

## SCREENING FOR BREAST CANCER

All women aged 50-70 are invited to attend for a mammogram at their local breast screening unit every three years. Women over 70 are not routinely invited for breast screening although they are encouraged to call their local screening unit to request breast screening every three years. Breast screening uses a low dose X-ray test called a mammogram to check the breast for signs of cancer.

## SAVE YOUR LIFE IN THE SHOWER

Choose a day each month to make breast self-examination a regular part of your good health routine.

Soapy fingers glide easily over wet skin in the shower. Use your finger pads to examine one breast at a time. Don't miss any area, including behind the nipple, breastbone, collarbone, upper chest, bra line, between the breasts and the armpit. Feel for any unusual lump, mass or thickening under the skin. Move your fingers in a circular motion while doing



**LINES, CIRCLES & WEDGES.**

**LYMPH NODE CHECK**

## BOWEL CANCER

Bowel cancer is cancer that starts in the colon (large bowel) or back passage (rectum). It is also known as **colorectal cancer**.

### SIGNS & SYMPTOMS OF BOWEL (COLORECTAL) CANCER IN MEN/WOMEN:

- bleeding from the back passage (rectum) or blood in your poo.
- a change in your normal bowel habit, such as looser poo, pooing more often or constipation.
- a lump that your doctor can feel in your back passage or tummy abdomen), more commonly on the right side.
- a feeling of needing to strain in your back passage (as if you need to poo), even after opening your bowels.
- pain in your abdomen or back passage tiredness and breathlessness caused by a lower than normal level of red blood cells (anaemia).
- losing weight



### WAYS OF REDUCING YOUR RISK OF A CANCER DIAGNOSIS:

Whilst cancer still exists it is vitally important to look after and make lifestyle choices to reduce your risk these include:

- A well-balanced Healthy Diet & Nutrition
- Stop Smoking
- Reduce or stop intake of Alcohol
- Maintain a Healthy Weight
- Exercise Regularly
- Limited exposure to Toxic Chemicals

You know your body better than anyone if you feel that something isn't right, we would advise you to seek medical advice ignoring this wont make it go away, early detection saves lives!

**Pink Ladies would advise that you seek medical advice if you have any of the above symptoms.**

# FEMALE CANCER AWARENESS



CERVICAL



BREAST



OVARIAN



BOWEL

## GET TO KNOW THE SIGNS AND SYMPTOMS

For further information please contact us ...

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✉ Email: [infopinkladiesderry@gmail.com](mailto:infopinkladiesderry@gmail.com)

📘 Find or like page on facebook <https://www.facebook.com/pinkladiesderry/>

🐦 @pinkladiesderry



## CERVICAL CANCER

Cervical cancer is when abnormal cells in the lining of the cervix grow in an uncontrolled way. The cervix is part of the female reproductive system and is in the lower part of the womb. It is the opening to the vagina from the womb. The main symptom is unusual bleeding from the vagina. Finding changes in the cells through screening can help to prevent cancer developing.

### SIGNS & SYMPTOMS



unusual vaginal bleeding  
(outside of periods)



pain or discomfort  
during/after sex



vaginal discharge/  
foul smell



pain in the area  
between the hip bones

### CERVICAL SCREENING

Pre cancerous cell changes do not have any symptoms. The cervical screening programme aims to pick these changes up and prevent cancer from developing in the first place. Once you turn 25 you will be invited for a routine smear test, it is vitally important that you attend.

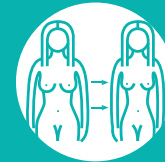
**Pink Ladies Cancer Support Group and #TeamSorcha would encourage any women regardless of age who is presenting with any signs or symptoms to go to their GP, so they can be referred for a smear test.**

## OVARIAN CANCER

Ovarian cancer is when abnormal cells in the ovary begin to grow and divide in an uncontrolled way, and eventually form a growth (tumour). The symptoms of ovarian cancer can be very vague, particularly when the disease is in its early stages.

### SIGNS & SYMPTOMS

- feeling full quickly
- loss of appetite
- pain in your tummy (abdomen) or lower part of your abdomen that doesn't go away
- bloating or an increase in the size of your abdomen
- needing to pee more often occasionally there can be other symptoms: Changes in bowel habit (eg diarrhoea or constipation)
- Extreme fatigue (feeling very tired)
- Unexplained weight loss



**If you regularly experience any one or more of these symptoms, which are not normal for you, it is important that you see your GP. It is unlikely that your symptoms are caused by a serious problem, but it is important to be checked out.**

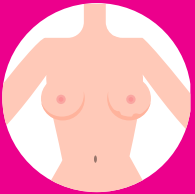
## BREAST CANCER

Breast cancer is the second most common type of cancer in women in Northern Ireland after non-melanoma skin cancer. Breast cancer can occur at any age. However, the risk of developing it increases with age. Most breast cancers occur in women over 50. If it is found early, there is a better chance that treatment will be successful.

### SIGNS AND SYMPTOMS

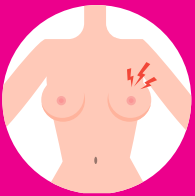
#### Appearance:

- a change in size or outline of either breast, especially those caused by arm movement;
- any puckering, dimpling or redness of the skin;
- veins that stand out more than usual.



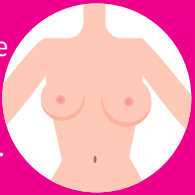
#### Feelings:

- pain or discomfort in one part of either breast or in your armpit, particularly if new and persistent.



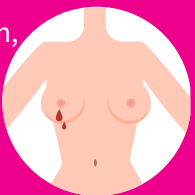
#### Lumps:

- any lumps or thickening in either breast that feels different from the other breast;
- any swelling or lumps under your armpit or around your collarbone.



#### Nipple change:

- a nipple that has become pulled in, changed shape or shows signs of any discharge,
- bleeding, rash or crusted, flaky skin.



**If you regularly experience any of the above symptoms, it is important that you see your GP.**