Information NOW
Information for people in Newcastle upon Tyne

Cancer

1 in 3 people in the UK will develop cancer at some stage in their life and it is more common in later life. However, 4 in 10 cancers are preventable and you can take action by becoming more aware of your body and changes that take place, and by undertaking screening that is available.

Types of Cancer

Some of the most common types of cancer in the UK are:

- blood cancers
- bowel cancer (also known as colon cancer)
- breast cancer (in men as well as in women)
- cervical cancer
- lung cancer
- mouth cancer
- oesophageal & stomach cancer
- ovarian cancer
- pancreatic cancer
- prostate cancer
- respiratory
- skin cancer
- testicular cancer

The organisations included at the bottom of this page will provide you with more information about symptoms and treatments. Always see your GP if you are worried.

Ways to help prevent cancer

The success rate for treating cancer is increasing all the time. Improving your health can lower your risk of developing cancer or increase your chance of catching it early when treatment can be more effective. You can look after yourself by:

- **Having a healthy diet** high in fibre with plenty of fruit and vegetables can reduce your risk of developing cancer.
- **Giving up smoking** is the best way to reduce your risk of cancer.
- **Cut down on alcohol** intake
- **Exercise** can reduce the risk of cancers such as of the breast, bowel and kidney

- **Stay out of the sun and use sunscreen.**
- **Pay attention to your body** if you develop new or persistent symptoms, for example, unexplained weight loss, a persistent cough, unexplained pain or swelling, or persistent heartburn visit your GP. It may be nothing to worry about but it is best to check.
- **Self-examination** checking your mouth, neck and body for early signs of cancer such as lumps could be a lifesaver.
- **Attend screening programmes** each programme is specific and enables early detection and treatment of cancer.

Take the **Cancer Research UK quiz** to understand your risk of cancer.

An **NHS free Health Check** is available to people aged between 40 years and 74 years. As we get older, we have a higher risk of developing one of these conditions.You may be invited for a free check to help spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia.

Screening programmes

Cancer treatment is more successful if it's found early. The NHS will invite you to attend a cancer screening appointment when you reach a certain age. These are:

Bowel Cancer Screening

NHS bowel scope screening is a new test to help prevent bowel cancer. It does this by finding and removing any small growths, called polyps, in the bowel that could eventually turn into cancer. This service is offered to those aged 55 years. If you don't take it up at 55 years, you can do so before you are 60 years. It is only offered once within the 5 year period.

Additionally people between the ages of 56 and 74 are sent a Faecal Immunochemical Test kit (FIT) which is used to collect a stool sample every two years. If you're 75 or over, you can ask for this test by calling the freephone helpline on **0800 707 60 60.**

The test is free, easy to return and results normally take around 2 weeks. If you receive an abnormal result, you will be referred for further investigation but this does not necessarily mean that you have cancer.

Visit **NHS.UK for more information on bowel cancer**.

Breast Cancer Screening

This programme offers screening every 3 years to all women aged over 50 years old. If you are aged 70 years old or over, you will not automatically be invited for breast screening but you do have the right to be screened every 3 years if you ask. Some women are now invited from the age of 47 years. Screening includes a mammogram and may be followed by an ultrasound and/or biopsy if necessary. If you have found a lump, then your GP may refer you to a fast track/one stop breast screening service.

All enquiries should be made to the **Breast Screening Team** at the Royal Victoria Infirmary.

Visit **NHS.UK for more information on breast cancer Screening.**

Cervical Cancer Screening (smear test)

The NHS Cervical Screening Programme invites all women and people with a cervix from the age of 25 to 64 to attend a cervical screening. Women aged 25 to 49 are offered screening every 3 years and those aged 50 to 64 are offered screening every 5 years. If you are sexually active then you should continue your screening as some sexually transmitted infections (STIs) are linked to cervical cancer.

Find out more about Human papillomavirus (HPV) and cervical cancer from **Jo's Cervical Cancer Trust.**

Visit **NHS.UK for more information on cervical cancer.**

Predictive genetic tests for cancer risk genes

Cancer is not usually inherited. Some types, mainly breast, ovarian, colorectal and prostate cancer, can run in families. We all carry certain genes that protect against cancer. Inheriting faulty versions or "variants" of these genes can raise your risk of developing cancer.

Speak to a GP if there is a strong family history of cancer and you're worried you may get it too. They may refer you for an NHS genetic test. This will tell you if you've inherited one of the cancer risk genes. You may be eligible for this NHS test if the faulty gene has already been identified in one of your relatives.

This type of testing is known as 'predictive' genetic testing because a positive result means you have a greatly increased risk of developing cancer. It does not mean you have cancer or are definitely going to develop it.

Read more on NHS about Predictive genetic tests for cancer risk genes

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Prostate Cancer Screening

Men over 50 years can ask for a PSA test. The PSA (Prostate Specific Antigen) test measures the level of PSA in your blood. PSA is a substance made by the prostate gland, which naturally leaks into the bloodstream. A raised PSA may be an early indication of prostate cancer, however other conditions (like enlargement of the prostate, prostatitis and urinary infection) can also cause a rise in PSA.

Your GP can organise a PSA test for you if you have symptoms of prostate disease. Men with early prostate cancer may not have any symptoms as these only occur when the cancer is large enough to put pressure on the urethra or disturb bladder function.

Visit **NHS.UK for more information on prostate**.

Blood Cancer

The main symptoms of blood cancer to look out for are:

- weight loss that is unexplained
- bruising or bleeding that is unexplained
- lumps or swellings
- shortness of breath (breathlessness)
- drenching night sweats
- infections that are persistent, recurrent or severe
- fever (38°C or above) that is unexplained
- rash or itchy skin that is unexplained
- pain in your bones, joints or abdomen (stomach area)
- tiredness that doesn't improve with rest or sleep (fatigue)
- paleness

Ovarian Cancer

The main symptoms of ovarian cancer to look out for are:

- persistent bloating – not bloating that comes and goes
- feeling full quickly and/or loss of appetite
- pelvic or abdominal pain (that's your tummy and below)
- urinary symptoms (needing to wee more urgently or more often than usual)

Occasionally there can be other symptoms:

- changes in bowel habit (eg diarrhoea or constipation)
- extreme fatigue (feeling very tired)
- unexplained weight loss
- any bleeding after the menopause should always be investigated by a GP

Liver

The British Liver Trust provide free support for anyone affected by a liver condition. They have a free telephone helpline staffed by expert liver nurses. You can talk to them if you or someone you love has been affected by liver disease or liver cancer, or you are worried about your liver health. They also have:

- free information
- online support groups
- online community on Health Unlocked
- liver health awareness resources such as online liver health screener tool

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Local information and advice

If you, or someone close to you, has been diagnosed with cancer, there are places you can go for advice and support.

Macmillan Cancer Information and Support Centre has a well-stocked library of leaflets and booklets and internet access for patients and carers. Drop in without an appointment to speak to a trained volunteer for information and advice. Open to anyone affected by cancer.

Maggie's Newcastle offers free practical, emotional and social support to people with cancer and their family and friends. Services include:

- practical advice about benefits, hair loss and eating well
- qualified professionals to provide emotional support
- group classes and activities
- garden and kitchen

Citizens Advice Gateshead Leukaemia Service give advice to anyone affected by leukaemia, lymphoma or any malignant blood disorder. They can help with:

- benefits and financial advice
- housing and employment
- home and hospital visits

Newcastle Libraries have a number of books available to borrow relating to cancer. These books have been reviewed and recommended by Macmillan Cancer Support, so you can be assured that the information contained within them can be trusted.

The Patient Information Centre offers a range of mental health and medicines related information

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National cancer organisations

Bright Red Charity offers support for people affected by blood cancer.

Fighting All Cancers Together (FACT) aims to source, promote, and form relationships between the support services, and oganisations available to cancer patients.

HeadStrong – Breast Cancer Care is a partnership between Marie Curie and Breast Cancer Care. They can help you to cope with hair loss by offering you tips on hair and scalp care for before, during and after treatment. They can also offer you the chance to experiment with scarves, hats and hairpieces in a comfortable and private environment.

Lifespan is a local charity which brings ease and support to people with serious and life-threatening illness, and to the family members and friends who care for them.

Look Good … Feel Better is a charity that offers free makeovers to women with cancer. They report that patients who go to their workshops have stronger self-esteem and enhanced moods after they've indulged in some 'me time', as being pampered can have a positive effect on your

health.

Macmillan Cancer Support UK support people affected by cancer with information and practical help. This includes:

- financial and benefits help and advice
- telephone advice line to talk about any worries including money
- information about different types of cancer and coping with treatments
- online community where you can join group discussions, get your questions answered and find out more information about living with cancer

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Help with your money

Cancer can be hard on your finances. You may need to work less and spend more on living costs. Make sure that you are claiming any benefits that you're entitled to and maximise your income.

Macmillian Cancer Support support people affected by cancer with online and telephone information and advice. You can speak to them about finances and money worries by self referring for advice and support by completing this form, or calling 0300 124 5577. Citizens Advice Newcastle can also connect you to them for help.

Maggie's Newcastle have a specialist benefits adviser that you can arrange an appointment with to make sure you're claiming all of the benefits that you are entitled to. They can help with filling out forms and applying for other support such as parking permits.

Citizens Advice Gateshead Leukaemia Service give benefits advice to anyone affected by leukaemia, lymphoma or any malignant blood disorder. They can help with benefits advice, grant applications and financial issues.

Benefits advice

It can be useful to speak with someone about the benefits you may be entitled to and how they may impact upon your other benefits. A local independent advice service can help guide you through the process such as;

- **Citizens Advice Newcastle** – provide advice to anyone in Newcastle
- **Newcastle Welfare Rights Service** – provide advice to people in priority groups including those over 65. They have **self help material** on their website.
- **Search Newcastle** give benefits advice to older people in the West of Newcastle

There are more benefit advice services available across Newcastle. Read the '**Where to get benefit advice**' booklet.

You may be eligible for free NHS prescriptions. Check on the **NHS BSA eligibility checker**.

Cancer Discussion Forums

Cancer Chat – Cancer Research UK's forum

My Macmillan – Macmillan Cancer Support's online community

Healthtalk.org

The Eve Appeal runs the 'Ask Eve Community' for those that would like to talk to other people in a similar situation, or perhaps have a question about tests or treatment methods following a recent diagnosis.

Blood Cancer UK run an online community forum where you can talk to other people affected by blood cancer.

Lymphoma Action run north east meetings on the first Wednesday of every month at 2 pm.

Jo's Trust has a forum for HPV and cervical cancer

> **Please note** – The content on this website is provided for general information only, and should not be treated as a substitute for the medical advice of your own doctor or any other health care professional. If you are feeling unwell, make an appointment to see your GP or contact **NHS 111**. In an emergency, dial 999.

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Useful Organisations

Patient Information Centre – Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)

Website: www.cntw.nhs.uk

Telephone: 0191 246 7288

Address: St Nicholas Hospital, NE3 3XT

Macmillan Cancer Information & Support Centre

Email: nuth.macmillansupport@nhs.net

Website: https://www.newcastle-hospitals.nhs.uk/services/northern-centre-for-cancer-care/support-services-2/macmillan-cancer-support-and-information-centre/

Telephone: 0191 213 8611

Address: Northern Centre for Cancer Care, NE7 7DN

Tyneside Womens Health

Email: enquiries@tynesidewomenshealth.org.uk

Website: www.tynesidewomenshealth.org.uk

Telephone: 0191 477 7898

Address: Wilfred Street, NE6 1JQ

Breast Screening Team

Website: https://www.newcastle-hospitals.nhs.uk/services/breast-screening/

Telephone: 0191 282 0202

Address: Royal Victoria Infirmary, NE1 4LP

Look Good … Feel Better

Email: info@lgfb.co.uk

Website: www.lookgoodfeelbetter.co.uk

Telephone: 01372 747500

Address: West Hill House, KT19 8JD

Newcastle Libraries

Email: information@newcastle.gov.uk

Website: www.newcastle.gov.uk/leisure-libraries-and-tourism/libraries

Telephone: 0191 278 7878

Address: Newcastle City Library, NE1 8AX

Marie Curie Newcastle

Email: newcastle.hospice@mariecurie.org.uk

Website: https://www.mariecurie.org.uk/help/hospice-care/newcastle

Telephone: 0191 219 1000

Address: Marie Curie Hospice, NE4 6SS

Macmillan Cancer Support UK

Website: www.macmillan.org.uk

Address: 89 Albert Embankment, SE1 7UQ

F A C T

Email: info@fact-cancersupport.co.uk

Website: www.fact-cancersupport.co.uk

Telephone: 0191 442 0833

Address: Po Box 271, NE16 9AH

British Thyroid Foundation

Email: info@btf-thyroid.org

Website: http://www.btf-thyroid.org/

Telephone: 01423 810 093

Address: British Thyroid Foundation Suite 12, , HG2 8PB

Newcastle upon Tyne Hospitals NHS Foundation Trust

Website: https://www.newcastle-hospitals.nhs.uk

Telephone: 0191 233 6161

Address: Freeman Hospital, NE7 7DN

Cancer Research UK

Website: www.cancerresearchuk.org

Telephone: 0808 800 4040

Address: Angel Building, EC1V 4AD

Bowel Cancer UK

Email: admin@bowelcanceruk.org.uk

Website: www.bowelcanceruk.org.uk

Telephone: 020 7940 1760

Address: Unit 301, SE11 5DP

Breast Cancer Now

Website: https://breastcancernow.org/

Telephone: 0808 800 6000

Address: Fifth Floor , EC3N 1DY

Butterfly Thyroid Cancer Trust

Email: enquiries@butterfly.org.uk

Website: www.butterfly.org.uk

Address: PO Box 205, NE39 2WX

The Eve Appeal

Email: nurse@eveappeal.org.uk

Website: www.eveappeal.org.uk

Telephone: 020 7605 0100

Address: 15B Berghem Mews, W14 0HN

Maggie’s Cancer Caring Centres

Email: newcastle@maggiescentres.org

Website: https://www.maggies.org/our-centres/maggies-newcastle/

Telephone: 0191 233 6600

Address: Freeman Hospital, NE7 7NU

Mouth Cancer Foundation

Email: info@mouthcancerfoundation.org

Website: www.mouthcancerfoundation.org

Address: Larchfield Loft , KT13 9DD

The National Association of Laryngectomee Clubs (NALC)

Email: info@laryngectomy.org.uk

Website: www.laryngectomy.org.uk

Telephone: 020 7730 8585

Address: Suite 16, SW11 2PJ

Ovacome

Email: support@ovacome.org.uk

Website: www.ovacome.org.uk

Telephone: 0800 008 7054

Address: 52-54 Featherstone Street, EC1Y 8RT

Ovarian Cancer Action

Email: info@ovarian.org.uk

Website: www.ovarian.org.uk

Telephone: 020 7380 1730

Address: Ovarian Cancer Action, NW1 0JH

Prostate Cancer Check It Out

Email: monty.cuthbert@hotmail.co.uk

Website: www.prostatecancercheckitout.me.uk

healthtalk.org

Email: info@healthtalkonline.org

Website: www.healthtalk.org

Cancer Chat

Email: supporter.services@cancer.org.uk

Website: cancerchat.cancerresearchuk.org

Prostate Cancer UK

Email: cssnortheast@prostatecanceruk.org

Website: http://prostatecanceruk.org/

Address: Prostate Cancer UK, NE1 8XS

Macmillan Support Services

Email: MacMillan.Support@northumbria-healthcare.nhs.uk

Telephone: 0191 293 4377

Address: North Tyneside General Hospital, NE29 8NH

Target Ovarian Cancer

Email: info@targetovariancancer.org.uk

Website: http://www.targetovariancancer.org.uk/

Telephone: 0207 923 5475

Address: 2 Angel Gate, EC1V 2PT

Citizens Advice Newcastle (CAN)

Email: citycab@newcastlecab.org.uk

Website: http://citizensadvice-newcastle.org.uk

Telephone: 0808 223 1133

Address: 4th Floor, City Library, NE1 8AX

Citizens Advice Gateshead Leukaemia Service

Email: leukaemiaservice@citizensadvicegateshead.org.uk

Website: www.citizensadvicegateshead.org.uk

Telephone: 0191 478 5100

Address: Davidson Building, NE8 1BG

Bright Red Charity

Email: support@brightred.org.uk

Website: www.brightred.org.uk

Telephone: 0191 269 5467

Address: Ward 33 Freeman Hospital, NE7 7DN

Blood Cancer UK

Email: support@bloodcancer.org.uk

Website: https://bloodcancer.org.uk/

Telephone: 0808 2080 888

Address: Suite 32 Bonnington Bond, EH6 5NP

Head & Neck Cancer Foundation

Website: https://www.hncf.org.uk/

Telephone: 07917 868 028

Address: The Coach House, Somborne Park, SO20 6QT

Lymphoma Action

Email: information@lymphoma-action.org.uk

Website: https://lymphoma-action.org.uk/

Telephone: 0808 808 5555

Address: Unit 3, Bell Business Park, HP19 8JR

Jo’s Cervical Cancer Trust

Daft as a brush – cancer patient care

Email: info@daftasabrush.org.uk

Website: https://www.daftasabrush.org.uk/

Telephone: 0191 28 55 999

Address: Daft as a Brush House, NE3 2DR

British Liver Trust

Website: https://britishlivertrust.org.uk/

Telephone: 01425 481 320

Address: British Liver Trust Venta Court, SO23 8FE

Related Articles

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