|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| LANDER  NEWSLETTER | | A building with a large window  Description automatically generated | | |
| Mar-Jun  2024 |  |
|  |  |
|  | |
| Screening  Early Diagnosis  Campaigns & The Sunrise App | | |  | LAnDER CAncer Services “*By talking about cancer, in all its guises, we make it more normal. We can break down taboos and stop people feeling embarrassed. The difference between an early and late diagnosis is the difference between life and death in many cases” ​. ​*  Dame Deborah James (Bowel Babe) |
| Shining a light on specific cancers | | |
| End of life; support for carers & Bereavement Support | | |
|  | | |

|  |  |  |  |
| --- | --- | --- | --- |
| A pink background with blue text  Description automatically generated | |  | **SCREENING**  **Cancer screening involves testing apparently healthy people for signs of the disease.**  It can save lives by finding cancers at an early stage, or even preventing them. Screening is not the same as the tests a person may have when doctors are diagnosing or treating cancer. There are 3 types of screening for cancer:  **BOWEL** aged 60 – 74 <https://www.bowelcanceruk.org.uk/about-bowel-cancer/screening/> or call 0800 707 6060 to find out more and check your eligibility.  **BREAST –** you will get your first invite between the ages of 50 – 53 until aged 71(you can request further screening after this by contacting The Breast Screening Service 01872 252880). For further information: <https://www.nhs.uk/conditions/breast-screening-mammogram/>  **CERVICAL** – for those aged 25 – 64. For more information:<https://www.cancerresearchuk.org/about-cancer/cervical-cancer/getting-diagnosed/screening/about> |
|  |  | | **EARLY DIAGNOSIS**  HELP US HELP YOU – DON’T CARRY THE WEIGHT OF CANCER WITH YOU  IF YOU ARE EXPERIENCING SYMPTOMS THAT LAST 3 WEEKS OR MORE, DON’T DELAY CONTACT YOUR GP.  They are probably nothing serious but finding cancer early makes it more treatable.   * Tummy trouble (such as discomfort or diarrhoea for 3 weeks or more). * Blood in your pee (even just once). * Unexpected or unexplained bleeding. * Unexplained pain that lasts 3 weeks or more. * An unexplained lump. * A cough for 3 weeks more (that isn’t Covid)   Not all the symptoms of cancer are easy to spot. Contact your GP practice if you experience one or more of these symptoms, for 3 weeks or more.   * Unexplained weight loss * Feeling tired and unwell and not sure why * Heartburn or indigestion * Unusual, pale or greasy poo |
|  |  | |
|  | |  |
| Graphical user interface, text  Description automatically generated | |  |

# A hand holding a phone Description automatically generated CANCER CAMPAIGNS & SUNRISE APP

## **CANCER CAMPAIGNS**

The next few months will see the following cancer awareness campaigns running. Please check our cancer PCN noticeboard and social media pages for more information as well as checking out national campaigns.

**MARCH – Brain Tumour Awareness**

**Colon Cancer Awareness**

**Prostate Cancer Awareness**

**Ovarian Cancer Awareness**

**APRIL - Bowel Cancer Awareness**

**Testicular Cancer Awareness**

**MAY - Bladder Cancer Awareness**

**Skin Cancer Awareness**

**SUNRISE APP**

MySunrise provides a complete up-to-date information and support tool for patients and their families before, during and after their cancer treatment at their NHS Cancer Centre.

The app is complete with a whole range of digital tools, cancer resources and contact information all specific to your NHS Hospital cancer centre and in some cases cancer type too. It can be downloaded to both android and iphone. Visit <https://www.mysunrise.co.uk/> to find out more.

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  |  |
| OVARIAN CANCER  * Over 7000 women are diagnosed each year in the UK. * If diagnosed at the earliest stage 9 in 10 women will survive. * Two thirds of women are diagnosed late when cancer is harder to treat and 27% are diagnosed is an emergency setting such as A&E * Just 1 in 5 UK women can name bloating as one of the main symptoms of ovarian cancer. * At present more women die as a result of Ovarian Cancer than all of the other gynaecological cancers altogether. * Awareness of the symptoms can make this prognosis better. | | |

|  |  |  |  |
| --- | --- | --- | --- |
| A yellow and black butterfly  Description automatically generatedA blue and white advertisement  Description automatically generated End of Life; CARERS & Bereavement SupPORT |  |  |  |
|  |  |  |
|  |  |  |