

YOUR HEALTH MATTERS



Kings Corner Surgery

Patient Participation Group

Health Information Evenings Cancer Screening Bulletin - March 18

Breast Cancer Screening - 22 February 2018

Last month we were lucky enough to have Dr. Anant Sachdev come along to talk to us about Breast Cancer. He is the Lead for Berkshire East CCG Cancer and CRUK Strategic GP and Thames Valley Cancer Lead as well as a Palliative Care Specialist and a GP at Ringmead.

Also we were shown a video on the process of attending a screening appointment which was produced by the Parapet in Windsor and presented by Susan Clarke, Imaging Professional Manager.

Here is a summary of both talks'.

Breast Cancer is the most common cancer in the UK and sadly accounts for nearly 1 in 3 of all cancers in women. 1 in 8 women will be diagnosed with breast cancer in her lifetime.

Every year

- Over 45,500 women will be diagnosed with breast cancer
- Around 12,000 women will die from breast cancer

Every month

- Over 3,800 women will be diagnosed with breast cancer
- Around 1,000 women will die from breast cancer

Although breast cancer incidence and mortality rates are highest in older women it does occur in younger women. The mortality rate steadily increases with age and the highest rates are seen in women 80 and over. Before the age of 40, breast cancer deaths are very rare, however they do occur occasionally.

Signs and Symptoms - What to look out for: ~

- The most common is a lump or thickening in the breast, often painless.

- Discharge of bleeding from the nipple
- Change in size or contours of your breast
- Change in colour or appearance of areola
- Redness or pitting of skin over the breast, like the skin of an orange

A few facts to be aware of:-

- Sex (90%female and 10% male)
- Age (40+)
- Childbearing age and later
- High fat diet, high alcohol intake, obesity
- Environmental factors such as tobacco use, radiation and shift work
- No cause is known for 95% of breast cancer cases, while approximately 5% of new breast cancers are attributable to hereditary syndromes
- In particular, carriers of the breast cancer susceptibility genes, BRCA1 and BRCA2, are at a 30-40% increased risk for breast and ovarian cancer

How to look after yourself

- Have a mammogram - this is basically an X-ray of the breast.
- Clinical Breast Examination - this is an examination of your breasts by a health professional
- Breast Self-examination - Perform a monthly breast self-examination beginning at age 20. - Ask your doctor to show you what to do.

What to do if you are worried or find something unusual during an examination

- Suspected cancer:
 - GP makes referral and patients seen within 2 weeks
- Breast Symptoms (non-cancer)
 - GP makes referral and patients seen within 2 weeks

If you have been seen:

Once a Clinical team has seen you you may be given the following: ~

- An Ultra-sound, and a Mammogram
- A Biopsy - this is when they sample a bit of tissue from the breast

Things to remember

- A mammogram is the most common method to detect breast cancer.
- Breast cancer takes years to develop.
- When breast cancer is detected early, the 5-year survival rate is about 97%.
- Having regular screening is the key to early detection.

The Great News: Survival rates

- Five-year survival rates for breast cancer have improved significantly over the last 20 years
- The most recent figures show around 80 per cent of women in the UK diagnosed today will be alive in five years time
- This is largely due to
 - Increased awareness of breast cancer,
 - The introduction of the screening programme and
 - Improved treatments that are now available

So - please always get yourself checked if you have the slightest concern at anything that you feel or see in your breast - Just call your doctor immediately.



**THURSDAY 23RD NOVEMBER 17 -
BOWEL CANCER AND SCREENING**

Robin Johnstone came to speak on behalf of Bowel Cancer UK and once again we were treated to a fascinating, amusing and informative evening. Robin has been through bowel cancer when he was in his 40's. He is now clear. It was caught at stage 3.

We need to remember that Bowel cancer is both *treatable* and *curable* especially if caught early. 98% of people who are diagnosed at the earliest stage will survive and we can do something to lower the risk of bowel cancer

It is the 4th most common cancer in the UK. It is also the second biggest cancer killer in the UK after lung cancer. You are most at risk after the age of 60, however it is possible to get it when younger. Hence when you hit your 60th birthday you will receive a "poo kit" by post from our wonderful NHS to complete, so do return it immediately.

So what are the symptoms?

- Bleeding from bottom and/or blood in poo
- Change in bowel habit for 3 weeks or more
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- Pain and/or a lump in your tummy

You are more at risk of bowel cancer if you:

- Are over 50 or
- Have a history of **bowel polyps** or
- Have longstanding **inflammatory bowel disease** such as Crohn's disease or ulcerative colitis or

- Have **type 2 diabetes** or
- Have an **unhealthy lifestyle** or
- Have a **strong family history** of bowel cancer

How to reduce your risk!

- Avoid processed meat e.g.: bacon, ham, sausages and salami
- Limit your intake of red meat to 500g (cooked) per week.
- Red meat includes beef, lamb, pork and goat
- Limit the amount of alcohol you drink to no more than 14 units per week
- **DON'T SMOKE**
- Keep to a healthy body weight - try to reduce tummy fat
- **EAT** more vegetables, grains and beans
- **Get or Stay Active** - 150 minutes per week

What do the stages of bowel cancer mean?

Stage 1	You have a small tumour	98% survival rate
Stage 2	Tumour grows and moves into the inner lining of the bowel	85% survival rate
Stage 3	The tumour begins to attack the lymph nodes-	65% survival rate
Stage 4	The tumour moves into other regions	8% survival rate

Who gets screened at the moment?

- Everyone aged 60 - 74
- Anyone aged 75 and over can request a kit
- Must be registered with a *GP*
- The screen kit is personal to you with a bar code
- You cannot use someone else's
- **You can request a kit by calling 0800 707 6060**

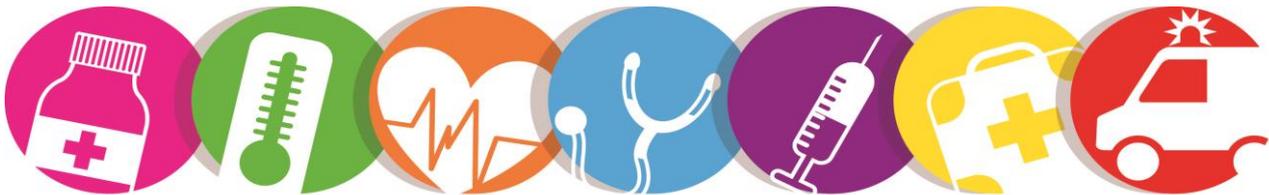
The Test Results:

- Negative - test again in two years
- Unclear - repeat test
- Positive - invited to speak to a Specialist Screening Practitioner

If you get a positive result - you will be offered a **colonoscopy**. This is not a particularly painful process and you will get a sedative. This is done as an outpatient and a specialist using a long tube with a camera on the end will examine your bowel.

Any questions?

Bowel Cancer Helpline	0800 707 6060	Mon - Fri 9am to 5pm
Macmillan Helpline	0808 808 00 00	macmillan.org.uk
Newsletter	bowelcanceruk.org.uk/newsletter	



Next Health Information Evenings 2018:

Thursday 26th April - Healthy Eyes

All meetings at Ben Lynwood Village, Sunninghill,

7.30 - 8.30pm

Enquiries: moraglanghorne@hotmail.com