

Key messages for Answer Cancer Champions to share



Early cancer detection saves lives

Detecting cancer early saves lives. This means it's important we talk about cancer so everyone is aware of the benefits of early detection and what they should be doing to look after their own health.

The NHS offers three cancer screening programmes

The NHS offers three screening programmes for breast, bowel and cervical cancer. Bowel cancer screening tests are sent via the post every 2 years to those aged between 60 and 74. Women are invited for breast screening appointments every 3 years between the ages of 50 and 70. Women are invited for a cervical screening or smear test every 3 to 5 years between the ages of 25 and 64.

If in doubt talk to your GP

There are many different signs and symptoms of cancer, so if you are experiencing any changes in your body that feel unusual you should talk to your GP about them without delay.

Talk to your GP if you're at face an increased risk of prostate cancer

Black men are twice as likely to get prostate cancer as white men. The risk increases further for those aged over 50 and for those whose fathers or brothers have had prostate cancer. Most people don't experience any signs or symptoms of prostate cancer in the early stages, so if you're part of a high risk group please talk to your GP.

Don't let fear of Coronavirus stop you contacting your GP

At the moment, because of Coronavirus, the number of people who've been going to their GP has dropped. Because they've put off going to their GP, this means that right now lots of people who've got cancer don't know about it yet – putting their life at risk. The NHS has made sure GP appointments are safe, and they are encouraging everyone who's worried about a change in their body to book an appointment.

You can reduce your risk of cancer with a healthy lifestyle

4 out of 10 cases of cancer could be prevented by healthy lifestyle changes. These changes include: quitting smoking, eating a healthier diet (more fibre and less red meat), reducing your alcohol intake, exercising regularly, and enjoying the sun safely (with sun cream).

Sign up as an Answer Cancer Champion today

Sharing these messages will help save lives. Help share these messages in your community by signing up as an Answer Cancer Champion today. Anyone who lives, works, volunteers or studies in Greater Manchester can get involved.