

**NHS  
Cancer  
Screening  
Programmes  
Hook a Duck**

**ANSWER  
CANCER**



# How to play and engage

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## Hook a Duck

This well-known children's bath-time toy can easily be adapted for cancer awareness engagement activities to use with local communities. Each duck has a cancer fact or statistic taped to the bottom. Ask participants to hook-a-duck, then have a brief advice conversation based around the 'fact'. Participants can keep going until they have 'hooked' all the ducks.

**Please see 'Hook A Duck - Facts & Stats' for stats to stick to the bottom of each duck and the 'answers' which will provide you with the information to base your brief advice conversation around.**



**Hook a Duck** game is available on Amazon priced £7.99 (at the time this resource was created).

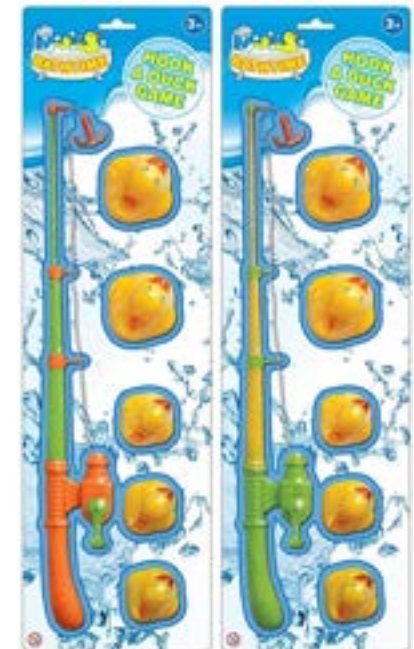
- **Games can be purchased from Amazon – but have a shop around because you may find them cheaper elsewhere**

## How to evaluate

- How many people played the game? Is it appropriate to record gender, age or postcode of people so you know if you are reaching 'target audiences'?
- How many brief advice conversations did you have?
- How many key messages were passed on?
- Any case studies? Did you have any interesting conversations which you can anonymise? I.e. Someone reports they have a F.I.T. kit at home which they will now use

## Other ideas

**Fishing Rods** are available on Amazon priced £7.42 (at the time this resource was created).



# Hook a Duck - facts & stats

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Over 200

3

25 - 49

50 -64

From 60

Every 3 years

From 50

Every 2 years

Mammograms

HPV

Pain

Unusual

Signs and Symptoms

Screening

Cervix

Polyps

# Hook a Duck – facts

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## Over 200

There are over 200 different types of cells in the body. We know that cancer starts in the cells, therefore there are over 200 different types of cancer. Screening early can pick up on abnormal cells and save lives.

## From 60

People over the age of 60 are invited to take part in bowel cancer screening, you will be invited to take part in screening every 2 years. If you are registered with a GP and within the eligible screening age range, a test kit will be automatically posted to you, so you can complete it in the privacy of your own home.

## Mammograms

Breast screening takes 2 x-rays of each breast. The x-rays are called mammograms. Mammograms can detect changes in the breast when they are too small to see or feel. Early detection saves lives.

## Signs & Symptoms

We all know our own bodies, so if you spot any signs and symptoms or notice anything unusual, don't delay it and book an appointment to see your GP. Early detection saves lives.

## 3

There are 3 cancer screening programmes, Breast, Bowel and Cervical. It is important to attend for screening when invited. Screening aims to pick up changes in the cells **BEFORE** they turn cancerous. Remember early detection saves lives.

## Every three years

Women and trans men (registered as female) aged 50-70 are invited to attend for their breast screening exam every 3 years. Around 98% of women diagnosed with breast cancer, will survive their cancer for 5 years or more if diagnosed early (stage 1) as opposed to 25% if diagnosed later (stage 4). Early detection saves lives. Breast screening saves lives.

## HPV

99.8% of cervical cancers are caused by high-risk HPV (Human Papillomavirus) infections. Cervical screening protects against cervical cancer. Screening spots changes **before** they turn cancerous.

## Screening

NHS cancer screening saves lives. Taking part in cancer screening lowers your risk of dying from cancer. Screening can pick up cancers at an early stage, when there is a good chance of successful treatment. The sooner cancer is diagnosed, the easier it is to treat. Early detection saves lives.

# Hook a Duck – facts

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## 25-49

Women aged 25-49 are invited to attend for a cervical screen (smear test) every 3 years. Screens are carried out at GP practices, usually by (female) practice nurses. Cervical screening is not a test for cancer. It is a test to check the health of the cells in the cervix. The test looks for changes **before** they become cancerous.

## From 50

Women aged 50-70 are invited to attend for their breast screening examination. More than 18,000 breast cancers are diagnosed through screening in England each year. Most of these are found at an early stage when the chance of successful treatment is high.

## Pain

Be aware of signs or symptoms or changes to your body. Remember, if it's unusual for you, book an appointment to see your GP. Early detection saves lives.

## Cervix

If you have a cervix, then cervical screening is for you. Cervical screening is NOT a test for cancer – it is a test to check the health of the cells in the cervix, it looks for changes **before** they become cancerous.

## 50-64

Women aged 50-64 are invited to attend for their cervical screen every 5 years. Cervical screening protects against cervical cancer. Screening spots changes **before** they turn cancerous.

## Every 2 years

People aged 60-74 are sent a bowel screening kit in the post every two years. 9 out of 10 people can be cured when bowel cancer is found early, do your bit and use your kit. Early detection saves lives.

## Unusual

We all know our own bodies, so if you notice something that's unusual for you – book an appointment to see your GP. Early detection saves lives.

## Polyps

Polyps are growths that form in the lining of the bowel. Some polyps turn cancerous. Bowel cancer screening aims to detect changes early **before** they turn cancerous. Early detection saves lives. Bowel cancer screening saves lives.

# Cancer Screening Key Messages

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## Key Messages:

### If it's unusual for you – see your GP

We all know our own bodies so if you notice anything unusual, book an appointment to talk through your concerns with your GP.

### Early detection saves lives

Those who regularly attend for screening or who go see their GP when they notice anything unusual, will have any changes picked up early. Treatment options and health outcomes will usually be better for them.

### Cancer screening saves lives

Those who regularly attend for screening are more likely to have any early changes in their body picked up **before** they turn cancerous.

