

THE LIMES MEDICAL CENTRE NEWSLETTER

August 2017

Screening—It can save your life

One in three people died of cancer in the UK last year. Bowel and breast cancer are the 2nd and 3rd biggest types of cancer that cause death, with only lung cancer causing more deaths each year. Thankfully, the NHS has some high quality screening programmes that can pick up these cancers sooner—so your doctors can stop it sooner.

Bowel Screening

The test for bowel screening is so easy, you can even do it at home! You receive the test kit in the post, and just need to provide a sample of faeces (poo) into a pot, before sending it back in the package provided. It takes just a few minutes, and yet we know that if everyone in the age group 60-70 did this, we might stop 20% of these cancers before it's too late. If you haven't received a kit or want more information, speak to reception or visit nhs.uk



DON'T GET SCARED,
GET CHECKED

Breast Screening

Women aged 50-70 are able to have breast screening every 3 years. The screening test uses a type of x-ray to help see if there are any unusual lumps inside the breast, including ones you can't feel from the outside. If there is anything unusual, you will be invited for further tests to see if the growth is likely to be dangerous, like a cancer. The test is unlikely to be painful. If you are unsure if you are due for screening, please contact reception.

Cervical Screening

Cervical screening is performed right here in your GP practice. It is usually performed by your practice nurse and takes around 15-20 minutes. Women aged 25-64 are invited by letter, but your practice team might ask if you are able to have it performed at any time, if you haven't had one for a while. The test can tell your GP if there is a high or low risk of having cancer, with those at higher risk invited for a more detailed check. You normally have results within 2 weeks. If you're worried about the test, please have a talk with one of the nursing team—they are experienced and will be happy to talk the process through with you.



NHS

Don't wait. Attend
cervical screening
when invited.

Cervical Cancer Prevention Week