ago and hadn't got round to going. The staff member was very friendly and reassuring.

Good overall general checks. Benefited from a check that I would not generally otherwise have had e.g. cholesterol check. Was good to get the opportunity to undertake this during the working day, with little impact on my working day, as the appointment was on-site. Having this sort of check at my GP would have wiped out a couple of hours minimum, as opposed to the half hour in work.

I found the process really easy. I enjoyed the discussion about what I was doing well, but also what changes I could make to improve my health and well being.

Our staff offer NHS Health Checks at a number of locations including workplaces and local community venues. You can find out more about NHS Health Checks, check your eligibility on our website or call us.



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Smoking

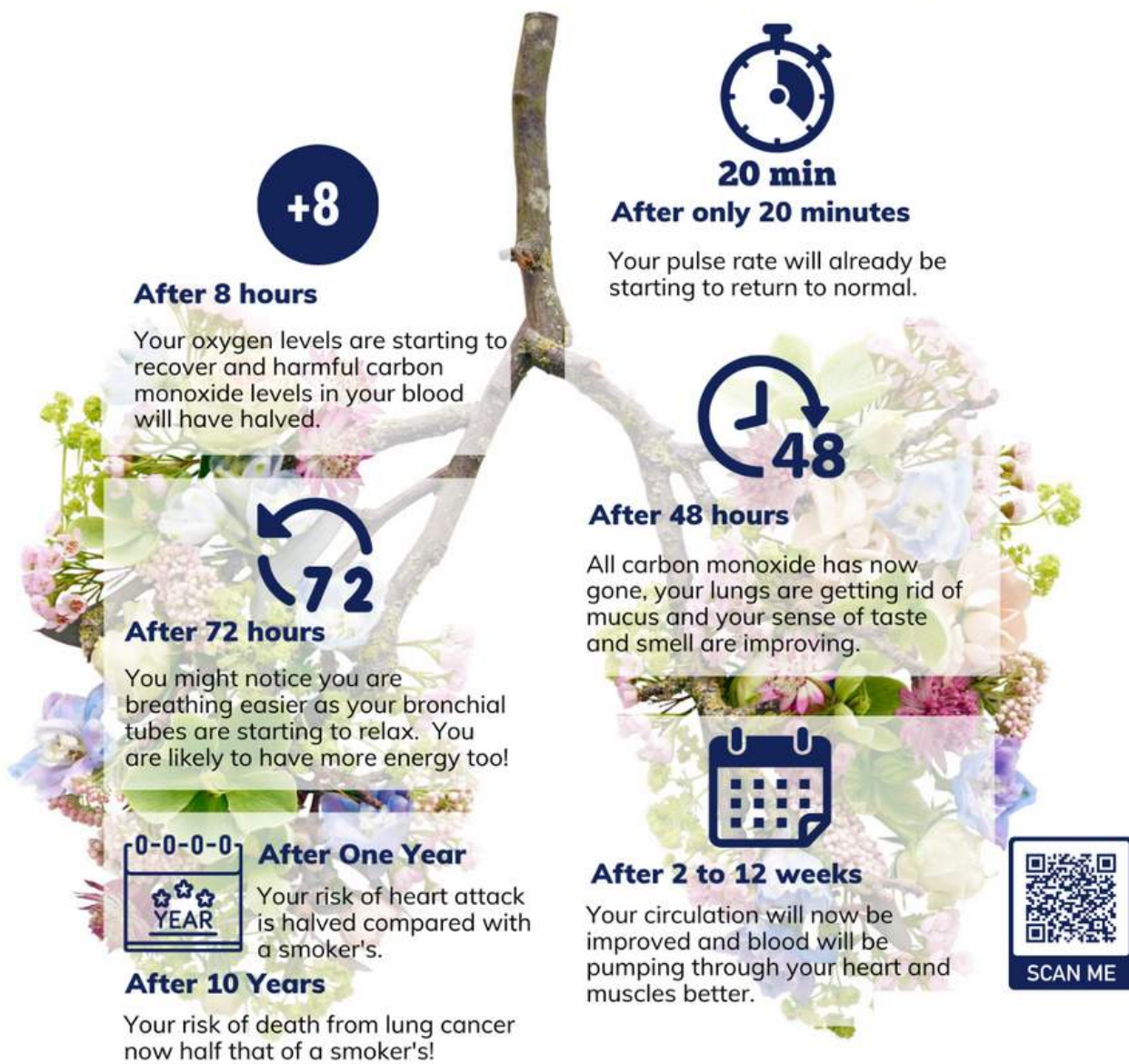
Smoking harms nearly every organ of the body. It causes lung cancer, respiratory disease and cardiovascular disease, as well as many cancers in other organs including lip, mouth, throat, bladder, kidney, stomach, liver and cervix. Smoking reduces fertility and significantly raises the risk of developing type 2 diabetes, eye disease and dementia. It leads to decreased bone mineral density and is associated with increased risk of osteoporosis, bone fractures, back pain and degenerative disc disease.

Giving up smoking is probably one of the best things you can do to improve your health, however we know that it can be tough doing it on your own. If you're ready to quit smoking, then Healthworks can help! Contact our trained team via our hwn.org.uk or scan the code. We can offer you 121 support if you are over 18 and live, work or study in Newcastle.

It's never too late to quit smoking!

The sooner you quit, the sooner you'll notice the benefits!

Let's take a look at what happens when you quit smoking





EAT HEALTHY

Be Healthy!

We know that making just a few simple swaps to what you eat and drink can have a hugely positive effect on your health and weight.

We also understand that it can be really difficult to know where to start or to keep going without personal support.

Our Health Improvement Practitioners are here to offer you the advice and guidance you need to stay on track and to help you continue to make good choices that can help you improve your health and wellbeing. They offer 1:1 support and group activities, find out and get in touch on our website.

Our team has developed a range of free downloadable recipe books and cooking videos to help, support and encourage people to get cooking and to enjoy healthy, low cost and tasty food with their families!

Visit our [Resource Library](#) on our website to get your downloads.





READY TO MAKE A CHANGE

towards a healthier lifestyle?

We offer the following one-to-one support:

Action on Diabetes:

Giving you a better understanding of type 2 diabetes and how to manage it through diet and lifestyle.

Eating Well:

Supporting you to achieve a healthy, realistic diet that you can maintain over the long-term.

Getting Active:

Giving you support and motivation to increase your physical activity levels in a way that suits you.

Path to Wellbeing:

Providing you with information and tools to improve your mental health and wellbeing.

Stop Smoking:

Giving you support, information and treatment options to help you stop smoking for good.

How do you find out more?

Call us on 0191 272 4244 or visit our website



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Do you know your alcohol units?

It's recommended to drink no more than 14 units of alcohol a week, spread across 3 days or more. That's around 6 medium (175ml) glasses of wine, or 6 pints of 4% beer.

There's no completely safe level of drinking, but sticking within these guidelines lowers your risk of harming your health.

One standard drink is...



Half a pint of
regular beer



1 small glass
of wine



1 single
measure of
spirits



1 small glass
of sherry



1 single
measure of
aperitif

One standard drink is not...

The following drinks contain more than one standard unit of alcohol.



Pint of regular
beer/lager/cider
-Premium brands
contain 3 units!



1.5

Alcopop or
can/bottle
of regular
lager



A can of
premium lager
or strong beer.
Super strength
contains 4!



A 175ml glass
of wine



A standard
750ml bottle
of wine

This is a really helpful self-assessment tool from Drinkaware to help check if you are drinking too much.



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Tips to help you cut down your alcohol intake

Drink and think in units: The UK's Chief Medical Officers (top doctors) recommend not drinking more than 14 units a week; that means about six pints of lager or a bottle and a half of wine. Pace yourself: Enjoy each drink slowly, and remember that you don't have to join in every time someone else decides, give it a miss have water or a soft drink instead!

Watch your measures: Remember that the drinks you pour at home are often larger than those served in pubs.

It's fine to say no: Not everyone drinks alcohol, and it's fine to say no. It's surprising how many people think it's OK to pressure other people to drink – it's not!

Have a few days off every week: Having a few alcohol-free days each week is a good way to cut down and give your body a rest, boost your immune system and improve your mental health and wellbeing.

Don't binge and drink all of your units in one go: It's safest not to drink more than 14 units per week, spread over three or more days and with a few days off in between.

Eat before and while you drink: Have something to eat before you drink and, if possible, while drinking. It will slow down the alcohol being absorbed into your bloodstream and help you pace yourself.

Ask for help: Ask for help if you feel your drinking is getting out of control. There's nothing to be ashamed of; lots of people struggle with alcohol at some point in their lives and need support to turn things around. Talk to your GP or contact your local alcohol treatment service.

Physical Activity: NHS guidelines

Physical Activity Adults (19 to 64 years)

For good physical and mental health, adults should aim to be physically active every day. Any activity is better than none, and more is better still.

Adults should do activities to develop or maintain strength in the major muscle groups. These could include heavy gardening, carrying heavy shopping, or resistance exercise. Muscle strengthening activities should be done on at least two days a week, but any strengthening activity is better than none.

Each week, adults should accumulate at least 150 minutes (2 1/2 hours) of moderate intensity activity (such as brisk walking or cycling); or 75 minutes of vigorous intensity activity (such as running); or even shorter durations of very vigorous intensity activity (such as sprinting or stair climbing); or a combination of moderate, vigorous and very vigorous intensity activity.

Older Adults (65 years and over)

Older adults should participate in daily physical activity to gain health benefits, including maintenance of good physical and mental health, wellbeing, and social functioning. Some physical activity is better than none: even light activity brings some health benefits compared to being sedentary, while more daily physical activity provides greater health and social benefits.

Older adults should maintain or improve their physical function by undertaking activities aimed at improving or maintaining muscle strength, balance and flexibility on at least two days a week. These could be combined with sessions involving moderate aerobic activity or could be additional sessions aimed specifically at these components of fitness.

Each week older adults should aim to accumulate 150 minutes (two and a half hours) of moderate intensity aerobic activity, building up gradually from current levels. Those who are already regularly active can achieve these benefits through 75 minutes of vigorous intensity activity, or a combination of moderate and vigorous activity, to achieve greater benefits. Weight-bearing activities which create an impact through the body help to maintain bone health.

At Healthworks we believe in fitness for all, and our gyms and fitness classes are friendly, welcoming, inclusive and accessible. All activities we offer can be tailored to the individual and are suitable for beginners. We also offer specialist programmes to help people manage existing conditions such as Long Covid, Diabetes and Arthritis.



Gym prices:

£3 pay as you go - £15 pay monthly - £150 pay annually

We also offer a range of fitness classes throughout the week.
They are low-cost, friendly and suitable for all.

Join our gym online and view our activity programme



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hwn.org.uk

The Lemington Centre,
Tyne View,
Lemington, NE15 8RZ
Tel: 0191 264 1959

Health Resource Centre,
Adelaide Terrace,
Benwell, NE4 8BE
Tel: 0191 272 4244



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WORKPLACE HEALTH AND WELLBEING SERVICES

Healthworks can offer businesses and organisations of all sizes a range of health and wellbeing services including free online training, cancer awareness sessions, stop smoking support, training and we also offer a Corporate Partner Programme.

The health and wellbeing services and training we offer can help employers:

- improve the health and wellbeing of their workforce
- reduce staff sickness levels and absenteeism
- increase productivity
- attract and retain employees

We are different from many of other occupational health businesses because we are non-profit making. This means that the income we raise is reinvested as appropriate in additional services that help reduce health inequalities and improve health outcomes for people in the North East.

Many local businesses and organisations have engaged us to deliver training, cancer awareness sessions, stop smoking sessions and NHS Health Checks.

Visit the Workplace Health and Wellbeing section on our website for more information

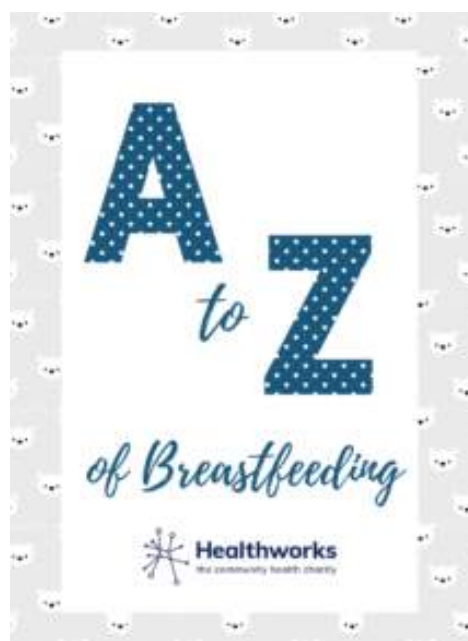


SCAN ME



Access to our health and wellbeing digital resources

We have developed a library of digital resources to support and promote health and wellbeing – please use them and share them with anyone you think would find them useful!



INFORMATION AND RESOURCES



Where to get more cancer information and support

[NHS](#)

[Northern Cancer Alliance](#)

[Healthworks Cancer Awareness](#)

[Cancer Connections](#)

[Cancer Research](#)

[Cancer Research - resources for people with learning disabilities](#)

[Children's Cancer useful contacts](#)

[Coping with Cancer](#)

[FACT](#)

[MacMillan Cancer Support](#)

[MacMillan - cancer information and help in your language](#)

[MacMillan - transgender and non-binary people and cancer](#)

[Maggie's](#)

[Northern Cancer Voices](#)

[Teenage Cancer Trust](#)

Specific type of cancers:

- [Asthma + Lung UK](#)
- [Bowel Cancer UK](#)
- [British Skin Foundation](#)
- [Coppa Feel](#)
- [Jo's Cervical Trust](#)
- [Movember](#)
- [National Cervical Cancer Coalition](#)
- [Ovarian Cancer Action](#)
- [Pancreatic Cancer UK](#)
- [Pink Ribbon Foundation](#)
- [Prostate Cancer UK](#)





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You can help us make a difference by...



Making a donation



Doing a challenge



Fundraising for us



**Becoming a
Corporate Partner**



**Supporting us when
shopping online**



Volunteering

Visit the [Get Involved](#) page on our website for more information



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For more ideas, inspiration and information about
our work and how you can get involved follow us
on social media or visit

www.healthworksnewcastle.org.uk

Contact the team:

cancerawareness@hwn.org.uk

Find out What's On at Healthworks



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