

### What is Cervical Cancer?



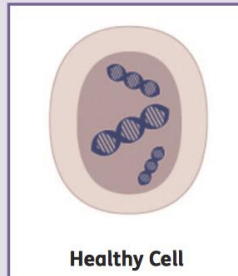
Cervical Cancer affects the cervix in Women.



Your cervix is at the end of your womb.

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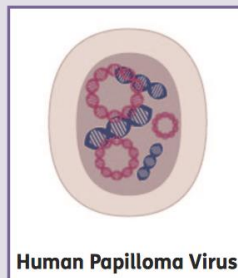
### What affects your risks of Cervical Cancer?



Healthy Cell

The HPV virus can cause changes in the cells of the cervix.

This can happen if the HPV virus doesn't go away.



Human Papilloma Virus

This may cause the cells to become abnormal.

These cells are not cancer.

Most women who get the HPV virus do not get Cervical Cancer.

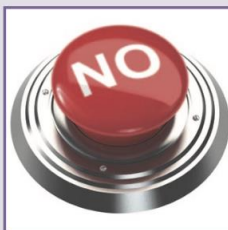
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### Know your rights



You can chat about your choice.

You can say **YES** to the test.



You can say **NO** to the test.

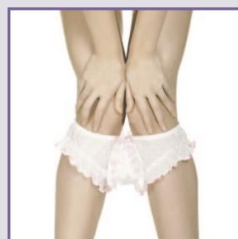
It is your choice if you want to have a smear test.

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### Practice nurse's room



The nurse may take your blood pressure.



You will be asked to take off your underwear or your knickers.



You will be asked to lie on the bed or couch.

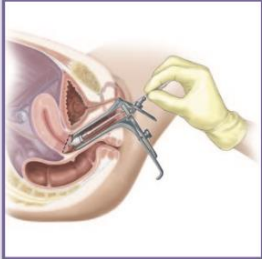
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## The Smear Test

The smear test only takes a few minutes from now.

You will be asked to open your legs which are covered.



The nurse will use a speculum and put it into your vagina. This allows the nurse to see and check your cervix.

This can be uncomfortable for some women.



Speculum

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## Changes in your body to look for

You may notice changes in your body which are different for you.



Bleeding during and after sex, discomfort or pain when having sex.



Smelly vaginal discharge.



Bleeding between periods and after the menopause.

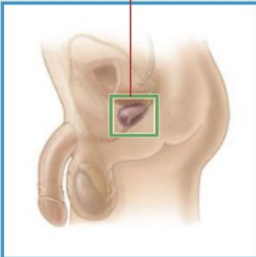
These can be signs and symptoms of Cervical Cancer.

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## Where is the Prostate Gland?

The prostate is a small gland found only in men. It is about the size of a walnut.



It lies below the bladder and the tube that carries urine and semen out through the penis.



## What the Prostate does?

The prostate gland produces a thick clear fluid that mixes with sperm to form semen.

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## What increases your risks of getting Prostate Cancer?

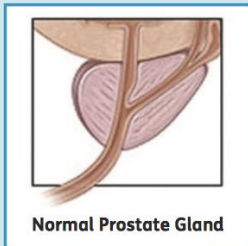
### Family History

If your Dad or Brother had Prostate Cancer then your risk of getting Prostate Cancer may be higher.



If your Mum or Sister had Breast Cancer you may be at an increased risk of getting Prostate Cancer.

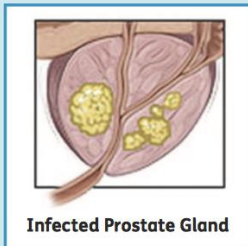
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Normal Prostate Gland

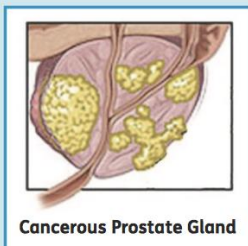
## What is Prostate Cancer?

This is when a single cell in the prostate begins to grow and increase faster than it should.



Infected Prostate Gland

This can form a tumour, which is called Prostate Cancer.



Cancerous Prostate Gland

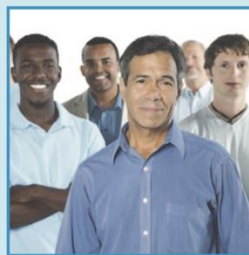
In this country Prostate Cancer is the most common cancer in men over 45 years.

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## Prostate Cancer

In some men Prostate Cancer grows slowly and may not cause problems.



In some men Prostate Cancer grows quickly and needs early treatment.

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## Signs of Prostate Cancer

If you want to pee but can not, contact your doctor.



If your bladder still feels full even when you have had a pee, contact your doctor.



If you notice blood in your pee, contact your doctor.



If you have pain when peeing, contact your doctor.

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## Checking for Prostate Cancer

The doctor will have a chat with you about the two tests that find out about Prostate Cancer.



One is a blood test called PSA; this is a test looking for Prostate Cancer.



The doctor can arrange for you to have a PSA test.

The PSA Test may help to find Prostate Cancer early.

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Cancerous Prostate Gland

## PSA Levels

If the level of protein (PSA Blood Test) in your blood is raised, this may mean you have Prostate Cancer.

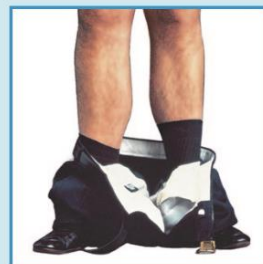


2 out of 3 men may have a raised PSA level but will not have Prostate Cancer.



The PSA test can miss cancer.

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## The second test for Prostate Cancer

The doctor will ask you to remove your pants and underwear.



The doctor will ask you to lie on the couch or bed.



The doctor will do a rectal examination. This means that the doctor will put a gloved finger into your bottom to feel the prostate gland.

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## Wordlist



**Flow of your pee;** is another way of describing the speed of your pee.



**Interrupted flow;** when you pee the flow of your pee will start and stop sometimes called interrupted flow.



**Pain during sex when you cum (come);** sometimes is another way of saying having an orgasm.



**PSA;** The Prostate Specific Antigen Test is sometimes called the PSA Test.



**Level of protein (PSA Blood Test) in your blood is raised;** the PSA Test is looking for protein in your blood.

## Wordlist



**Prostate Biopsy;** is another way of saying that a sample of your prostate tissue will be removed and sent to a laboratory for testing.



**Rectal Examination;** means that the doctor will put a gloved finger into your bottom to feel the prostate gland.

**Breast cancer and breast screening** (Le cancer du sein et son dépistage)

Livret 28 pages, 2014 (10 extraits)

### Breast Cancer



Breast Cancer is the most common cancer in this country. Women and Men can get Breast Cancer.



More women than men get Breast Cancer.



1 in 8 women get Breast Cancer.

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### Know your body



Women need to be aware of their body and the changes to look for.



Men need to be aware of their body and the changes to look for.

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### What affects your risks?



Starting periods early from the age of 11 and under.



Finishing your periods late (change of life).



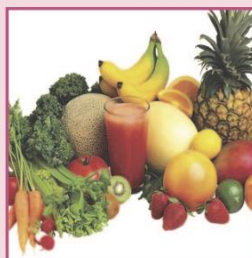
If you do not have children this may increase your risk of getting Breast Cancer.

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### How to reduce your risks of getting Breast Cancer



Do a little bit of exercise 5 days a week, about 30 minutes each day.



Try to eat 7 or more different fruits and vegetables every day.



If you have alcohol, try to drink less and stay with the message about units.

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## Breast Awareness

You need to look at your breasts in the mirror up to your collar bone and into each arm pit.



Know what is normal for you and what changes to look for. Look for any change in the size or shape of your breasts.



Look for puckering and dimpling on your breasts.

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## Look at your Breasts

Look for any change in the size or shape of your breasts. Look if your nipples are leaking.



Look if your nipples have turned inwards.



Look for a rash around your nipples.

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## Male Breast Awareness

Men need to look at their chests.



Feel your chest in the shower.

or



Feel your chest in the bath, you are feeling for lumps.

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## When you get there

You can bring your family member or support person in the room if you want them with you.



In this room you will be asked to remove your top and bra. You will **NOT** be given a gown.



You can bring a cardigan or dressing gown with you that you can wear. You will be asked to remove this when you have your breast x-ray.

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## When you get there

The staff member from the Breast Screening team will then ask you to go into another room.



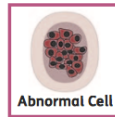
You will be asked to remove your cardigan or dressing gown when you have your breast x-ray.



You will then have your breast x-ray this is also called a mammogram.

The test will only take a few minutes.

## Wordlist

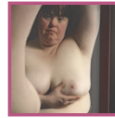


Abnormal Cell

**Tumour;** this can be found in any part of the body where cells grow quicker than other cells.



**Medication;** this can be in tablets, patches, or liquid form. Sometimes these may be stored in a blister pack.



**Breast Awareness;** this is where you check your breasts by looking at them and feeling them.



**Breast Screening;** is where you go to a hospital or a mobile screening unit for an x-ray of the breast.



**Mammogram;** this is another word for a breast x-ray.



**Cyst;** Breast cysts are a benign (not cancer) condition. They are one of the most common causes of a breast lump, and can develop in one or both breasts.