

**Colouring**

**in for**

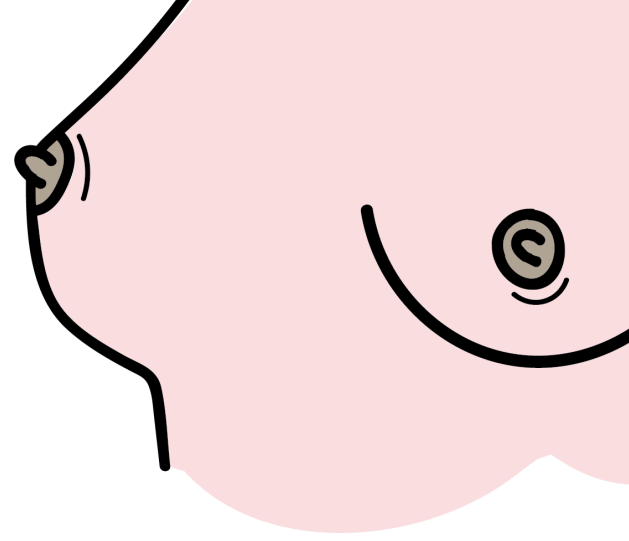
**cancer.**

a book by Tough Cookies Education



I trained with Tough Cookies Education to become an answer cancer champion.

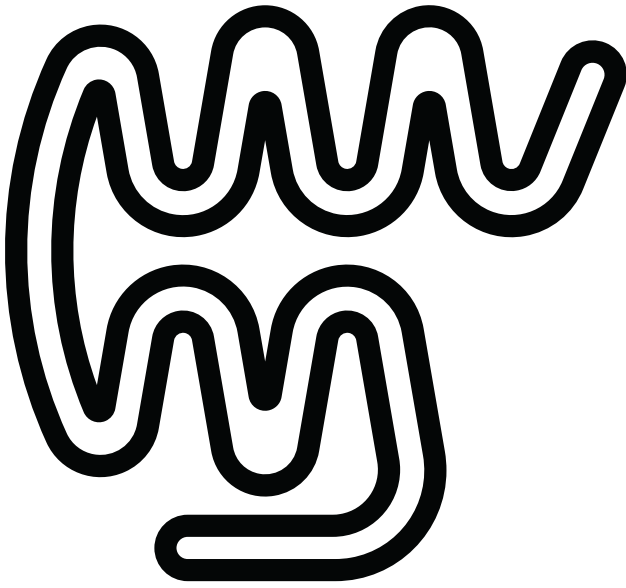
**ANSWER**  
**CANCER**



# Colouring in for cancer.

a book by Tough Cookies Education





Bowel screening is offered to men and women aged 60-74.



B  
O  
W  
E  
L

## **Bowel cancer screening**

Bowel cancer screening involves having tests to check if you have or are at risk of bowel cancer.

### **Why it's offered**

Bowel cancer is a common type of cancer in both men and women. About 1 in 20 people will get it during their lifetime.

Screening can help detect bowel cancer at an early stage, when it's easier to treat.

It can also be used to help check for and remove small growths in the bowel called polyps, which can turn into cancer over time.

### **Types of screening test**

There are 2 types of test used in NHS bowel cancer screening:

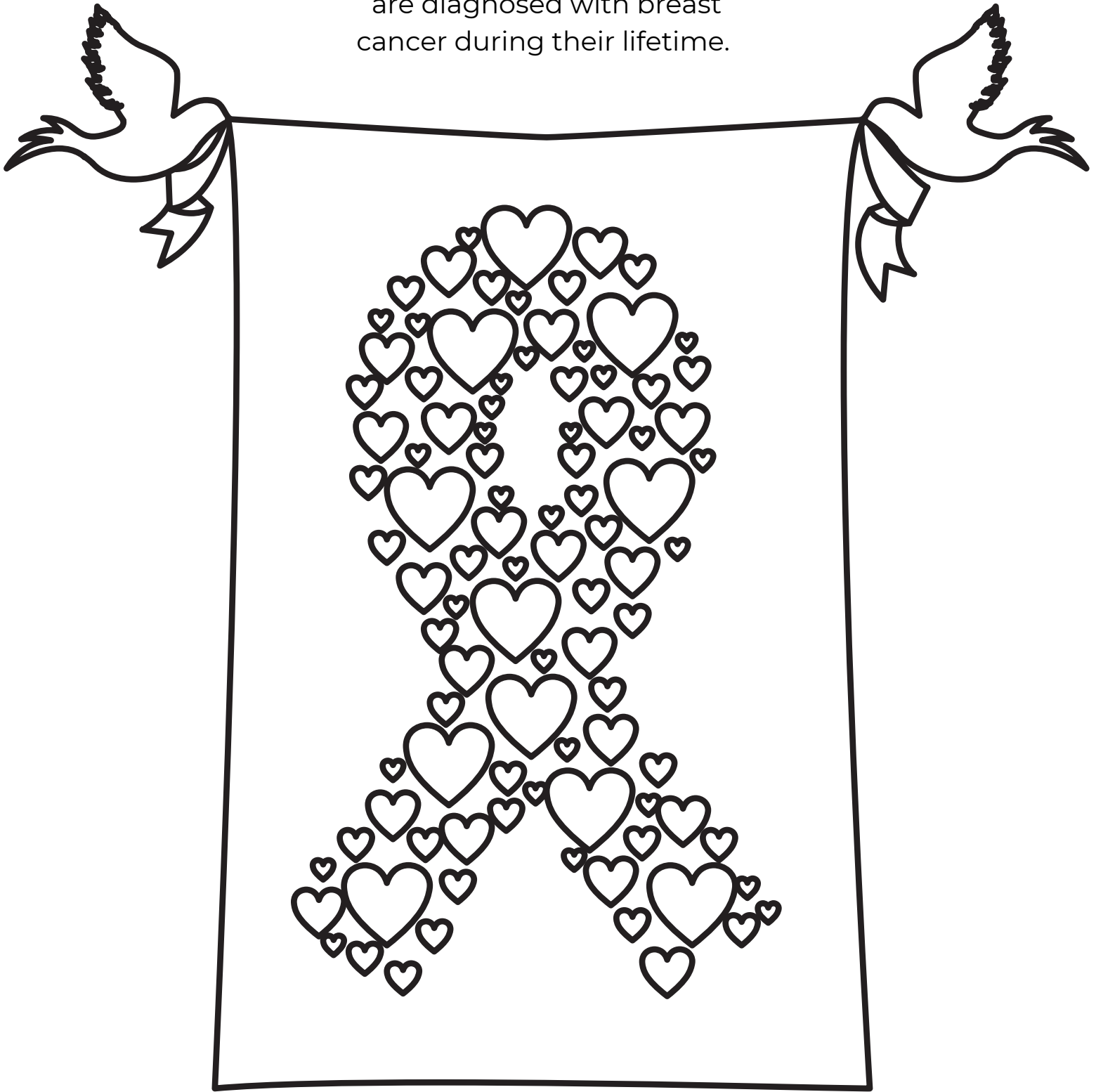
- bowel scope screening – a test where a thin, flexible tube with a camera at the end is used to look for and remove any polyps inside your bowei
- home testing kit (the FIT or FOB test) – a kit you use to collect small samples of your poo and post them to a laboratory so they can be checked for tiny amounts of blood (which could be caused by cancer)

If these tests find anything unusual, you might be asked to have further tests to confirm or rule out cancer.

NHS bowel cancer screening is only offered to people aged 55 or over, as this is when you're more likely to get bowel cancer:if you're 55, you'll automatically be invited for a one-off bowel scope screening test, if it's available in your areaif you're 60 to 74, you'll automatically be invited to do a home testing kit every 2 yearsif you're 75 or over, you can ask for a home testing kit every 2 years by calling the free bowel cancer screening helpline on 0800 707 60 60

If you're too young for screening but are worried about a family history of bowel cancer, speak to a GP for advice.

About 1 in 8 women in the UK  
are diagnosed with breast  
cancer during their lifetime.



BREAST  
CANCER  
AWARENESS

## **Breast cancer screening**

About 1 in 8 women in the UK are diagnosed with breast cancer during their lifetime.

If it's detected early, treatment is more successful and there's a good chance of recovery.

Breast screening aims to find breast cancers early. It uses an X-ray test called a mammogram that can spot cancers when they're too small to see or feel.

### **Why is breast screening offered?**

Most experts agree that regular breast screening is beneficial in identifying breast cancer early. The earlier the condition is found, the better the chances of surviving it.

As the likelihood of getting breast cancer increases with age, all women aged from 50 to their 71st birthday who are registered with a GP are automatically invited for breast cancer screening every 3 years.

### **What happens during breast screening?**

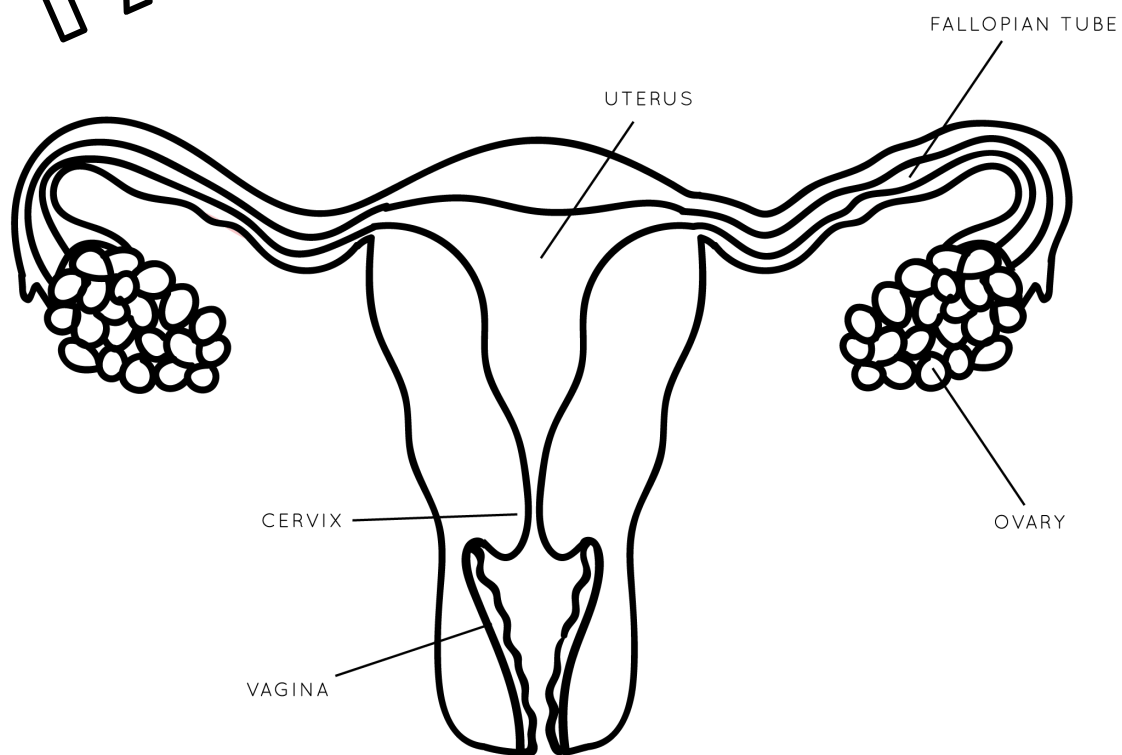
Breast screening involves having an X-ray (mammogram) at a special clinic or mobile breast screening unit.

This is done by a female health practitioner. Your breasts will be X-rayed 1 at a time. The breast is placed on the X-ray machine and gently but firmly compressed with a clear plate. Two X-rays are taken of each breast at different angles.





NO MORE  
FANNYING ABOUT



The cervix is the opening to your womb from your vagina.



## **Cervical screening**

Cervical screening (a smear test) checks the health of your cervix.

The cervix is the opening to your womb from your vagina.

It's not a test for cancer, it's a test to help prevent cancer.

All women and people with a cervix aged 25 to 64 should be invited by letter.

During the screening appointment, a small sample of cells will be taken from your cervix.

The sample is checked for certain types of human papillomavirus (HPV) that can cause changes to the cells of your cervix.

These are called "high risk" types of HPV.

If these types of HPV are not found, you do not need any further tests. If these types of HPV are found, the sample is then checked for any changes in the cells of your cervix.

These can then be treated before they get a chance to turn into cervical cancer.

**You may need more help and support with cervical screening for many reasons.**

Speak to the GP surgery if you have questions about cervical screening invitations, results or any symptoms you have.

## **Support for everyone**

For more information and support about going for cervical screening, results and treatment, you can contact Jo's Cervical Cancer Trust by:

- joining the Jo's Cervical Cancer Trust Forum
- calling the helpline on 0808 802 8000

## **Find out more about Tough Cookies Education and our work.**

Tough Cookies deliver sex education, relationships and health workshops that teach young people the skills and knowledge to live safe and healthier lives – from boob checking awareness to STIs, puberty and periods.

Tough cookies established in 2015 and have worked with over 10'000 young people and 150 schools. We have trained over 100 teachers, school nurses and youth workers and have created numerous resources for RSHE.

### **Youth & Community Work**

At tough cookies there is always something fun and educational going on, take a look at our most recent youth and community work and find out how you can get involved!

### **Girls Work**

Our girls work programmes provide opportunities for young women to develop confidence, build their resilience and to feel empowered!

Through fun activities and relationships building girls and young women explore and learn about themselves. They develop their skills and knowledge around health and wellbeing topics such as; healthy relationships, body image and online safety.

### **Workshops for schools**

Each year we visit hundreds of schools and youth groups and work with thousands of children and young people providing relationships, sex and health education.

### **Contact us**

Have a question? We would love to hear from you. Send a message and we will respond as soon as possible. For a more quick reply call Tough Cookies on 07824 885 837.



**Tough Cookies Education**

**[www.toughcookiesed.co.uk](http://www.toughcookiesed.co.uk)**