



Screening
has MEANING!

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More than 2.5 million people are living with cancer in the UK today.
Living with it.

Because 50% of lives can be saved by early intervention. And we like to intervene.

The NHS offers free screening to those most likely to develop breast, cervical or bowel cancer, at the age they are most likely to develop it. It gives us the heads up that something is wrong. Or reassurance that it's not.



Action on Cancer

Working together across Central Cheshire



But some people think screening is not for them. They think it might be embarrassing. They are afraid that it might hurt. They think it just doesn't apply to them because they don't feel unwell.

Think again. Screening saves lives. Maybe yours.

Don't delay. Act today.

<http://www.nhs.uk/Livewell/Screening/Pages/screening.aspx>

get in touch!...

Bev - 07769 361587 Ann - 07880 026207



@AoCCheshire

Action on Cancer in Central Cheshire is a collaboration between: NHS South Cheshire Clinical Commissioning Group, NHS Vale Royal Clinical Commissioning Group, Cheshire East Council, Macmillan Cancer Support and Cancer Research UK.

Cutting



your RISK
of CANCER

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Why give cancer a head start when you can take control?

Really. Today.

Did you know that more than 40% of cancers in people under 75 could be avoided if we all made healthier lifestyle choices?

Say 'no' to that extra bar of chocolate, think twice before you have that second drink, put

down the cigarettes, put on the sunscreen and go for a long walk with a friend and cancer will have a much tougher fight on its hands.

If we stay active, eat healthy meals, smoke less, drink less and move more, we can save lives. Our lives.

Don't delay. Act today.

<http://www.nhs.uk/livewell/Pages/Livewellhub.aspx>



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Cancer CLUES!

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Cancer can creep up when we least expect it but it tends to leave us clues. To let us know that it is lurking around. And when we spot the clues, we need to act. And act fast.

Do you have unexplained bleeding? Lumps or bumps that didn't used to be there? Sores that won't heal? A pesky cough that won't go away?

Any unexplained changes in your body? Don't ignore cancer clues. Let your GP help you to find

the answers, put your mind at rest or refer you for potentially life-saving treatment.

Twice as many people live for 10 years or more after a cancer diagnosis than they did 50 years ago. We know more today. The treatment is better today. We can recognise the clues more easily today.

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<http://www.nhs.uk/Conditions/Cancer/Pages/Symptoms.aspx>



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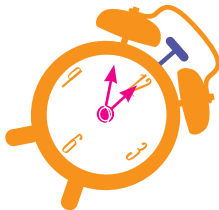
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ignore
SYMPTOMS

Don't ignore SYMPTOMS



Nobody knows your body as well as you do. So when it tries to tell you something, it is time to listen.

Have you had a cough for weeks on end? Tell your doctor. Food sticking when you swallow? Daily heartburn? Tell the doctor.

Is there blood when you go to the toilet? Did you lose weight without trying? Has that mole changed shape or just suddenly appeared? Time to tell a doctor. Maybe it is something and

maybe it is not. Don't leave it to chance. Much better to have it checked out and to know for sure.

Whatever the symptom, if your body is telling you something is different, do something about it.

It could save your life.

Don't delay. Act today.

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