**English Translations**

**Signs and symptoms**

Early detection of cancer saves lives.

It is important to know what is normal for your body so you can recognise the changes.

Some changes may be minor such as a loss of appetite or fatigue.

If you have changes that bother you and continue for more than three weeks you should go and get yourself checked out.

Some changes can be very worrying, and they should be checked immediately this might include:

blood in urine or stools and coughing up blood.

Other changes that need attention are digestive problems, prolonged abdominal swelling, pain, and the presence of any lumps.

Your local GP is here to help.

**Breast Cancer**

Breast cancer is the most common cancer among women in the United Kingdom

If it is discovered early this early diagnosis could save your life.

All woman between the ages of 50 and 70 are invited to a breast cancer screening every three years. This screening includes two x-rays to detect any risk of the disease.

It's normal to feel uncomfortable and if you are worried, you can talk with a nurse who will provide support to make you feel more comfortable.

It is important for women to know what to look out for with breast cancer. If you know what is ‘your’ normal it will be easier to notice the changes.

It is important to check yourself regularly.

Some of the changes you may spot are spots or lumps, thickening, nipple changes in the skin, any form of sensitivity and pain or discharge from the nipple area.

If you have any concerns it's a good idea to get checked.

Don't think it's a waste of time!

It is important to be sure for your own peace of mind.

**Cervical Screening**

Cervical cancer screening is used to stop the development of the disease in its tracks.

The cervix is in your body at the top of your vagina.

Cervical cancer is caused by a very common virus called the human papilloma virus, a virus that is found in many people.

Having this virus is not a problem, but it can cause problems in your cervix cells that can become cancerous.

Women between the ages of 25 and 64 years are invited for screening.

This is the best way to protect yourself from cancer and every year this screening saves thousands of lives.

The screening looks for changes in the cells and discovers these before they become cancerous.

A nurse at your clinic will use a small soft brush to sample the cells on the cervix and send for research.

To feel more comfortable before your screening:

* you can ask a close person to accompany you.
* You can wear a dress or invite a close person or sister.
* If there is anything that bothers you for example if you’ve had any problems at a previous appointment, you can ask the nurse to be a woman.

During your examination it is normal If you need to ask for a break.

You may feel uncomfortable, Worried and you may need to ask questions.

No one thinks this is easy but this screening saves lives.

**Bowel cancer**

Screening for bowel cancer can save lives as it detects early signs of the disease before the onset of symptoms, and it also prevents the development of cancer.

Bowel cancer is one of the most common especially among people over 50 years old.

Any man or woman between the ages of 56 and 74 receives a test in the post, every two years.

Anyone who has not completed the test can request another and does not need to wait another two years.

You do not need to go to your doctor, you do the test at home.

You need to take samples from faeces with a special brush. This sample goes into a container which is sent back for testing by post. You can take the sample whilst wearing medical gloves.

It's normal to feel uncomfortable or to worry about the test, so take your time and read the instructions carefully.

The test could save your life.

The sooner bowel cancer Is discovered the better and the more effective the treatment will be.

You don't need to wait until you get the test speak to someone about symptoms.

If you have any of the following symptoms:

changes in stool

bleeding in the stool

pain in the abdomen

or a lump that does not go away

or if you have any other concerns talk to your doctor.

It could save your life.

Some symptoms may not bother you for example, just feeling a bit sick all the time, but it is always best to check with your GP to rule out cancer.