

# Cancer – How to avoid it and how to live well with it

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GP

Cancer Lead GP NW London

# Overview

- There is a lot of it about...
- What do we really know?
- What is cancer?
- Who gets cancer?
- Why do they get it?
- How can I avoid it?
- How can I spot it early?

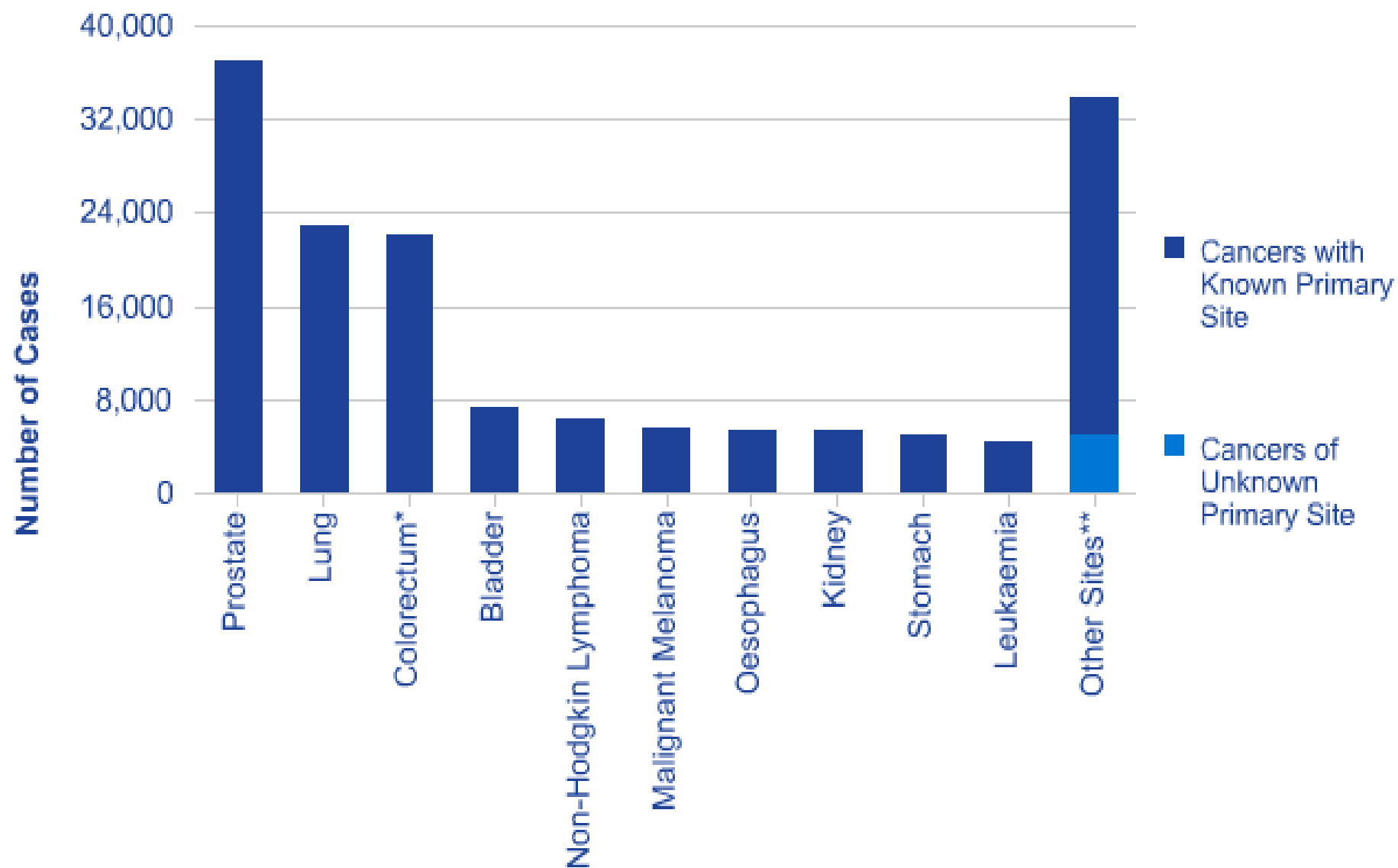
# The numbers

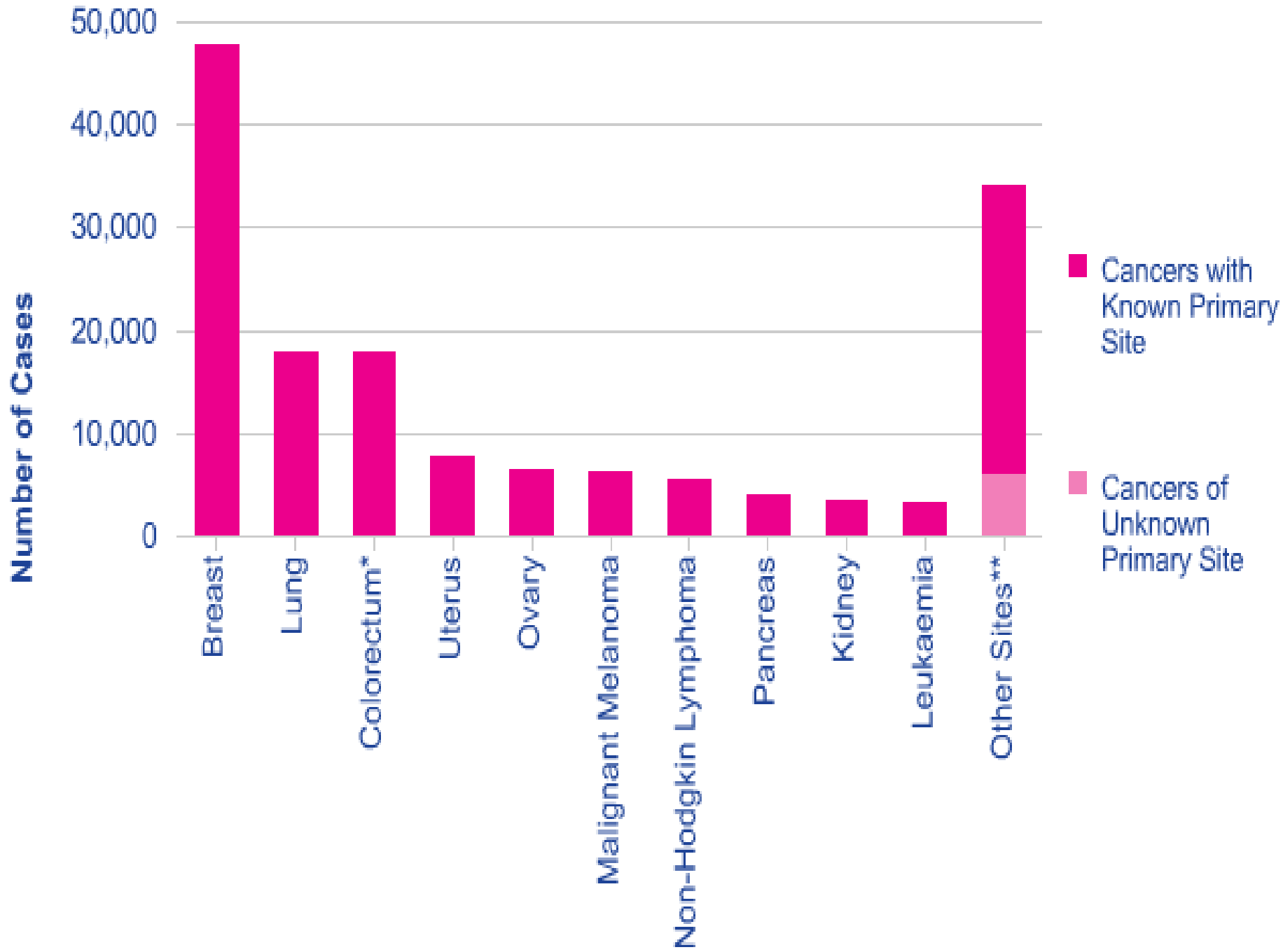
**17,000 more**  
middle-aged people are diagnosed  
with cancer every  
year, compared to  
a generation ago



Figures are for all cancers among people in Great Britain aged 40-59 years old excluding non-melanoma skin cancer

Figure 2.1: The 10 Most Commonly Diagnosed Cancers in Males, UK, 2008







## Baby food in cancer alert

by SEAN POULTER, Daily Mail

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Baby food firms have been warned to change the seals on their jars amid fears of contamination by a cancer-causing toxin.

Food safety chiefs have demanded similar action on a range of products from ketchup to pasta sauce.

The moves, announced yesterday by the European Food Safety Authority, follow the discovery of the chemical semicarbazide in glass jars and bottles of fruit juices, jams, honey, pickles,



© Retna

**Baby food jars in food scare**

Over 3 million free WiFi

# What are the top cancers?

- Lung
- Breast
- Bowel
- Prostate
- Bladder and Kidney
- Ovaries and womb

- [Acute lymphoblastic leukaemia \(ALL\)](#)
- [Acute myeloid leukaemia \(AML\)](#)
- [Anal cancer](#)
- [Bladder cancer](#)
- [Bone cancer](#)
- [Bowel cancer](#)
- [Brain tumours](#)
- [Breast cancer](#)
- [Cancer of unknown primary](#)
- [Carcinoid](#)
- [Cervical cancer](#)
- [Choriocarcinoma](#)
- [Chronic lymphocytic leukaemia \(CLL\)](#)
- [Chronic myeloid leukaemia \(CML\)](#)
- [Colon cancer](#)
- [Colorectal cancer](#)
- [Endometrial cancer](#)
- [Eye cancer](#)
- [Gallbladder cancer](#)
- [Gastric cancer](#)
- [Gestational trophoblastic tumours \(GTT\)](#)
- [Hairy cell leukaemia](#)
- [Head and neck cancer](#)
- [Hodgkin's lymphoma](#)
- [Kidney cancer](#)
- [Lung cancer](#)
- [Lymphoma](#)
- [Melanoma skin cancer](#)
- [Mesothelioma](#)
- [Molar pregnancy](#)
- [Mouth and oropharyngeal cancer](#)
- [Myeloma](#)
- [Nasal and sinus cancers](#)
- [Nasopharyngeal cancer](#)
- [Non Hodgkin's lymphoma \(NHL\)](#)
- [Oesophageal cancer](#)
- [Ovarian cancer](#)
- [Pancreatic cancer](#)
- [Penile cancer](#)
- [Prostate cancer](#)
- [Rectal cancer](#)
- [Salivary gland cancer](#)
- [Skin cancer \(non melanoma\)](#)
- [Soft tissue sarcoma](#)
- [Stomach cancer](#)
- [Testicular cancer](#)
- [Thyroid cancer](#)
- [Unknown primary cancer](#)
- [Uterine cancer](#)
- [Vaginal cancer](#)
- [Vulval cancer](#)

# What is Cancer?

- Normal Cells:-
- Reproduce themselves exactly
- Stop reproducing at the right time
- Stick together in the right place
- Self destruct if they are damaged
- Become specialised or 'mature'

# Loss of Normal Growth Control

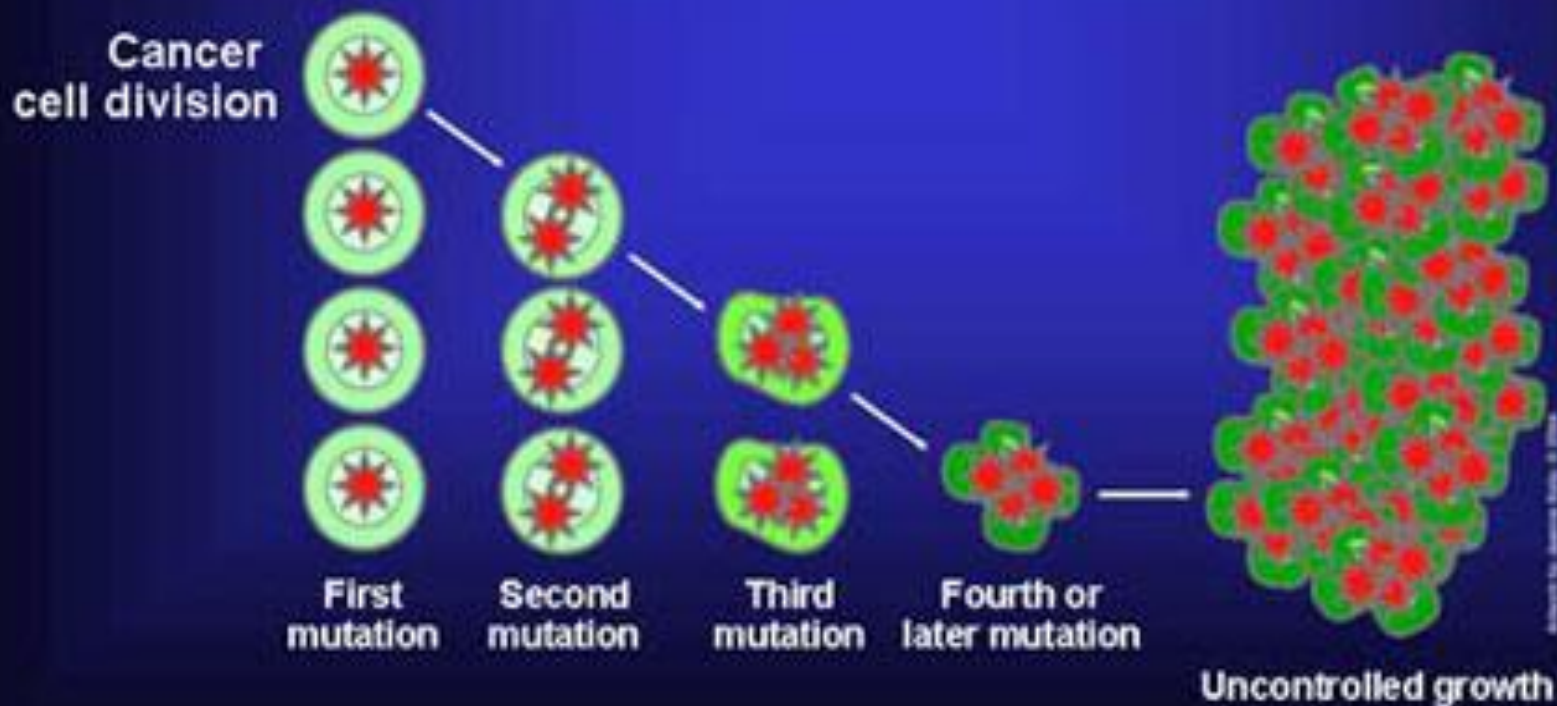
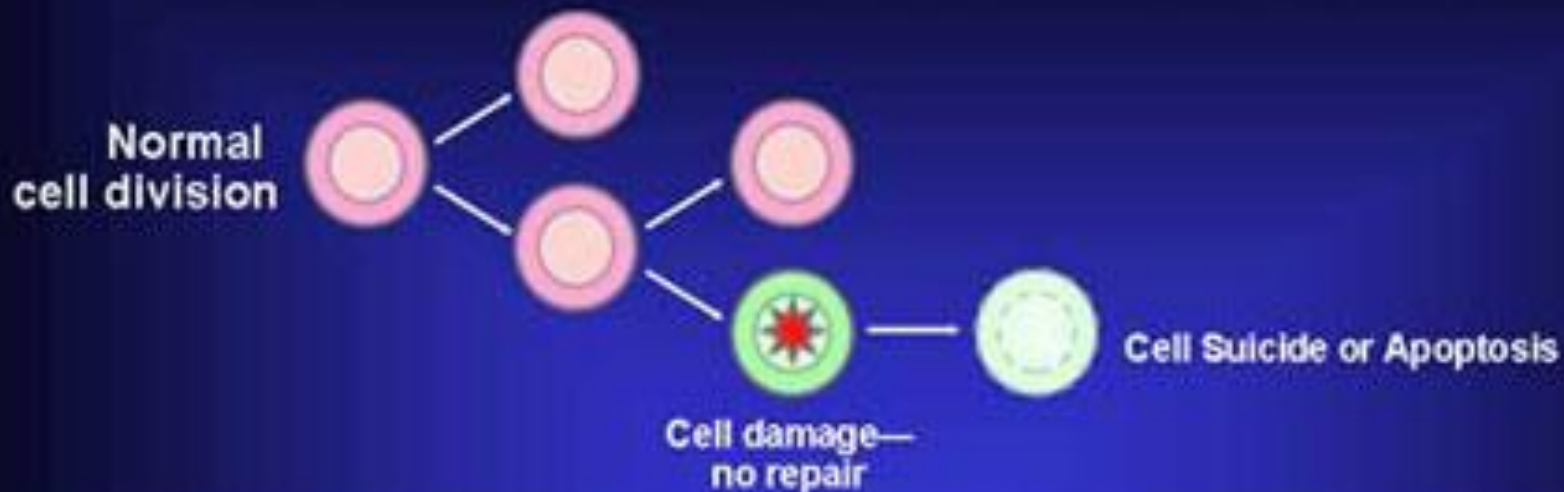
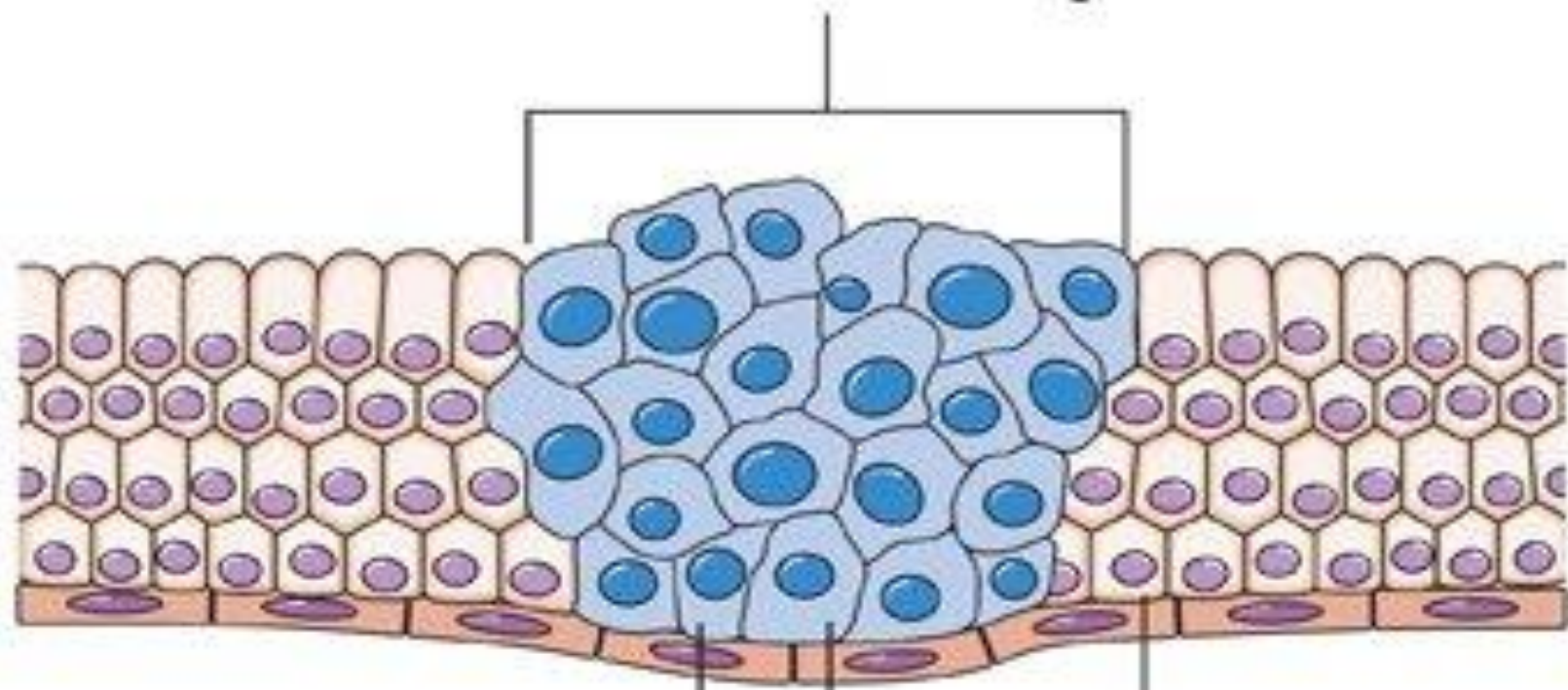


Illustration by American Society of Cell Biology

A tumour is forming



Cancer cells dividing

Normal cells

Diagram showing how cancer cells keep on reproducing to form a tumour  
Copyright © CancerHelp UK



# Who gets cancer?

- Biggest risk factor is smoking
- Older people
- Industrial exposure (asbestos, rubber)
- Family History ( esp. a type of breast cancer)
- Being overweight
- Too much sun exposure

# Smoking related cancers

- **Lung – 90%**
- Mouth
- Nose and sinuses
- Voice box (larynx)
- Foodpipe (gullet or oesophagus)
- Stomach
- Pancreas
- Bladder
- Liver
- Neck of the womb (cervix)
- Kidney
- Acute myeloid leukaemia
- Breast

# Screening for Cancer

- Breast from 50
- Cervix from 25
- Bowel (men and women) from 60
- New Bowel screening Programme



[NHS Breast Screening Programme](#)

[NHS Cervical Screening Programme](#)

[NHS Bowel Cancer Screening Programme](#)

[NHS Prostate Cancer Risk Management](#)

Welcome to the NHS Cancer Screening Programmes website for England

The cancer screening programmes of England are nationally coordinated. They are the [NHS Breast Screening Programme](#), the [NHS Cervical Screening Programme](#) and the [NHS Bowel Cancer Screening Programme](#).

There is no organised screening programme for prostate cancer but an informed choice programme, [Prostate Cancer Risk Management](#), has been introduced.

## NHS Breast Screening

- [Home page](#)
- [Publications](#)
- [FAQs](#)
- [Statistics](#)



## NHS Cervical Screening

- [Home page](#)
- [Publications](#)
- [FAQs](#)
- [Statistics](#)



## NHS Bowel Cancer Screening

- [Home page](#)
- [Publications](#)
- [FAQs](#)

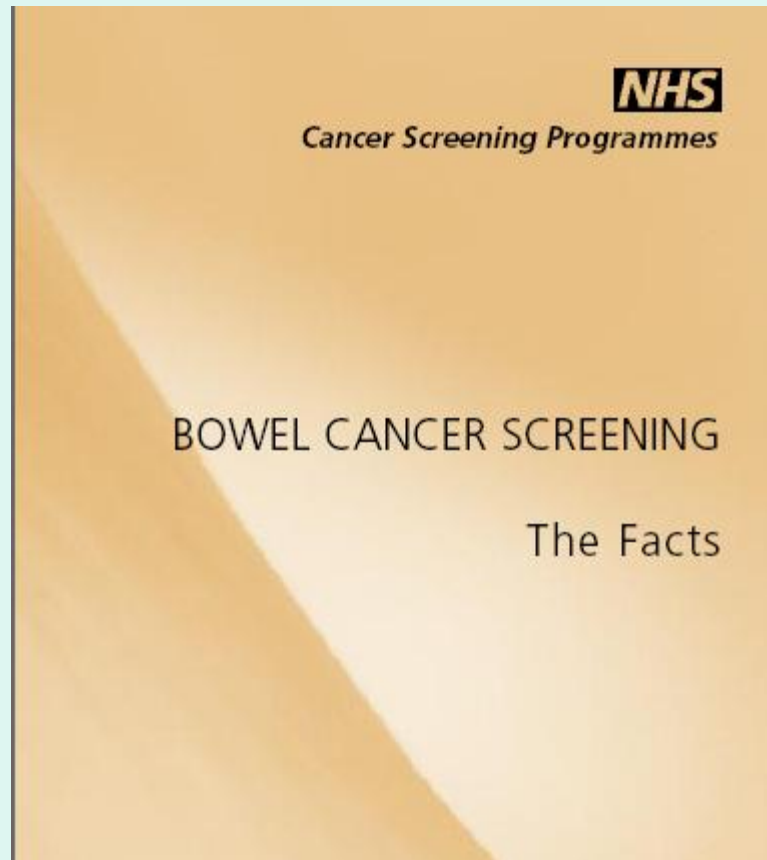


## Prostate Cancer Risk Management

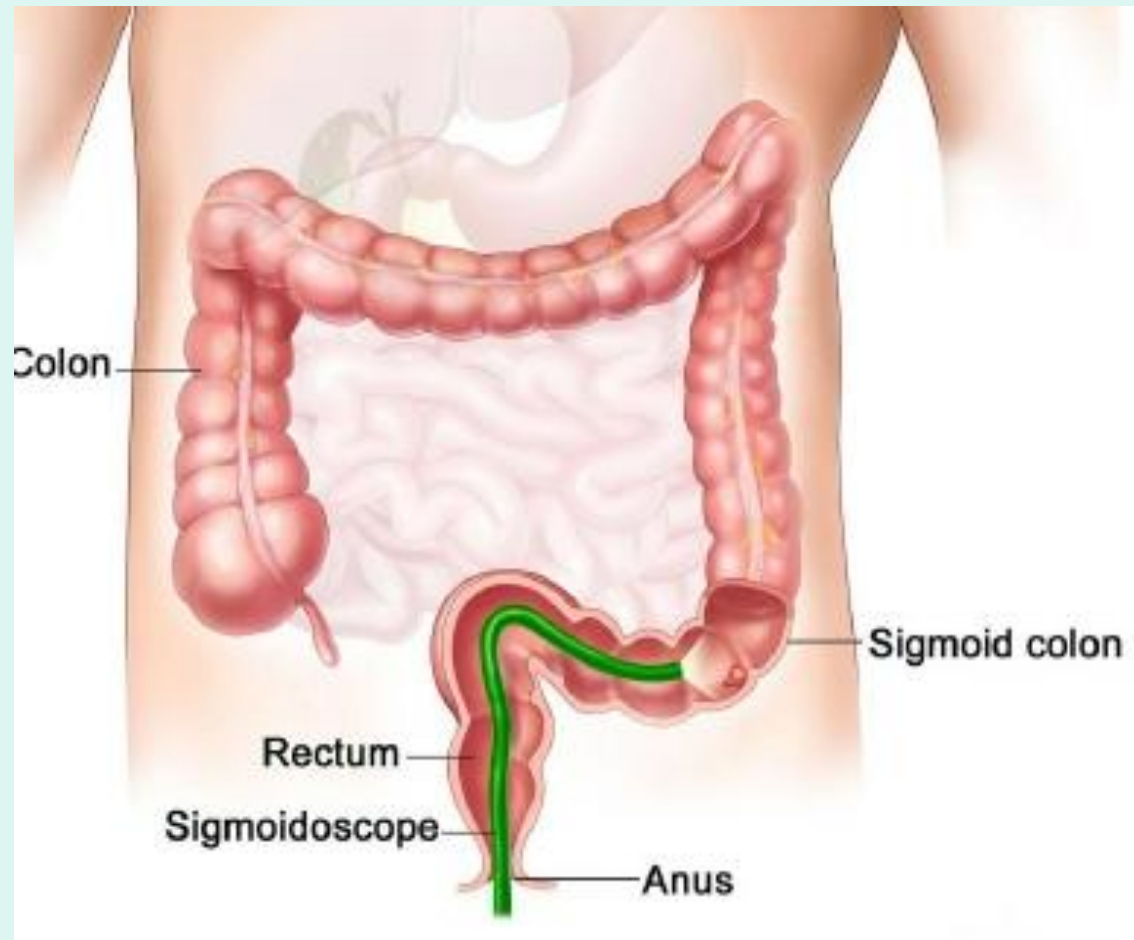
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# Bowel Cancer Screening



# Sigmoidoscopy



# Spotting Cancer Early

- Main factor is awareness
- Remember nowadays cancer can be treated effectively if caught early!!!!
- Fears of cancer
- Worry about “the bag” – bowel cancer

# Signs of cancer

- A lump somewhere on your body
- Changes in a mole on your skin
- A cough or hoarseness that won't go away
- A change in bowel habits
- Difficulty in swallowing or continuing indigestion
- Any abnormal bleeding
- A sore or ulcer that won't heal
- Difficulty passing urine
- Unexplained weight loss
- Unexplained pain
- Feeling very tired all the time
- Skin changes
- Unexplained night sweats

[www.spotcancerearly.com](http://www.spotcancerearly.com)

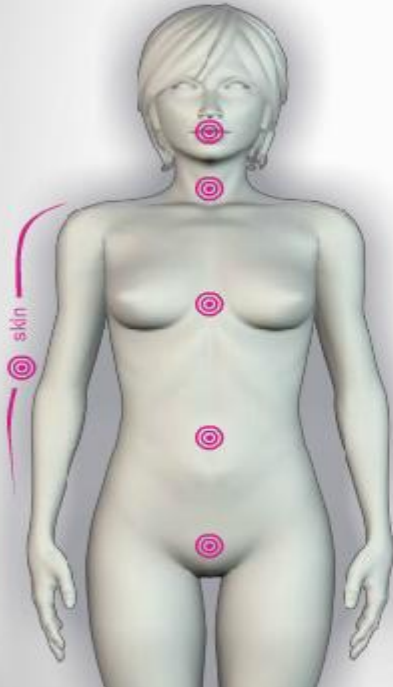
Signs and Symptoms

Help

Change gender

Rotate

General symptoms



skin

**Click on the hotspots for possible cancer symptoms.**

If you notice any of these changes, make an appointment to see your doctor.

The image shows a 3D anatomical model of a female torso. There are five red circular hotspots with a white center, located on the neck, upper chest, lower chest, abdomen, and pelvic region. A red line on the left side of the torso is labeled 'skin'.

## News & Resources

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### SPOT CANCER EARLY

[Signs and symptoms](#)

#### Cancer symptom videos

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[How do we know?](#)
[AEDI](#)
[International Cancer Benchmarking Partnership](#)
[Resources for health professionals](#)

## Cancer symptom videos

We have produced four videos on how to spot [breast](#), [bowel](#), [lung](#) and [mouth cancer](#) early. The videos are particularly aimed at people over 50, because cancer is most common in this age group. In these videos, you can:






- watch doctors and scientists explain the signs and symptoms of each type of cancer
- hear from people who have experienced these cancers and have lived to talk about it
- find out the truth behind some common myths

And after every video, you'll find a quiz about what was in it - so why not test your knowledge?

### Watch the videos



Select a video from the menu below

-  Increase text
-  Decrease text
-  Print this page
-  A-Z index
-  Glossary

#### Questions about cancer?

Call our nurses on freephone **0808 800 4040** 9am until 5pm Monday to Friday.



Or visit [CancerHelp.UK](#).

#### Do me a favour



# Midlands Lung Cancer Campaign



# What if I have had cancer?

- You are **NOT** alone
- No longer a death sentence
- Aim for really good quality of life
- Anxiety and depression treatable
- Exercise helps!
- Fear of it coming back
- My family – coping emotionally
- Money worries

## Welcome to the NCSI Website

The National Cancer Survivorship Initiative (NCSI) originated from the Cancer Reform Strategy (2007). The NCSI is a partnership between the Department of Health, Macmillan Cancer Support and is supported by NHS Improvement. The aim of the NCSI is, by 2012, to have taken the necessary steps to ensure that those living with and beyond cancer get the care and support they need to lead as healthy and active a life as possible, for as long as possible.

### In the news:

#### [Macmillan wins runner-up IBM Centennial Award](#)

*November 4th, 2011*

As part of IBM's 2011 centenary celebrations they offered a global award for an IT development that was innovative, smarter working, intelligent, instrumented and interconnected. The proposed development needed to deliver integrated personalised care and promote wellness.

Macmillan's Assessment and Care Planning, Electronic Solutions project was selected as a suitable IT project to be submitted and was the winner of the runner-up prize of US \$10,000.

### What we are doing:

[Risk Stratified Pathways of Care](#)

[Assessment & Care Planning](#)

[Health and Wellbeing Clinics](#)

[Active & Advanced Disease](#)

[Consequences of Cancer Treatment](#)

[Children & Young People](#)

[Work & Finance](#)

[Vocational Rehabilitation](#)

[Supported Self Management](#)

[Physical Activity](#)

# National Cancer Survivorship Initiative

WE ARE  
MACMILLAN.  
CANCER SUPPORT

DH Department  
of Health

NHS  
NHS Improvement

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- [News](#)
- [What we are doing](#)
- [Test Communities](#)
- [Resources](#)
- [How we discuss survivorship](#)
- [Survivorship Events](#)

[Home](#) » [What we are doing](#) » [Physical Activity](#)

## Physical Activity

Evidence suggests that being physically active during and after cancer can:

- Improve physical and psychological well-being
- Reduce the risk of consequences of treatment
- Improve overall survival rates and reduce the risk of recurrence
- Reduce the risk of co-morbidities (two or more medical conditions)



Download the NCSI evidence review below for further information.

The American College of Sports Medicine's exercise guidelines for cancer

### Risk Stratified Pathways of Care

- Risk Stratification

### Assessment & Care Planning

- Assessment & Care Planning Definitions
- Holistic Needs Assessment
- Screening and Assessment Tools
- Treatment Summary
- Cancer Care Review
- Competencies

### Health and Wellbeing Clinics

### Active & Advanced Disease

- Active and Advanced Disease

[Home](#) > [Cancer information](#) > [Living with and after cancer](#)

Living with and after cancer ▾

Symptoms &amp; side effects &gt;

Eating well &gt;

Financial issues &gt;

Work &amp; cancer &gt;

Practical issues &gt;

Emotional effects &gt;

Relationships &amp; communication &gt;

Physical activity &gt;

Life after cancer &gt;

Advanced cancer &gt;

## cancerbackup

Macmillan and Cancerbackup merged in 2008. Together we provide free, high quality information for people affected by cancer through our publications, website and phone service. [Find out more.](#)



## Living with and after cancer

A diagnosis of cancer can have an impact on many areas of your life, both during and after treatment. Get information and practical advice to help you cope with issues ranging from side effects of treatment and talking about cancer to managing your finances.

### Symptoms & side effects >

Cancer and cancer treatments can cause a range of symptoms and side effects. These can often be effectively managed or controlled.

### Financial issues >

A cancer diagnosis can have an effect on your income – but you may be able to get help with NHS costs, grants, and certain benefits.

### Practical issues >

It can help to think ahead when going to work, planning a holiday, getting travel insurance or arranging care for your pets

### Relationships & communication >

Cancer can have an emotional and physical impact on your relationships, but there's help available for you, your family and friends

### Life after cancer >

### Eating well >

Cancer and its treatment can sometimes cause problems with eating. There are tips to help you manage different eating problems and maintain a healthy diet.

### Work & cancer >

Access Macmillan's range of resources about work and cancer, whether you're an employee or an employer looking for information

### Emotional effects >

A cancer experience can trigger a range of emotional responses for you, your family and friends, but there are a number of ways to manage them and get support.

### Physical activity >

Find out more about how physical activity can help during and after cancer treatment

### Advanced cancer >

It's usually a check if a cancer comes

[Contact us](#)[Bookmark](#)[Print](#)

### Questions about cancer?



For answers, support or just a chat, call the Macmillan Support Line free (Monday to Friday, 9am-8pm)

### Ask Macmillan

If you have any questions about cancer, need support or just want someone to talk to, ask Macmillan.

- [Call our cancer support specialists free on 0808 808 00 00](#)
- [Find local information centres or support groups](#)
- [All of the ways we can help](#)

# Your Questions, please

