

Cancer : Reducing the Risks



PREVENTION

SCREENING

DON'T DIE OF IGNORANCE

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Don't believe me



- Cancer Research UK
- NICE (Clinical Guideline 41: Breast Cancer)
- NHSdirect

Cancer Reducing the Risks



Prevention

- Obesity bowel and breast
- Dairy fat bowel, breast, prostate
- Red wine colon
- Red Meat colon, prostate
- Smoking mouth, gullet, stomach, lungs, bladder
- Alcohol liver, stomach, oesophagus
- Sun skin

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Prevention

- Slim and exercise
- Do eat: brassicas,
 colourful vegetables
 FIVE portions fruit or vegetables

EPIC

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Screening

Smear	25 to 49	every three years
	50-65	every five years
	over 65	if not screened before
Breast	50 – 70	every three years,
	over 70	every three years if you ask
Ca colon	60-69	every two years, can ask for 70+

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Screening

Prostate:

- no formal screening programme. NHS information sheet
- PSA tests available (no exercise, or ejaculation for 48hrs,
- Place of DRE unknown, (not within a week before PSA)
- Does the operation save lives?

- FH is relevant

Cancer Reducing the Risks



Screening what is the problem

- False positives and negatives
- Is the test acceptable?
- Is the treatment worse than the disease?
- Does screening prolong life or just detect the cancer before the symptoms start?

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High risk groups

Occupational

Family History : first degree rel (mother, sibling or child)

Colon: from age of relative or 40

Breast: under 50, or male

annual MRI screening if BRCA1 BRCA 2 TP53

Ovary: close relative any age

2 close rels have breast Ca

Prostate: father or brother

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Breast Awareness

- Know what is normal for you.
- Look at and feel your breasts.
- Know what changes to look for (lumps, pain, discharge from the nipple, inverted nipple or anything else unusual).
- Tell your doctor about any changes immediately.

- Not pain

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Report blood

- Faeces
- Urine
- After the menopause
- In sputum
- From a skin lesion
- Nasal
- Nipple

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Bowel Awareness

- Usually over 50, but perhaps 40
- Change bowel habit to looser stools for several weeks.
- Absolute constipation
- Blood
- Mucus
- Feeling of being full after opening your bowel.
- Vague bloated feelings

- Inflammatory bowel disease

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Lung Cancer

- Not all are smoking related
- coughing up blood
- Persistent cough certainly 6 weeks, think about 4 weeks if no obvious cause
- Chest pain

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Prostate Cancer

- Slowing down the rate at which you can PU
- Also frequency and nocturia.
- Other boys bits symptoms: sore, swollen, floppy
- Bone pain

Testicular

- Teenagers and young men
- Any lump or change in character of testes

Don't die of ignorance **Skin Awareness**



Malignant Melanoma

- Any change
- Ugly duckling

- **A** **asymmetrical** - the melanoma has two very different halves and is an irregular shape,
- **B** **irregular border** - notched or ragged border,
- **C** **two (or more) colours**
- **D** **diameter** - unlike most moles, melanomas are larger than 6mm in diameter
- **E** **elevation** - the melanoma will feel slightly raised

Skin Awareness



Malignant Melanoma

- a change in shape, especially an increasingly irregular outline,
- a change in size or colour,
- Increased height above the surface of the skin,
- sudden darkening and the development of colour irregularities appearing as different shades of brown, grey, pink, red or blue,
- itching, pain or bleeding,
- softening,
- crumbling,
- the development of new moles around the original one,
- the development of a light or dark halo or ring around the mole

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Squamous Cell Cancer

- Only 6% of scc spread to other parts of the body.
- appear on sun-exposed parts: face, lips, ears, hands, arms, and legs.
- a firm red lump
- a flat scaly and crusted scab-like lesion with thickening below
- **MOUTH**

Summaron't die of ignorance



Basal Cell Carcinoma

- Pearly hard lump on sun exposed areas.
- face, lips, ears, hands, arms, and legs.
- a firm red lump, central dimple
- “Rodent Ulcer”

Summary



- ❖ **Common**
- ❖ **As you get older**
- ❖ **Some familial**
- ❖ **Many self inflicted**
- ❖ **Know the early symptoms**

- ❖ **Risk looking an idiot**