



Newcastle North Primary Care Network (NN-PCN) Newsletter

Issue 7 – May 2022

Focus on early cancer diagnosis and prevention

Primary care has a vital role to play in system-wide improvement efforts to increase the proportion of cancers diagnosed early, supporting the NHS Long Term Plan ambition to diagnose 75% of cancers at stages 1 and 2 by 2028. In this edition of the PCN newsletter we wanted to provide some information that might help you to help us in this aim.



Bowel Cancer Screening
Bowel cancer screening can save lives. The North Staffs Bowel Cancer Screening Programme is a way of testing healthy people to see if they show any early signs of cancer. Bowel cancer is the fourth most common cancer in the UK. Nearly 43,000 people are diagnosed with bowel cancer every year in the UK. Approximately every 15 minutes someone is diagnosed with bowel cancer.

All men and women aged 60-74 are invited to carry out a screening (FIT) test every 2 years. If you're 75 or over, you can ask for this test by calling 0800 707 60 60.

The Screening Programme has commenced Age Expansion, and this includes people aged 50 to 58, starting with the 56-year-olds during 2021. It is hoped to be able to continue to Age Expand during 2022 with the 58-year-olds. People from these age groups will be contacted when they are due to be screened. Age Expansion is very exciting and means that more people will be screened at an earlier age.

Symptoms can include lump in the tummy, unexplained weight loss, feeling tired, bleeding from the bottom, change in bowel habit. There is more information available on the Bowel Cancer UK website, the Cancer Research UK website and on YouTube at https://youtu.be/Esm_WRXwWBY

Contact details and information sources: -

- Freephone number 0800 707 60 60
- North Staffordshire Bowel Cancer Screening Office 01782 676643
- Email bcsp.uhnm.nhs.uk
- Facebook – North Staffordshire Bowel Cancer Screening Programme
- bowelcanceruk.org.uk
- cancerresearchuk.org.uk
- **Twitter: @NorthStaffsBCSP**



Prostate cancer: Check your risk in 30 seconds

In this video, Dr Bhushan Rao from Mount Road surgery explains the symptoms of prostate cancer and what to do if you are concerned. https://www.youtube.com/watch?v=Ol20AXzY_54

There are three main risk factors for getting prostate cancer, which are things you can't change. These are: -

- getting **older** – it mainly affects men aged 50 or over
- having a **family history of prostate cancer**
- being **black**

If you have any of these risk factors or if you have any **symptoms**, speak to your GP. We can talk to you about your risk, and about the **tests** that are used to diagnose prostate cancer. Prostate Cancer UK also has an excellent website with a range information including this very useful risk calculator. [Check your risk in 30 seconds | Prostate Cancer UK](#)



Cervical Screening - how can you reduce your risk of cervical cancer?
We want to ensure all women and people with a cervix know how cervical cancer can be prevented. This means:

- Attending [cervical screening](#) when invited
- Knowing the [symptoms of cervical cancer](#) and seeking medical advice if experiencing any
- Taking up the [HPV vaccination](#) if aged 11-18
- Knowing where to [find support](#) and further information

Please book an appointment for cervical smear if you are called. We have a range of nurse appointments at all our surgeries and at our Bradwell extended access hub in the evenings. We also offer weekend appointments. More Information can be found on the Jo's trust website <https://www.jostrust.org.uk/information/cervical-screening>

Breast Cancer Screening

- Anyone registered with a GP as female will be invited for NHS breast screening.
- You'll automatically get your first invite in the post for breast screening between the ages of 50 and 53. Then you'll be invited every 3 years until you turn 71.
- Regular breast screening can find breast cancer before you notice any signs or symptoms. It is one of the best ways to spot a cancer that is too small to feel or see.
- Breast screening uses X-rays called mammograms to check your breasts for signs of cancer.
- It's done by female health specialists called mammographers.
- Breast screening saves around 1,300 lives each year in the UK.
- If you have missed your breast screening, please ring 0300 123 1463 in order to re-schedule this.

More information can be found online at -> [Breast screening \(mammogram\) - NHS \(www.nhs.uk\)](#)