



Cervical screening

What is cervical screening and why is it important?



What is cervical screening?

- ❖ Cervical screening, also known as a smear test, checks the health of your cervix to ensure there is no abnormal changes to the cells in your cervix.
- ❖ This test is used in attempt to prevent cervical cancer; if the tested cells are deemed abnormal, they can be monitored or treated so they do not become cancerous.
- ❖ Cervical screening is a choice. People with a cervix that are between the age s of 25 and 64 should go for regular cervical screening. If you do not want to be invited for screening, contact your GP and ask to be taken off their cervical screening lists.

Cervical screening checks for:

- ❖ Abnormal changes in the cervix that may develop into cancer if untreated .
- ❖ HPV(a common group of viruses) that can be transmitted via any skin to skin contact of the genital area.

Risks of cervical screening

- ❖ There may be some light bleeding or spotting that should stop within a few hours

Risks of treatment

- ❖ There may be a chance of treating cells that may have gone back to normal on their own
- ❖ Bleeding or infection
- ❖ You may be more likely to have a baby prematurely if you get pregnant in the future, however this is rare.

Who is at risk of cervical cancer?

- ❖ Anyone who has a cervix and has had any kind of sexual contact is at risk of cervical cancer.
- ❖ You are still at risk of cervical cancer if: you have had the HPV vaccine, you have only had one sexual partner, you are lesbian, bisexual or a trans man with a cervix, or if you've had a partial hysterectomy that did not remove all of your cervix.

CERVICAL CANCER SYMPTOMS

- Abnormal bleeding
 - Bleeding between regular menstrual periods
 - Bleeding after sexual intercourse
 - Bleeding after douching
 - Bleeding after a pelvic exam
 - Bleeding after menopause
- Pelvic pain not related to your menstrual cycle
- Heavy or unusual discharge that may be watery, thick and possibly have a foul odor

Integrated Cancer Institute
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When will you be invited for cervical screening?

Age	When you're invited
Under 25	Up to 6 months before you turn 25
25- 49	Every 3 years
50-64	Every 5 years
65+	Only if 1 of your 3 last tests were abnormal

When to book your appointment

It's best to book an appointment when:

- ❖ you're not on your period – also try to avoid the 2 days before or after you bleed (if you do not have periods, you can book any time)
- ❖ you have finished treatment for unusual vaginal discharge or a pelvic infection
- ❖ Your results should arrive within 14 days. Most people will have a normal result , however if you have an abnormal result, your letter will explain what to do next. You may need to go for another cervical screening test in 1 year or possibly have a colposcopy (a simple procedure to examine your cervix)

Cervical Cancer

Over 3,200 each year are diagnosed

99.8% of cervical cancer cases are preventable

1 in 3 women miss their smear test

**Book your smear test today,
it could save your life**

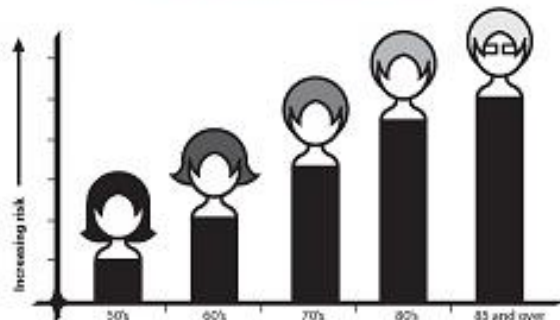
Breast cancer screening

What is breast cancer screening and what are the benefits and risks of it?

Your risk of breast cancer increases as you get older...

Keep going for screening if you are over 50.

Over 70? Contact your local screening centre for an appointment.



Report any changes to your breasts to your GP.

www.cancerscreening.nhs.uk

Cancer Screening Programmes



Breast Cancer Screening SAVES LIVES



TALK TO YOUR DOCTOR ABOUT MAMMOGRAMS

98% 98% of breast cancer patients survive when diagnosed early

2nd leading cause of cancer death in women **2nd**

85% 85% breast cancers occur in women with no family history

Starting at age 40, women should talk to their doctor about when to start mammograms **40**



RISK FACTORS

- Gender** Being a woman is the #1 risk factor, but men get breast cancer too.
- Age** Incidence increases with age
- Family** Risk nearly doubles in women with a first-degree relative (mother/sister/daughter) with breast cancer.
- Ethnicity** Leading cause of cancer death for Hispanic women. More common in African American women under age 45
- Genetics** 5-10% of breast cancers are caused by inherited genetic mutations in genes like BRCA1 and BRCA2

EARLY DETECTION

Get a Mammogram!



STAY HEALTHY

- Maintain a Healthy Weight**
- Eat Fruit, Veggies and Whole Grains**
- Limit Alcohol**
- Exercise 30 minutes a day**
- Do Not Smoke**
- Healthy lifestyle choices are associated with lower cancer incidence

What is breast cancer screening?

- ❖ Breast screening aims to find cancers too small to see or feel using a X-ray test called a mammogram.
- ❖ All women registered with a GP and aged 50 to 70 will be invited for breast screening every three years. However, you can still have screening if you are 71 or over by contacting your local screening unit or GP to arrange an appointment.
- ❖ Breast screening does not prevent breast cancer, it simply finds a cancer that is already there. But if a cancer is found, it is often very small and hasn't spread, and so it is usually easier to treat.



BREAST CANCER
AWARENESS



Breast screening is offered to women aged 50 to 70 (in some areas women may be invited earlier at 47 or continue to be invited later up until 73) to detect early signs of breast cancer.

WOMEN AGED
50 to 70

Breast screening aims to find breast cancers early.



It uses an X-ray called a mammogram that can spot cancers when they are too small to see or feel.

During screening, your breasts will be X-rayed one at a time. The breast is placed on the X-ray machine and gently but firmly compressed with a clear plate.



Breast screening is carried out at special clinics or mobile breast screening units.

2 X-rays of each breast



The procedure is carried out by female members of staff who take mammograms.

Two X-rays are taken of each breast at different angles.

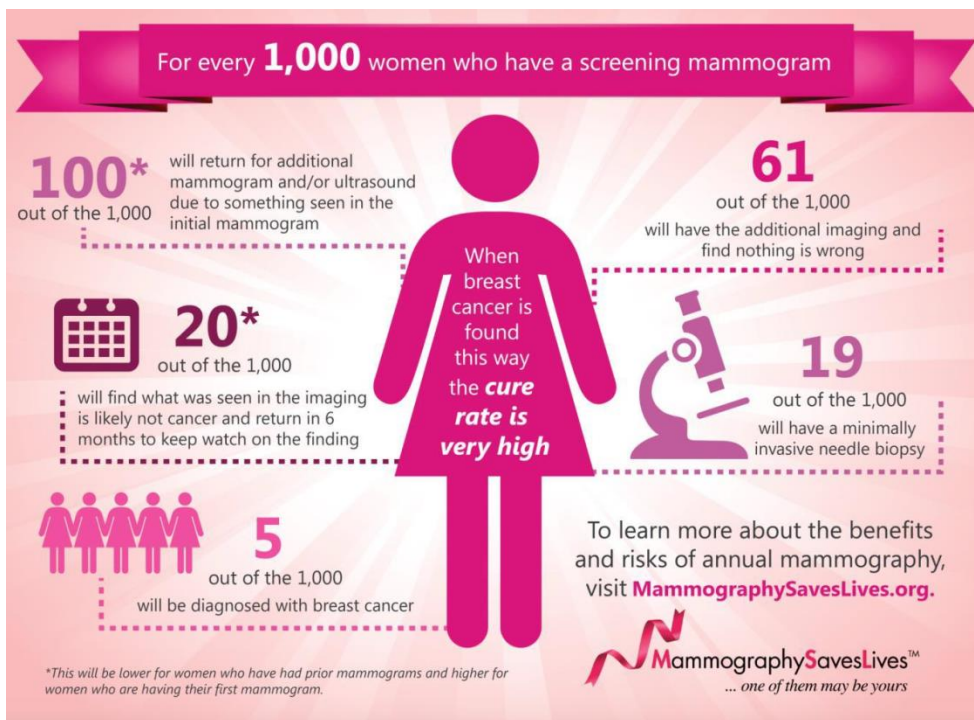


For advice and information please contact the Breast Screening Programme on 01642 617088

Test results

- ❖ After your breasts have been X-rayed, the mammogram is checked for any abnormalities. In about 2 weeks, you should receive your results.
- ❖ After screening, about 1 in 25 women will be called back for further assessment. However, this does not mean you definitely have breast cancer as the first mammogram may have been unclear.

- ❖ There are 4 possible test results:
 - A satisfactory result means that your mammogram showed no signs of cancer- you will be invited to another screening in 3 years.
 - If the mammogram looks abnormal, you will be called back for more tests and possibly a breast examination. You may also have a biopsy, in which a small sample is taken from your breast to be examined using a microscope.
 - If the result is unclear, it means that there was technical difficulties, making the mammogram hard to read. You will be asked to have another mammogram to get a clearer picture of your breasts.
 - If breast cancer is found, it can be either:
 - Non- invasive- this means that there is cancer cells in the breast, but they are only in the milk ducts and have not spread any further. In some cases, the cancer cells stay inside the ducts. But sometimes they will invade the surrounding breast in the future.
 - Invasive- This is when the cancer has grown out of the milk ducts and into the surrounding breast. If left untreated, it will spread to other parts of the body.



Benefits of cancer screening

- ❖ Breast cancer can be identified at an early stage, increasing the chance of survival as it will be easier to treat
- ❖ This means you are less likely to need a mastectomy (breast removal), or chemotherapy.
- ❖ Breast screening saves lives. Research shows that screening programmes prevent around 1,300 women in the UK dying from breast cancer every year



~250 million
breast cancer screenings
worldwide in 2018



Risks of cancer screening

- ❖ In some cases, women may be diagnosed and treated for breast cancer that would not have caused them harm in the first place.
- ❖ Most women will have an abnormal screening in which the results indicate that there is no breast cancer. This causes unnecessary distress.
- ❖ There is a small chance that you may receive a negative/all clear result when there may be cancer present. Breast screening may miss the breast cancer by chance.
- ❖ A mammogram is a type of X-ray, and X-rays can cause cancer in rare cases. During a mammogram, your breasts are exposed to a small amount of radiation.