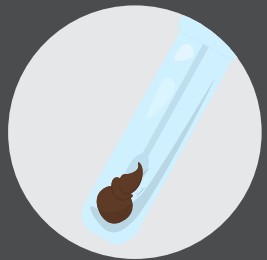
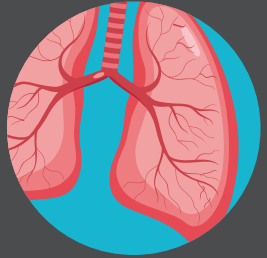




Cancer Charity

— EST. NORFOLK 1980 —

Health
Education
& Cancer
Awareness
Academy



Improving lives **together**

Norfolk and Waveney Integrated Care System

Big C Cancer Charity is here to support anyone affected by cancer. You may be living with cancer yourself, or it may be affecting someone close to you.

If you would like to talk in confidence, get practical support or information, we can help.

Our support & information centres are available on a drop-in and appointment basis. We also offer a full range of support online and by telephone, ensuring you can access our services in which ever form suits you best.

Screening is not a test for cancer, it is a test to prevent cancer.

Our support centres

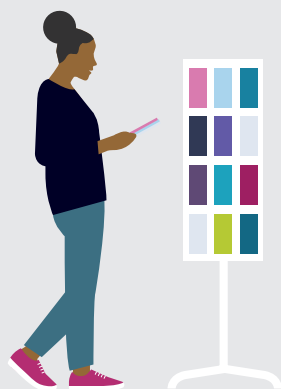
All our centres are open Monday - Friday 9.00am - 4.30pm.

Great Yarmouth
25 Regent Street, Great Yarmouth, NR30 1RL

King's Lynn
17-19 Railway Road, King's Lynn, PE30 1NF

Norwich City
66-70 Dereham Road, Norwich, NR2 4BU

Norwich (NNUH)
Norfolk & Norwich University Hospital, Colney Lane, Norwich, NR4 7UY

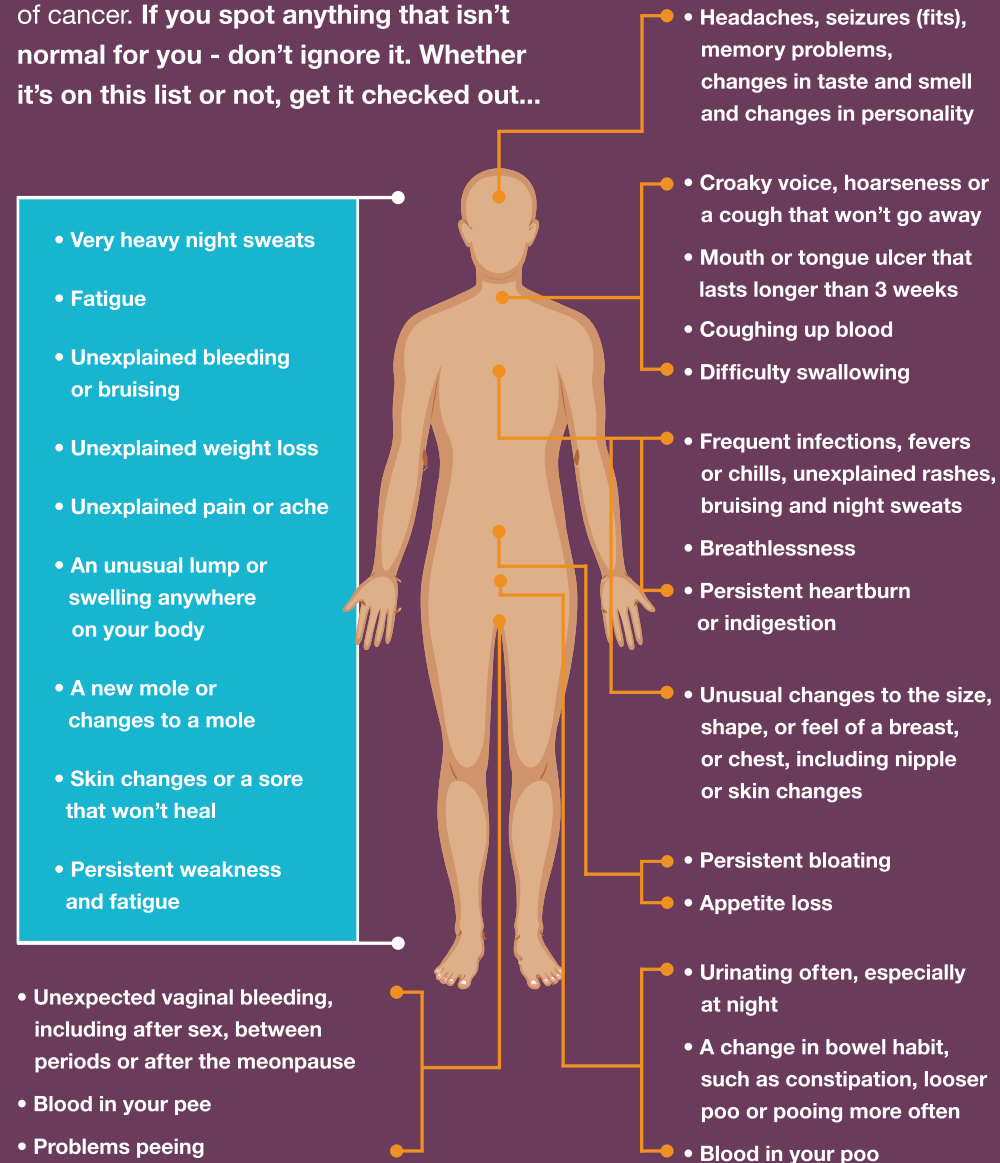


0800 092 7640 support@big-c.co.uk

Symptoms

Go to your doctor if you notice anything that isn't normal for you. Diagnosing cancer early, can improve outcomes.

These are some of the key signs and symptoms of cancer. **If you spot anything that isn't normal for you - don't ignore it. Whether it's on this list or not, get it checked out...**



Reference: www.nhs.uk/conditions/cancer/symptoms/

Cervical Screening

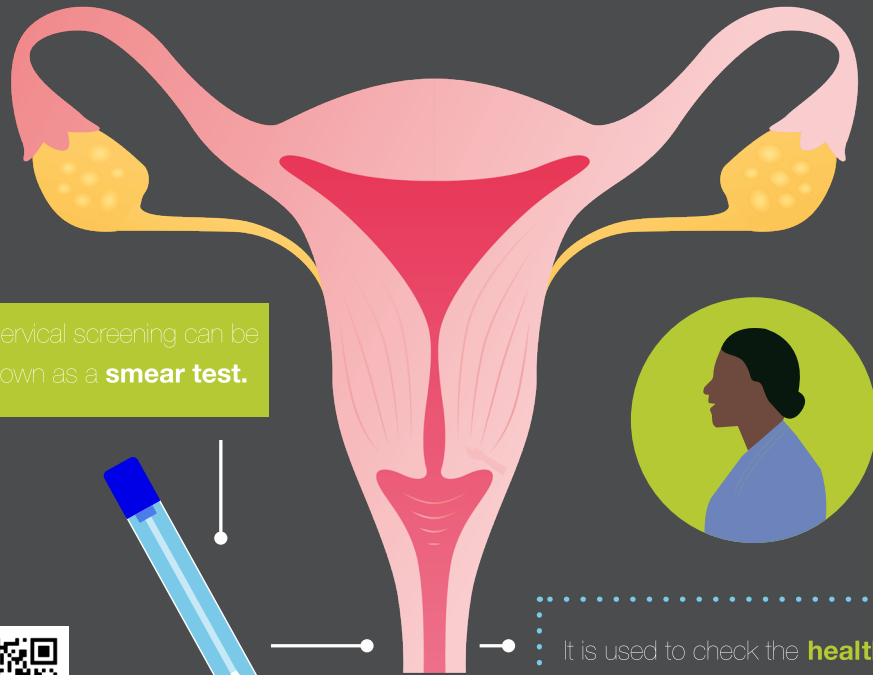
The NHS cervical screening programme in England is offered to people with a cervix aged from 25 to 64.

A small sample of cells will be taken from your cervix (the opening of your womb from your vagina) to check for certain types of human papillomavirus (HPV).

If these types of HPV are found, the sample is checked for any changes in the cells of your cervix which may indicate cervical cancer.

Age 25 - 49:
You are invited by your GP every **3 years**

Age 50 - 64:
You are invited by your GP every **5 years**



A cervical screening can be known as a **smear test**.

It is used to check the **health of the cervix & help prevent cervical cancer.**

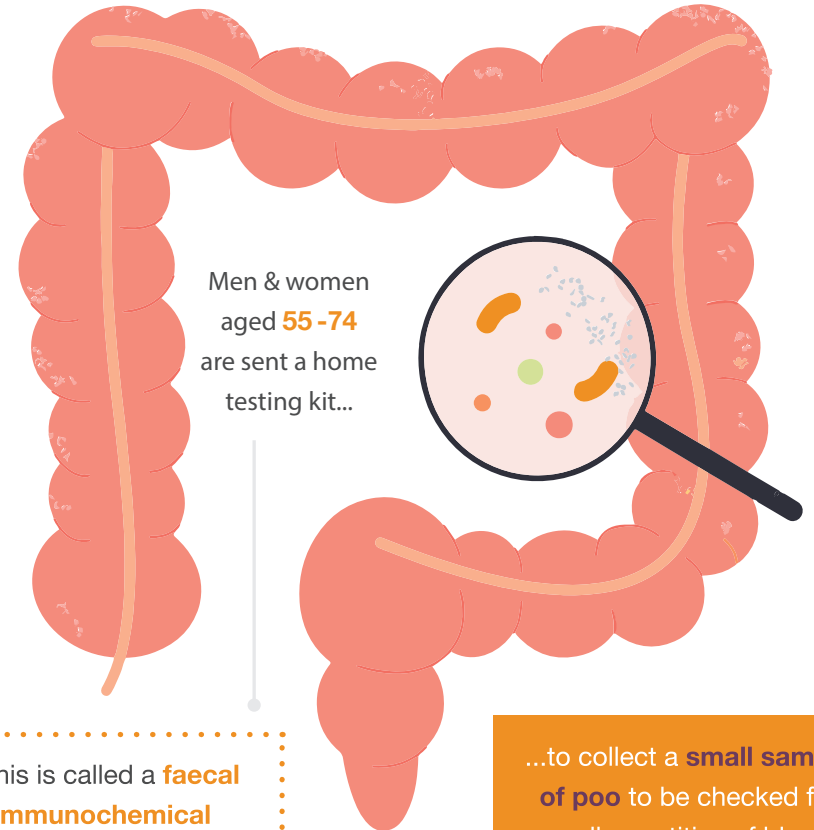


NHS cancer screening programmes help to diagnose cancer earlier. **Try not to put off an NHS cervical screening.**

Reference: www.nhs.uk/cervical

Bowel Screening

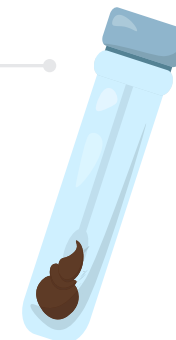
Bowel cancer is the 4th most common type of cancer. The NHS bowel cancer screening programme can help prevent and identify bowel cancer at an early stage.



Men & women aged **55-74** are sent a home testing kit...

...this is called a **faecal immunochemical test (FIT)**...

...to collect a **small sample of poo** to be checked for small quantities of blood.



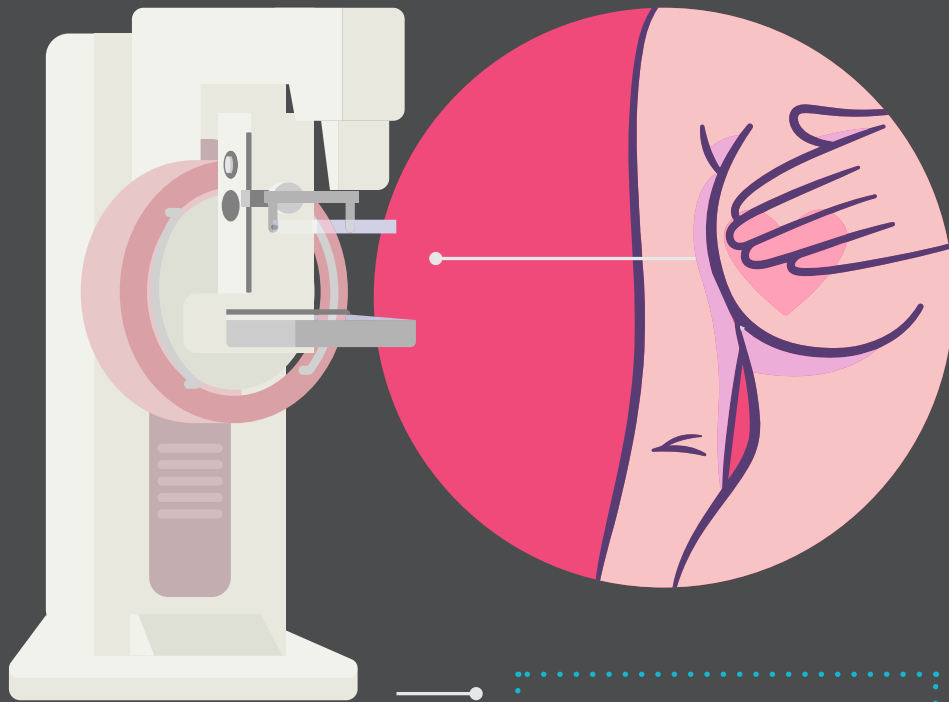
NHS cancer screening programmes help to diagnose cancer earlier. **Try not to put off an NHS bowel screening.**

Reference: www.nhs.uk/bowel

Breast Screening

1 in 7 women in the UK are diagnosed with breast cancer in their lifetime.

The NHS breast screening programme is a **free test offered to women aged 50 to 70**. People over the age of 70 can still have a screening, but they must request it. They are not sent it automatically.



Breast screening is a test that uses an **X-ray** called a **mammogram** to check if your breasts are healthy.



NHS cancer screening programmes help to diagnose cancer earlier. **Try not to put off an NHS breast screening.**

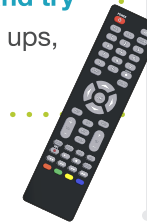
Reference: www.nhs.uk/breast

Keeping Fit at Home

There is evidence to suggest that regular exercise and a healthy balanced diet reduces the risk of several types of cancer. Here are some budget friendly ideas that might help get you moving and eating well...

Ad Break Exercise

Every time there's an ad break, **get up from the sofa and try an exercise** eg. 10 sit ups, 10 star jumps!



Stair Climb Challenge

Climb Everest from home, it's 44,250 steps to the summit, so if you've got stairs in your house, why not try to reach the top.

Tea Break Tone Up

3 exercise suggestions to do **while the kettle's boiling** – squats, wall press ups, calf raises. It doesn't matter how much you do, every little helps keep you healthy.



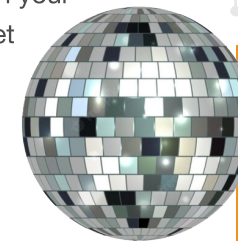
Toothbrush Balance

Try standing on **one leg whilst brushing your teeth**. Balance is important to help strengthen your muscles!



Kitchen Disco

For a cardio hit put on your favourite song and get moving. How about when you're **waiting for the water to boil or cooking dinner in the oven!**



Fresh Air Feels

Take a **20 minute walk** and find a place to sit and take a walk back. This is beneficial for mental wellbeing as well as physical health.

Breathe to Feel Better

Breathing exercises **combat stress & calm nerves...** Try breathing in through your nose and out through your mouth. Breathe in counting to 5. Then let it flow out gently, counting to 8. Keep doing this for at least 5 minutes.

Healthy Eating

Drink more water...

Always carry a bottle with you! There are plenty of fill up places instead of buying drinks when you're out and about.



Easy ways to get your 5 a day...

- Buy fruit and vegetables **in season**.
- **Tinned fruit and vegetables** are much cheaper and just as nutritious.
- Always have a **bag of frozen vegetables** in your freezer to add to curries & stews.
- **Simple stir fries** - stir fry your favourite veg.
- Adding **tinned chopped tomatoes** to your meals counts as **1 of your 5 a day** (a bolognese or chilli is a great way to cheap batch cook).

Grow your own fruit & vegetables, or micro greens kits...

You don't need a garden to grow **your own produce** – just use a **window sill** to grow produce instead!

Eat protein...

It can make you feel fuller for longer and it's vital for a healthy diet. **Lentils, beans and eggs** are cheaper alternatives to meat to get plenty of protein.

Tinned fish...

It's much **cheaper** than fresh or frozen fish and a good way to get your recommended **2 portions of fish a week**. Ideally include one oily fish such as salmon.



Basil & Parsley Dressed Pasta



Portions: 1

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

- 2 tbsp olive oil
- Black pepper, to taste
- 55g basil leaves (finely chopped)
- 150g dried pasta of your choice
- 30g flat leaf parsley (finely chopped)
- Salt, to taste

Nutrition:

Nutrient	Quantity Per Portion
Energy (kJ)	3436
Energy (kcal)	816
Carbohydrate (g)	117.0
Protein (g)	19.6
Fat (g)	33.2
Fibre (g)	7.2
Sodium (mg)	804
Iron (mg)	7.89

Method:

1. Place the chopped herbs in a bowl with the olive oil and season with salt and freshly ground black pepper. Leave to infuse.
2. Cook the pasta according to the instructions on the packet.
3. When the pasta is cooked, drain and stir in the oil and herbs.
4. Serve immediately.



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Integrated Care Board

Cancer affects us all in different ways. We know it can be difficult.

We're here to support anyone affected by cancer. You may be living with cancer yourself, or it may affect someone close to you. Whether you would like to talk in confidence, get practical information and support, or simply need a calm space.

We can help.

For more details visit:

big-c.co.uk/support

Call us for free on:

0800 092 7640

Calls are free of charge from all consumer landlines and mobile phones.

Big C is the working name of The Big C Appeal Ltd. Registered charity, number 281730 and a company limited by guarantee, registered in England & Wales, number 1521441. VAT Registration number 688 7342 76. Registered office as below.

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Colney Lane, Norwich, NR4 7UG.



Science • Health •
Food • Innovation

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