

Cancer

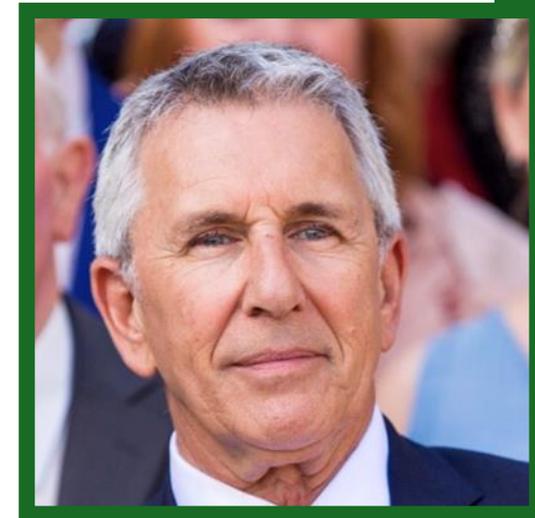
SMART

Yorkshire Cancer Community
A Cancer SMART Presentation

Yorkshire Cancer Community

Registered charity 1185838

- Network of patients, carers, professionals
- Access to patient experience, feedback, intelligence, to shape services and respond to 'live' issues
- Partnership to deliver Cancer **SMART**
- Improve screening uptake
- Prevention of cancer
- Encourage healthy lifestyles



YCC Chairman Dr Stewart Manning

What is the Cancer Alliance?

- 21 Cancer Alliances nationwide
- Funding from (and accountable to) NHS England

Bringing local partners together to transform outcomes for people affected by cancer.

We believe that the best way to achieve our ambitions is to transform services so that cancer care, treatment and support is wrapped around each individual patient throughout their entire cancer journey.



From Left to Right:
WY&HCA managing director Jason Pawluk
and YCC Chairman Dr Stewart Manning

West Yorkshire & Harrogate

Cancer facts

Every week in West Yorkshire

- 225 people are diagnosed with cancer
- 108 people will lose their lives because of cancer

Yorkshire is one of the regions hardest hit by cancer

- Every 17 minutes, someone in Yorkshire is told they have cancer
- Over 31,000 people in Yorkshire are diagnosed with cancer each year, this is more than in many other parts of England
- In Yorkshire, 1 in 2 cancers are diagnosed at a late stage, when it's often harder to treat

Link to YCR website [here](#)

West Yorkshire & Harrogate

Cancer facts – continued

Five factors that impact cancer in Yorkshire

- Yorkshire's large and diverse geography
- Late-stage cancer diagnosis
- Low uptake of screening programmes
- Yorkshire has the highest smoking rates in England
- Less funding for cancer research in Yorkshire

Link to YRC website [here](#)

Some groups tend to have worse cancer outcomes

- People living in more deprived communities
- 'BAME' (Black, Asian, and Minority Ethnic) groups
- People living with mental illness, physical disabilities or learning disabilities
- Trans and gender diverse people

Link to Macmillan health inequalities report [here](#)



Image credit: World Obesity Federation

The Cancer SMART message is

Screening saves lives by prevention and early detection

Making cancer an everyday conversation

Awareness of unusual and persistent changes

Reduce risk with a healthy active lifestyle

Take action NOW against cancer

What is cancer?

1 in 2 people will develop cancer in their lifetime

- Cancer occurs when our body's cells become abnormal and multiply out of control. Usually, they form a lump of tissue "tumour". This is known as primary cancer.
- These abnormal cells can spread, forming lumps in other parts of the body which is known as secondary/metastasis cancer.
- Symptoms depend on the type of abnormal cell, and where in the body the cancer is.

Link to CRUK report [here](#)

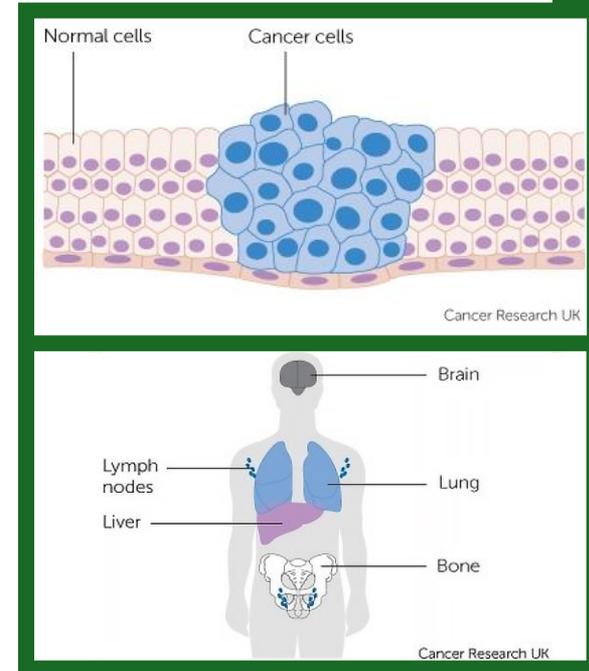


Image credit: Cancer Research UK

Screening saves lives by prevention and early detection

Question:

How many cancer screening programmes are there in the UK?

- A. One
- B. Two
- C. Three
- D. More than three

Screening saves lives by prevention and early detection

Answer:

C. Three

Bowel screening programme

FIT kit

- Every 2 years through the post
- Send a small poo sample for testing
- Do it at home
- Easy to use
- For people aged 50-74
- 75 or over can request a kit from the bowel cancer screening programme – call **0800 707 6060**



Image credit: NHS Mid Cheshire Hospitals - Cheshire Bowel Cancer Screening Kit

Breast screening programme

Mammogram

- Every 3 years
- X-ray of the breast
- Women / people with breasts
- Aged 50 – 70
- Over 70 – can still request an invitation via GP or local screening centre
- Transgender / non-binary – check with GP or gender identity clinic if you haven't received an invite and think you should



Image credit: Drazen Zigic on Freepik; https://www.freepik.com/free-photo/female-doctor-taking-xray-patient-examination-room-hospital_26143922.htm
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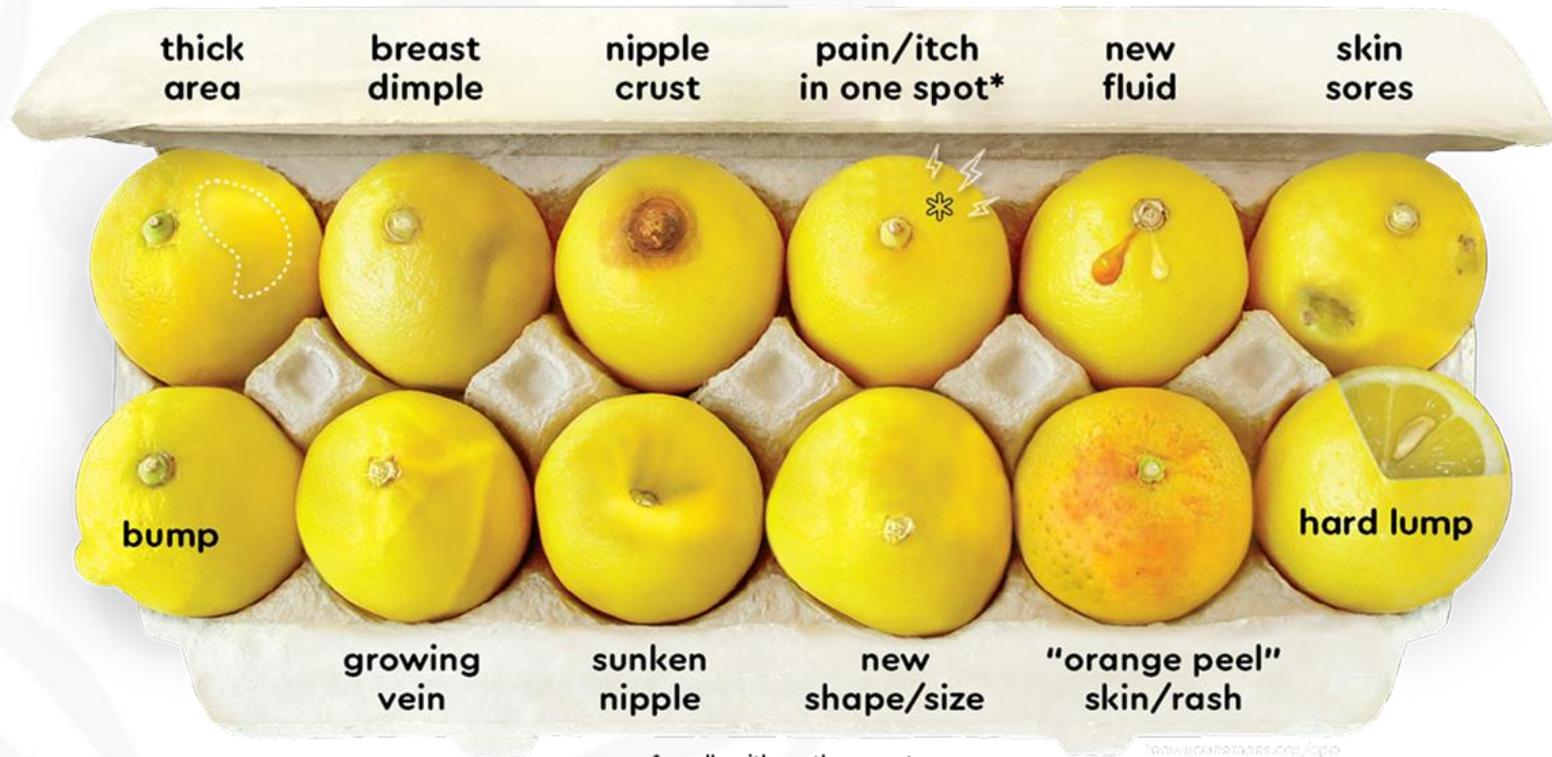
Don't wait!

Don't wait for screening – check your
breasts/chest each month

Remember it's not just about lumps
and bumps

Know your lemons

The signs and symptoms of breast cancer



12 signs of breast cancer to learn about:

www.yourlemons.org

Cervical screening programme

Smear test

- Women / people with a cervix
- Checks the health of the cervix
- Takes a small sample of cells from the cervix using a brush
- Always performed by a female nurse or doctor
- Every 5 years - age 25-64
- Not available for over 65's
- Catches cancer early - before symptoms start and can even prevent cancer!
- Transgender / non-binary – check with GP or gender identity clinic if you have a cervix but haven't received an invite

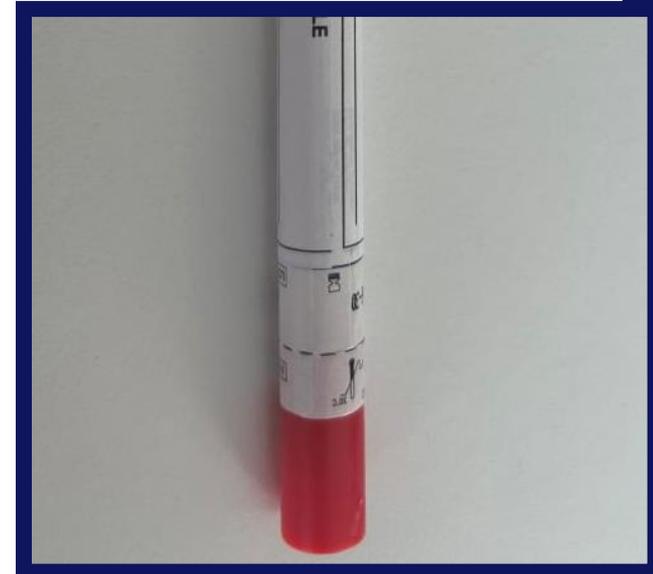


Image credit: Image by stefamerpik on Freepik;
https://www.freepik.com/free-photo/vaginal-smear-closeup-doctor-hand-holds-gynecological-examination-instruments-gynecologist-working-obstetrics-gynecology-clinic_27155402.htm#from
View=search&page=1&position=0&uuid=08f77444-f83b-4f29-815b-e72a68d8416d&query=pap+test

HPV self-sampling kits – new for 2026

- Introducing patient HPV sampling kits for home use is part of NHS England's plan to eliminate cervical cancer by 2040.
- Currently, it is estimated that over 5 million women in England are not up-to-date with their routine check-up.
- Self-sampling kits may be offered to women and people with cervixes who have rarely or never attended routine screening appointments.

Link to .gov announcement [here](#)



HPV vaccine

The HPV vaccine reduces your chances of getting HPV, a virus that causes nearly all cervical cancers.

- It is recommended for: -
- All children aged 12-13 (school year 8)
- Young people aged 24 and under who missed getting vaccinated as a child
- Men aged 45 and under who have sex with other men
- Other people at higher risk from HPV e.g. people with HIV



National screening programmes

It is estimated that the **three national screening programmes save around 10,000 lives each year**

A lung cancer screening programme is being developed for anyone aged 55 – 74 who has smoked. It is expected to be available by **2029**.

Link to NHS report [here](#)

Prostate cancer – Don't be the 1

Did you know?

- 1 in 8 men will get prostate cancer
- If you are Black, your risk increases to 1 in 4
- Being over 50 or having a family history also increases your risk of prostate cancer
- You can check your risk by visiting Prostate cancer UK website and taking the risk checker <https://prostatecanceruk.org/risk-checker>

If you are at high risk, speak to your GP and request a PSA blood test
(You no longer need a finger up your bum to test for prostate cancer!)

Making cancer an everyday conversation

More cancers can be diagnosed early — potentially saving more lives in our community — if we help each other to:

- be aware of cancer symptoms and unusual body changes
- attend screenings
- reduce our risk of cancer (and live better with cancer)
- know where to go for information and support

Making cancer an everyday conversation

It's OK to talk about cancer – if you had a leaking roof and you ignored it, would it get better?

If you are worried about an unusual symptom and you ignore it, will it get better on its own?

How much more important is your health than the roof?
Be prepared to talk to a GP and list unusual symptoms

It's good to talk and to share worries
with your friends, family and colleagues

Making cancer an everyday conversation

Question:

40 years ago, 24% of people diagnosed with cancer survived for at least 10 years. What is that figure now?

- A. 30%
- B. 40%
- C. 50%
- D. 60%

Making cancer an everyday conversation

Answer:

C. 50%

Although cancer survival rates have doubled in the last 40 years, we still have a long way to go.

Awareness of unusual and persistent changes

Why is early diagnosis of cancer important?

When a tumour is smaller, and the cancer is in fewer places (i.e. in an earlier stage), treatment is more likely to be successful.

If more cancers were diagnosed in the early stages, **27 lives could be saved each day (10,000 per year).**

Booking that GP appointment could be crucial!

Awareness of unusual and persistent changes

What are the symptoms of cancer?

Unexplained weight loss, fever, unexplained vaginal bleeding, blood in your poo, heavy 'drenching' sweats at night, hoarse voice, persistent heartburn/indigestion, mouth/tongue ulcer that won't heal, unexplained vomiting, change in appearance of eye, breathlessness, change in a mole, persistent bloating, swallowing difficulty, periods become erratic, skin turning yellow, appetite loss, coughing up blood, pain after eating, pale and smelly poo, sore that won't heal, change in bowel habit e.g. constipation or looser poo, extreme tiredness, persistent tummy pain, breast changes, finding a lump, blood in your wee, difficulties weeing, persistent cough, new mole, unexplained pain or ache, persistent headaches, behaviour change, fits/seizures, testicular changes...



Image credit: Freepik
https://www.freepik.com/free-photo/medical-teleconsultation-sick-patient-home_23988224.htm#fromView=search&page=1&position=17&uuid=a3cdd25c-ebc4-4044-81f4-9669a22391e6
&query=doctor+virtual

Awareness of unusual and persistent changes

What are the symptoms of cancer?

Unexplained weight loss, fever, unexplained vaginal bleeding, blood in your poo, heavy 'drenching' sweats at night, hoarse voice, persistent heartburn/indigestion, mouth/throat ulcers that won't heal, unexplained

Persistent, unexplained, unusual for you...

Contact your GP!

changes...



Image credit: Freepik
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&query=doctor+virtual

Reduce risk with a healthy active lifestyle



**Don't
Smoke**



**Keep a
Healthy
Weight**



**Be Safe
in the
Sun**



**Drink
Less
Alcohol**



**Eat
More
Fibre**



**Eat Less
Meat /
Processed
Food**



**Be More
Active**

Reduce risk with a healthy active lifestyle

Stop smoking

Smoking causes 15 types of cancer and is the biggest cause of cancer in the world.

It currently costs around **£60,000** to smoke 20 cigarettes a day for 10 years.

Help is available if you want to stop smoking.

Speak to your GP, pharmacist or health adviser or call the free Smokefree National Helpline on **0300 123 1044**

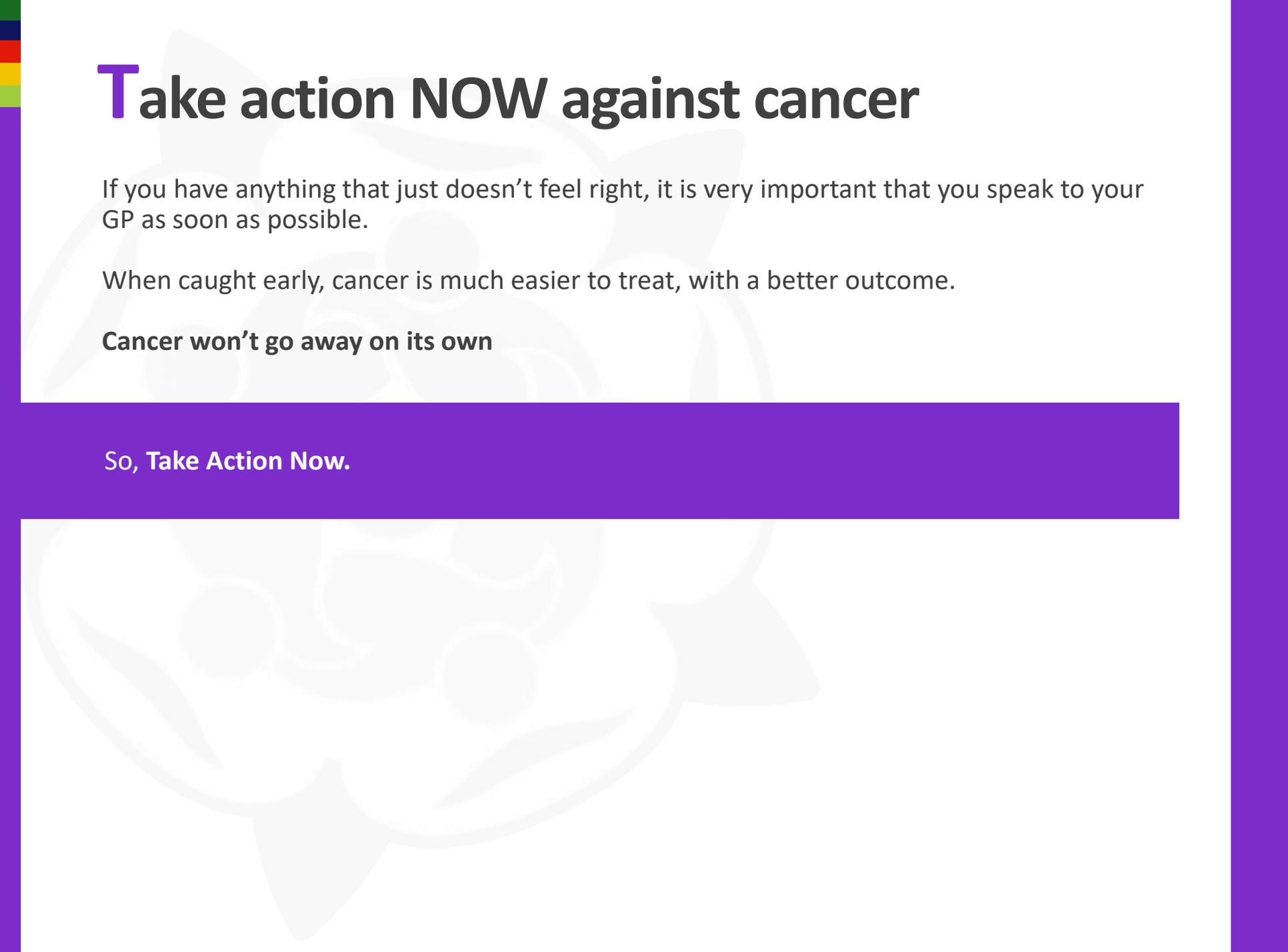
Reduce risk with a healthy active lifestyle

Did you know that obesity is the second biggest risk factor associated with cancer after smoking?

Keeping a healthy weight **reduces the risk of 13 different cancers.**

Body fat signals other cells, telling them what to do. These signals can cause damage and cause cancer to develop.

To get help with losing weight, contact your GP and local weight management services.



Take action NOW against cancer

If you have anything that just doesn't feel right, it is very important that you speak to your GP as soon as possible.

When caught early, cancer is much easier to treat, with a better outcome.

Cancer won't go away on its own

So, Take Action Now.

Take action NOW against cancer

Help us spread the word about cancer awareness and potentially save someone's life

- Relatives
- Friends
- Peers
- Colleagues
- Anyone in your community and beyond!

Why not become a Cancer Champion

and help us make cancer an everyday conversation

Contact Jess Hart for more information
jess@yorkshirecancercommunity.co.uk



From Left to Right: YCC Chairman Dr Stewart Manning, Deputy Lieutenant Yvonne Stocks, Former Lord Mayor Cllr Abigail Marshall Katung