

# Cancer Education Session

Dr Sacha Burgess and Dr Mitali Agarwal  
Wandle PCN



# Introduction

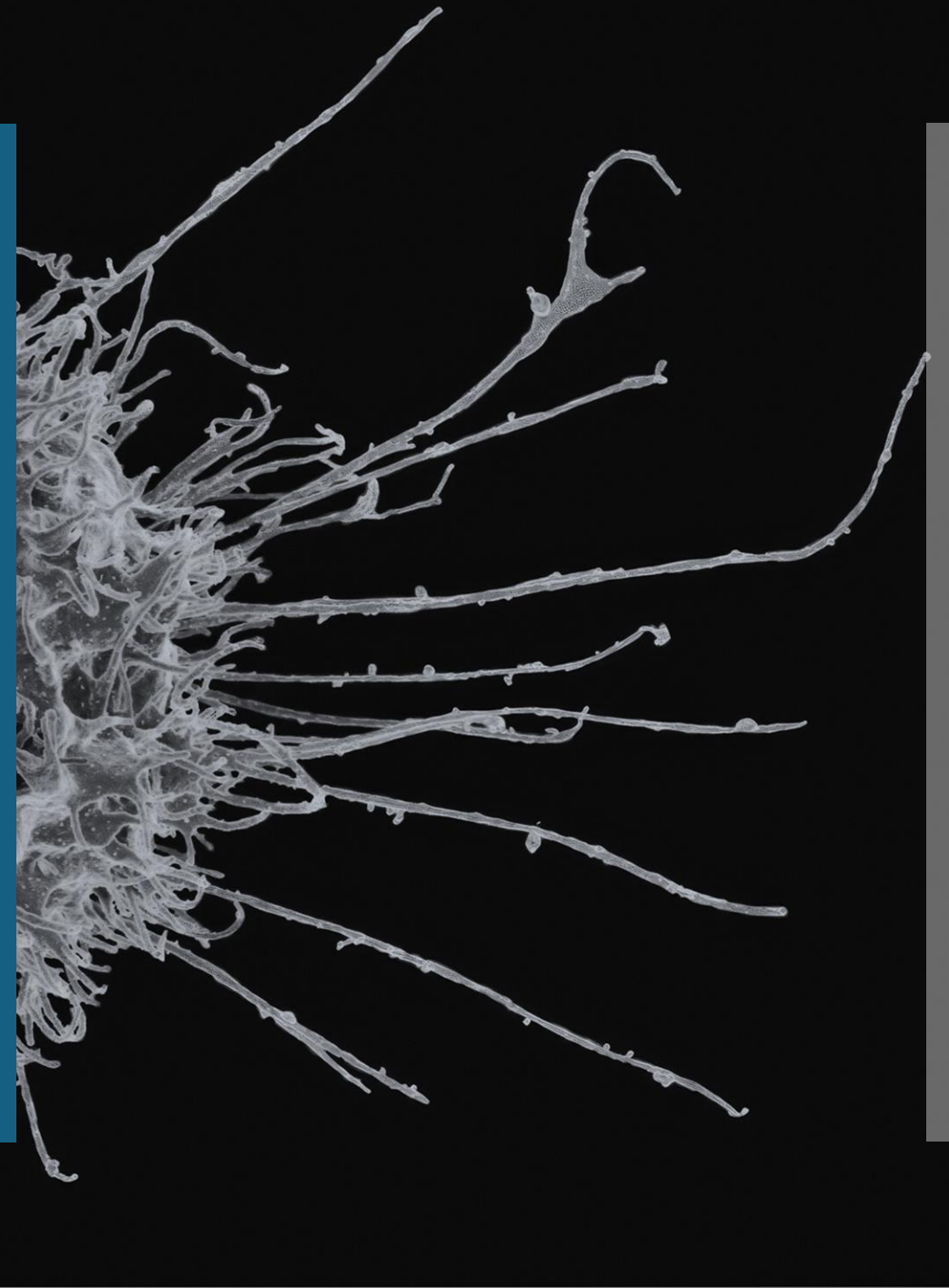
- What is cancer?
- Aim to empower and inform patients
- Discuss cancer prevention, screening and detection
- Open and respectful space



URL: <https://wkf.ms/43n1km6>

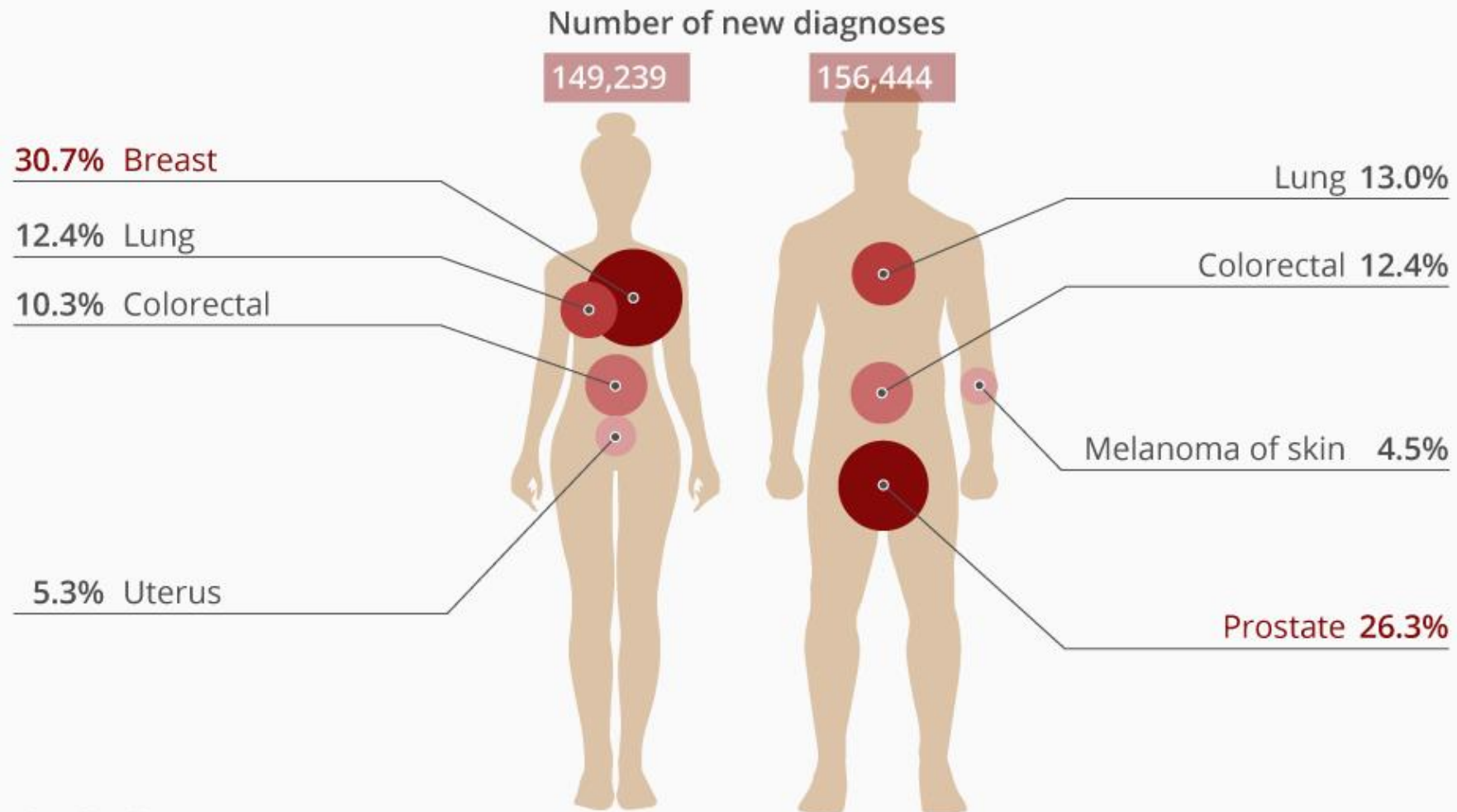
# What is Cancer?

- Abnormal cell growth
- More than half of new cases of cancer are breast, prostate, lung or bowel cancer
- Cancer diagnosis is increasing but deaths decreasing significantly
- Health inequality can affect cancer rates and detection



# The most common cancers in England

Share of new cancer diagnoses in England in 2017, by gender



@StatistaCharts

Source: Office for National Statistics

statista

# Risk Factors

## Modifiable

- Smoking
- Alcohol
- Obesity
- Diet

## Non-modifiable

- Age
- Family history
- Genetics

# Smoking

- Biggest risk factor for cancer
  - Causes 15% of cancers and 72% of lung cancer
- Risk also from Shisha, passive smoking and chewing tobacco



# Alcohol

- The more you drink the higher your risk of cancer
- 14 units a week maximum
  - Spreading out usage over 3 or more days through the week

 <b>1 UNIT</b> Single shot of spirits (25ml, ABV 40%)	 <b>1.5 UNITS</b> Alcopop (275ml, ABV 5.5%)	 <b>1.5 UNITS</b> Small glass of red / white / rosé / sparkling wine (125ml, ABV 12%)	 <b>2 UNITS</b> Can of beer, ale, lager or cider (440ml, ABV 5.5%)
 <b>2.1 UNITS</b> Standard glass of red / white / rosé / wine (175ml, ABV 12%)	 <b>3 UNITS</b> Pint of beer, ale, lager or cider (568ml, ABV 5.2%)	 <b>3 UNITS</b> Large glass of red / white / rosé / wine (250ml, ABV 12%)	 <b>9 UNITS</b> Bottle of red / white / rosé / sparkling wine (750ml, ABV 12%)

# Obesity and Diet

- Second biggest cause of cancer
- Easy dietary improvements
  - Increase fibre
  - Reduce ultra processed food
- Exercise where possible

## HIGH FIBRE FOODS @kathryn\_gray1



1 Small sweet potato  
(100g) 3g fibre



100g green peas  
5g fibre



30g almonds  
3.5g fibre



30g popcorn  
4g fibre



100g baked beans  
4g fibre



100g raspberries  
6.5g fibre



2 slices wholemeal  
bread 5g fibre



60g avocado  
4g fibre



100g chickpeas  
(canned) 4.5g fibre



100g edamame/soya  
beans 5g fibre



30g bran flakes  
5g fibre



15g chia seeds  
5g fibre



30g lentils (dry)  
8g fibre



100g parsnip  
5g fibre



60g wholewheat pasta  
(dry) 5g fibre

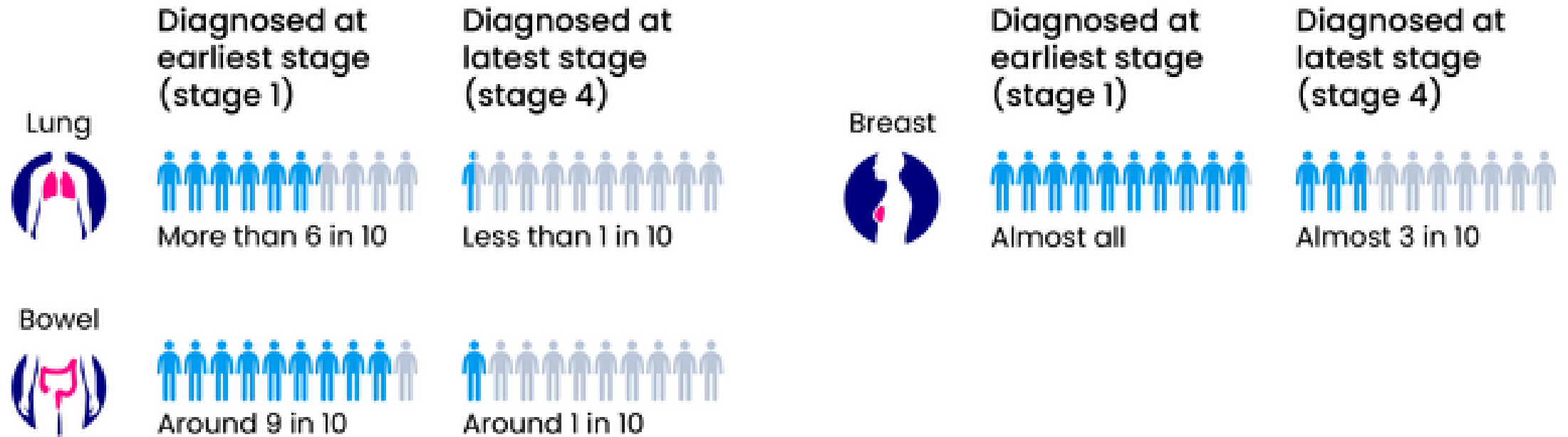


60g quinoa (dry)  
5g fibre



# Cancer survival by stage at diagnosis in England

Proportion of people surviving their cancer for five years or more



Data is age-standardised net survival for adults (aged 15 to 99 years) in England in 2016–2020 followed up to 2021, for lung, bowel and breast cancer. Breast cancer data is for females only. Source: Cancer survival in England, NHS Digital 2023.



Together we are  
beating cancer

# Cancer Screening

89,900 new cases of cancer diagnosed via screening in England from 2019 – 2023

- Breast screening has diagnosed around 62,600 cases
- Bowel cancer screening has diagnosed nearly 22,800 cases
- Cervical screening has diagnosed around 4,400 cases

Must continue to have screening when invited

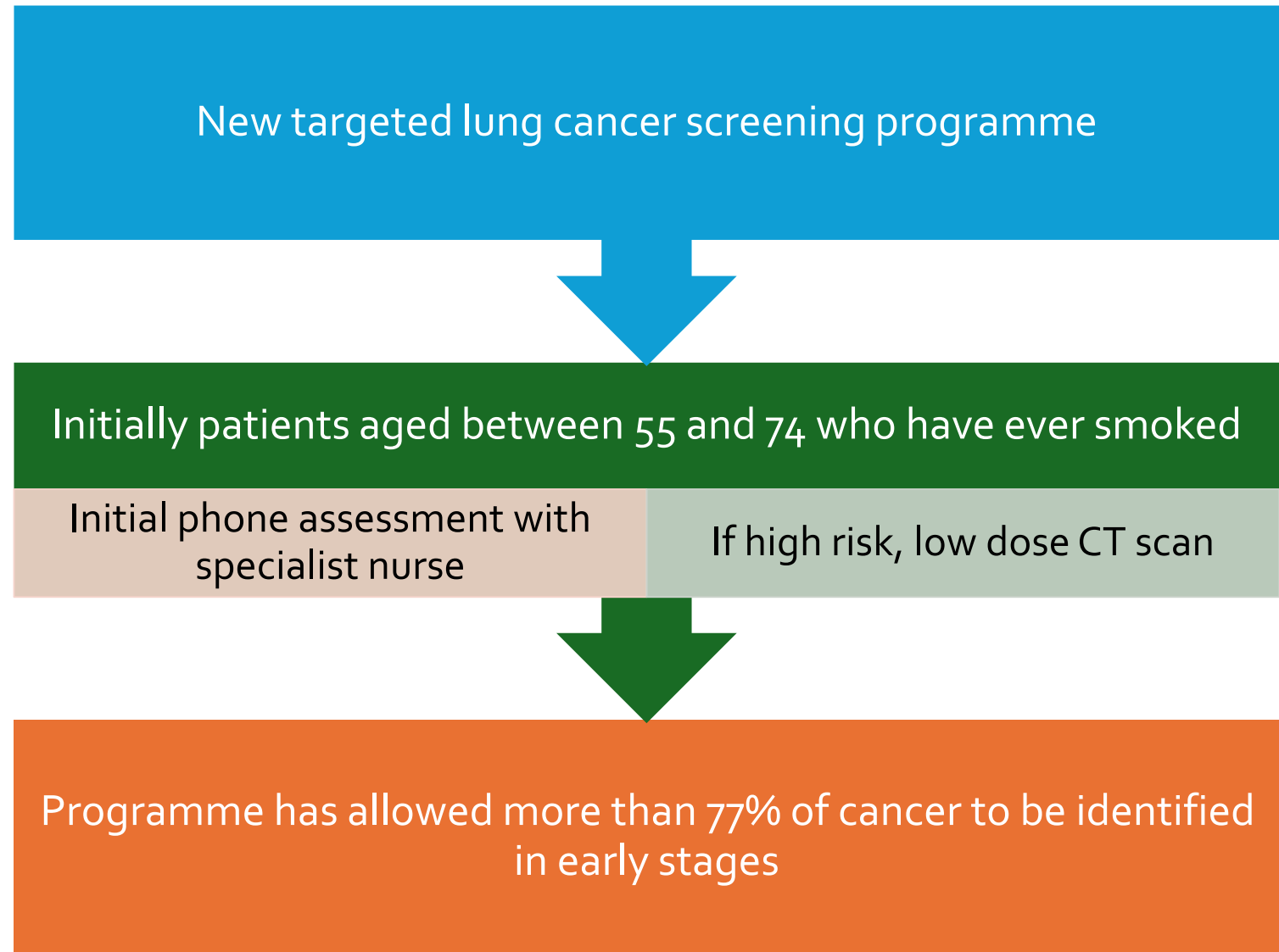
If any new symptoms in interim – see your GP

# Bowel Screening

- Every 2 years between ages of 50 and 74
- Kit is posted to you
- 66% uptake in screening in Wandsworth
- 75 and over
  - Request a screening kit every 2 years by contacting the bowel cancer screening programme on 0800 707 6060



# Lung Screening



# Cervical Screening

New changes effective from July 2025. Every 5 years for those aged 25-64 (previously every 3 years if aged 25-49) if negative result

If negative with previous positive result -> 3 yearly screening

If positive but normal cells, repeat in 1 year. If abnormal cells -> colposcopy

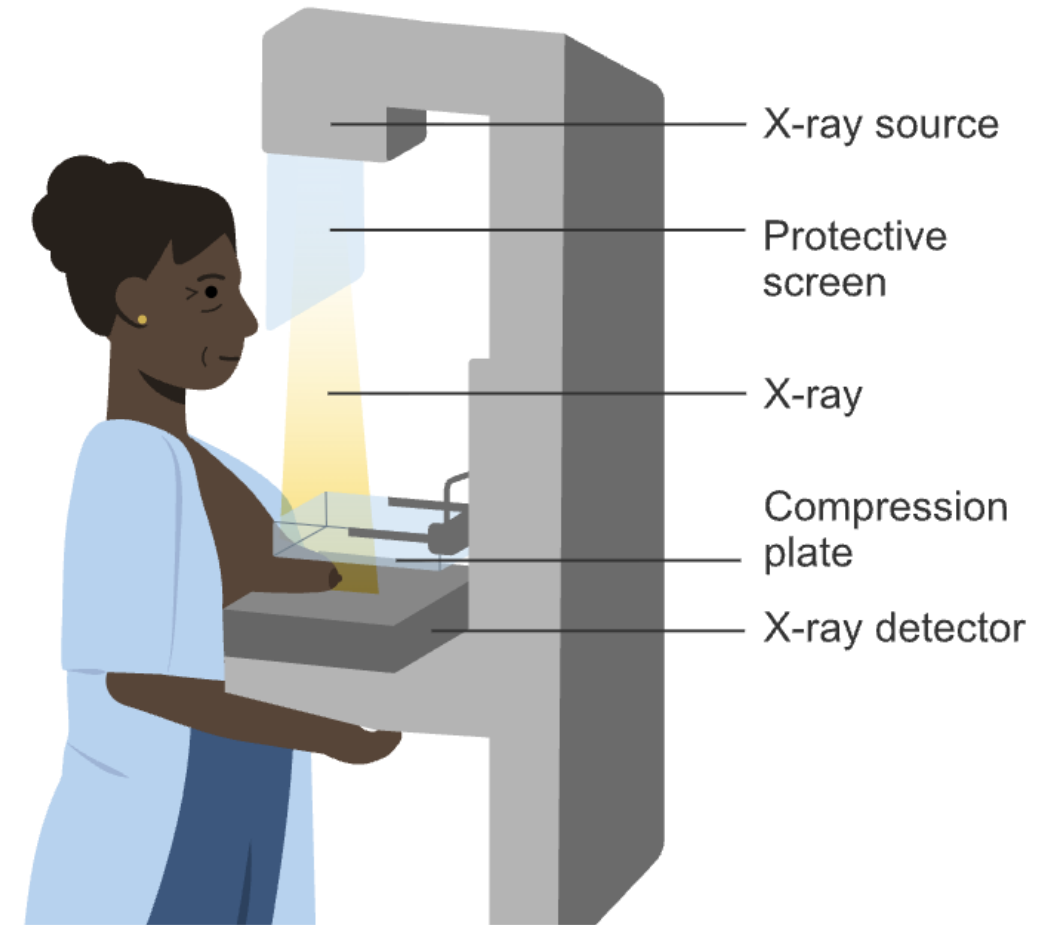
Testing for high-risk HPV +/- cell changes

Only 57% screening uptake in Wandsworth!

For specific concerns please contact your practice: lots of support available

# Breast Screening

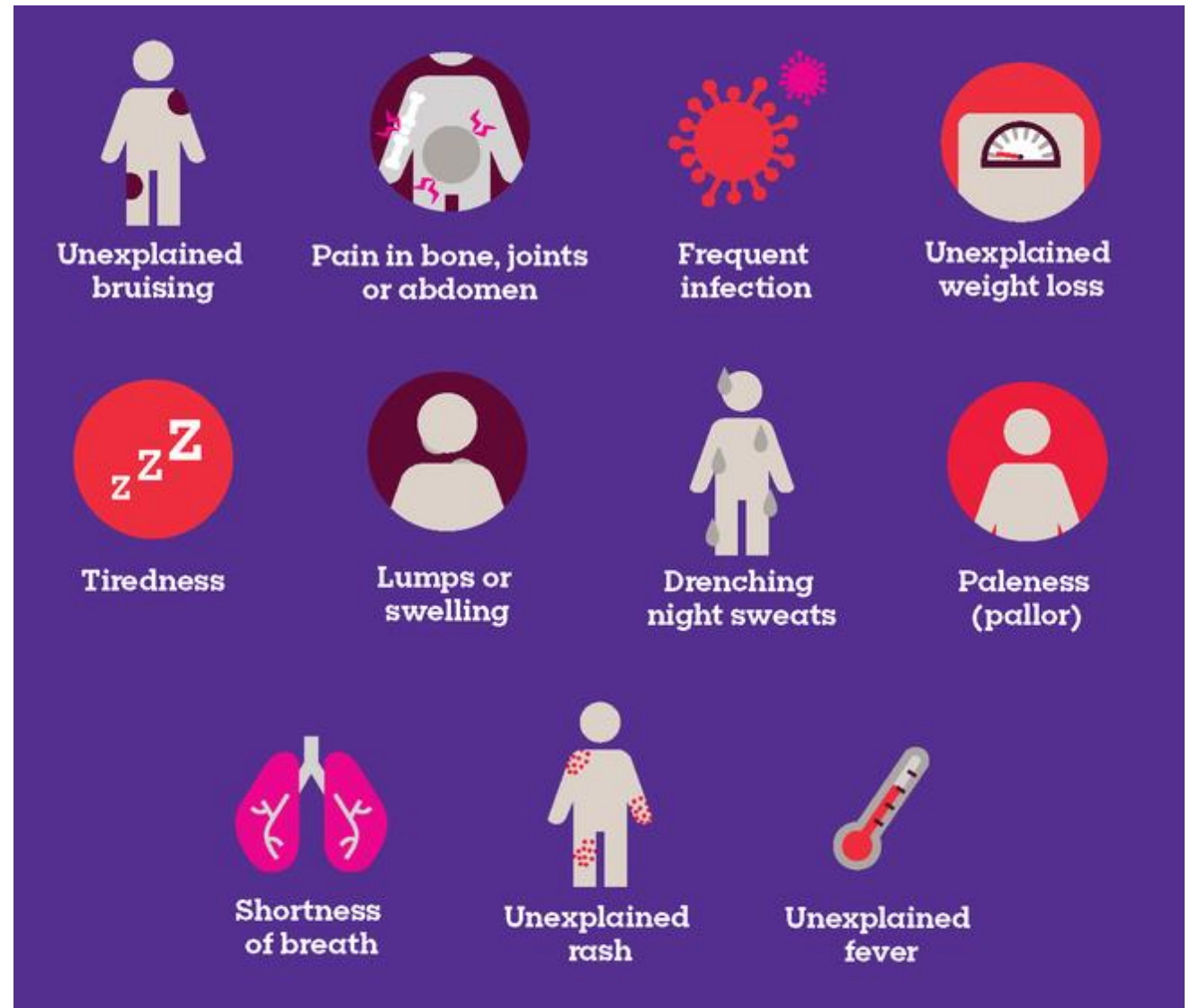
- Invitation every 3 years aged 50-70
- You can self refer via GP or local breast unit for screening after the age of 70
- Breast screening reduces number of deaths from breast cancer by 1300 a year in the UK



Cancer Research UK

# Symptoms

- Cancer can have many signs and symptoms; if in any doubt please discuss with your GP
- General signs and symptoms
  - Unexplained weight loss
  - Fatigue
  - Night sweats
  - Fevers
  - Bleeding and bruising
  - Lumps



# Symptoms

## Prostate symptoms

- Back pain, new urinary symptoms

## Lung symptoms

- Unexplained cough, blood in sputum, shortness of breath

## Breast symptoms

- New lump, skin or nipple changes

## Bowel and stomach symptoms

- Change in bowel habit, abdominal pain, rectal bleeding
- Unusual bloating, heartburn, difficulty swallowing

## Mouth and throat symptoms

- Difficulty swallowing, persistent hoarse voice, persistent ulcer or patch in mouth

## Skin

- Change or new mole or skin lesion

## Gynaecological symptoms

- New/unusual discharge, unusual vaginal bleeding, post-menopausal bleeding, vulval rash or itch



Questions?



Thank you!



URL: <https://wkf.ms/43n1km6>

# Resources

General	<ul style="list-style-type: none"><li>• <a href="#">Macmillan Cancer Support   The UK's leading cancer care charity</a></li><li>• <a href="#">Cancer Research UK</a></li></ul>
Screening	<ul style="list-style-type: none"><li>• <a href="#">CRUK</a></li><li>• <a href="#">Macmillan</a></li><li>• <a href="#">NHS England » Screening and earlier diagnosis</a></li></ul>
Breast	<ul style="list-style-type: none"><li>• <a href="#">Breast screening London website</a></li><li>• <a href="#">How to book or change a breast screening appointment</a></li><li>• <a href="#">Find breast screening services</a></li></ul>
Lung	<ul style="list-style-type: none"><li>• <a href="#">Lung Health Checks West London</a></li></ul>
Cervical	<ul style="list-style-type: none"><li>• <a href="#">Gynaecological Cancer Research Charity   The Eve Appeal</a></li></ul>
Bowel	<ul style="list-style-type: none"><li>• <a href="#">What is bowel cancer?   Bowel Cancer UK   Bowel Cancer UK</a></li><li>• <a href="#">Bowel cancer - NHS</a></li></ul>
Prostate	<ul style="list-style-type: none"><li>• <a href="#">Prostate Cancer UK   Prostate Cancer UK</a></li><li>• <a href="#">What is prostate cancer?   Cancer Research UK</a></li></ul>
Smoking Cessation	<ul style="list-style-type: none"><li>• <a href="#">Stop Smoking London</a></li></ul>