

NHS Cancer Screening Programmes

Cancer Screening



Cancer Screening
can find Cancers before
you notice any signs ...

NHS Cancer Screening Programmes



Breast Screening



[Page 4](#)

[Click here](#)



Bowel Screening



[Page 8](#)

[Click here](#)



Cervical Screening



[Page 18](#)

[Click here](#)

Breast Screening



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To:
NHS England and NHS Improvement
Regional Diabetes Teams
Diabetes and Maternity System Leads
NHS Diabetes Programme Board Members

NHS England and NHS Improvement
Sage House
80 London Road
London
SE1 1UL

29 September 2020

Dear colleagues,

Type 2 Diabetes Prevention Programme and Type 1 diabetes glucose monitoring

In recent months, diabetes services across the country have shown extraordinary professionalism and resilience in the face of unprecedented challenges. We would like to thank you all for maintaining care to such a high standard throughout the pandemic response.

On 31 July, Simon Stevens and Amanda Pritchard [wrote to NHS leaders to set out priorities for phase 3 of the NHS pandemic response](#). The letter and associated implementation guidance of 2 August include reference on accelerating the restoration of non-COVID-19 health services, increasing the scale and pace of work to reduce health inequalities and to improve prevention, including a specific reference to accelerating referrals into the NHS Diabetes Prevention Programme.

As part of our Diabetes Prevention Programme recovery plan, we want to continue to support diabetes patients with the offer of virtual support to prevent and manage diabetes, and the technology to enable this, where clinically appropriate. To support this we would like to draw your attention to:

- changes in the delivery of the NHS Diabetes Prevention Programme so that we can accelerate our support offer
- the re-stand up of our Long Term Plan commitment to offer continuous glucose monitors to pregnant women living with type 1 diabetes
- progress on uptake of flash glucose monitors across the NHS.

All women between
the ages of 50 – 70
are invited for
Breast Screening ...
Every 3 years

Breast Screening



Click here to watch our video



click here <https://www.youtube.com/watch?v=Y8wX0euRc8U>

Or here



click here [New breast screening film focuses on women with learning disabilities - PHE Screening \(blog.gov.uk\)](#)

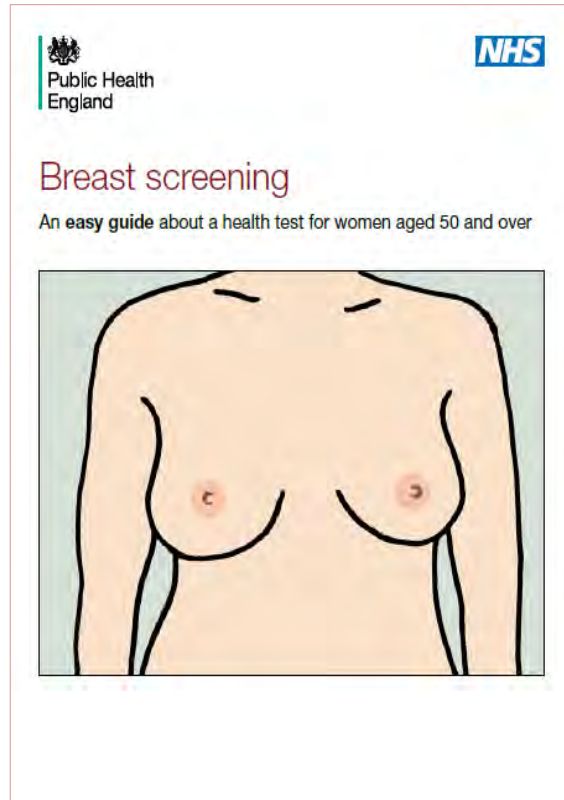
Breast Screening



Breast Screening is one of the best ways to spot a Cancer that is too small to feel or see



Breast Screening



You can get more information
on Breast Screening from this
NHS Easy Read booklet



click here https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/765594/Easy_guide_to_breast_screening.pdf

Bowel Screening



The FIT (Poo) test
can find early signs of
Bowel Cancer



Everyone between
the ages of 56 – 74
is invited to do
Bowel Screening ...

Every 2 years



You do the test at home



The FIT (Poo) test kit is sent to you through the post



Open the packet and get everything ready



The tricky bit is you have to catch some Poo ...

Before it lands in the toilet



You could use folded pieces of toilet paper ...



Or a small plastic tray to catch Poo before it touches the toilet



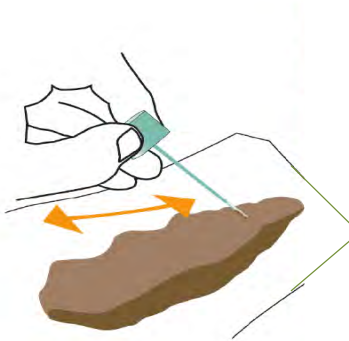
Either of these ways can be used ... but it's still a bit tricky



And Remember ...



Poo in the Loo cannot be used for the test



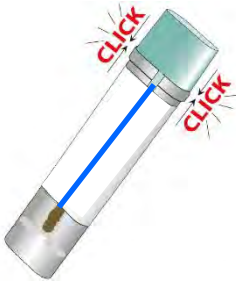
Next ... scrape some Poo
onto the plastic scraper
from the FIT kit



You only need a thin
scrapping ...



Not a big blob

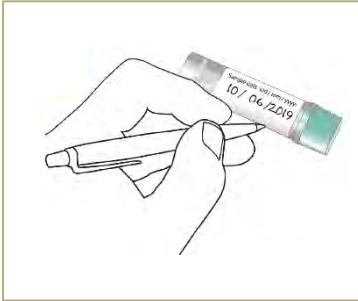


Return the scraper and
Poo sample back into
the plastic container

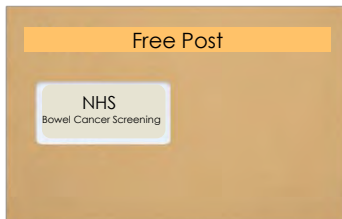
Before the next bit ...



Wash your hands



Write your name and the date on the label of the plastic container



Put the Poo sample in the Free to Post Envelope provided in the test kit



And put it in the Post Box



You can watch a video showing how to use the FIT Poo test kit by clicking the link ...



[click here](#)

[Using your bowel cancer screening kit \(EN\) on Vimeo](#)



That's all there is to it



You are unlikely to have
Bowel Cancer ...



**But early check ups are
good for everyone**

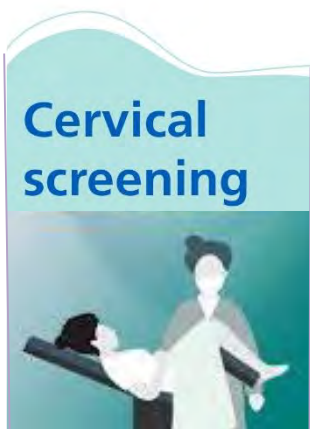
Cervical Screening



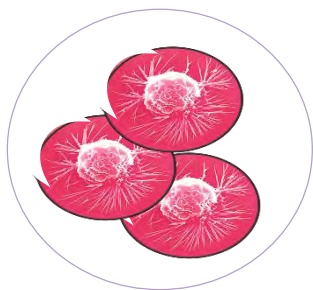
- All women between the ages of 25 – 49 are invited for Cervical Screening ...
Every 3 years



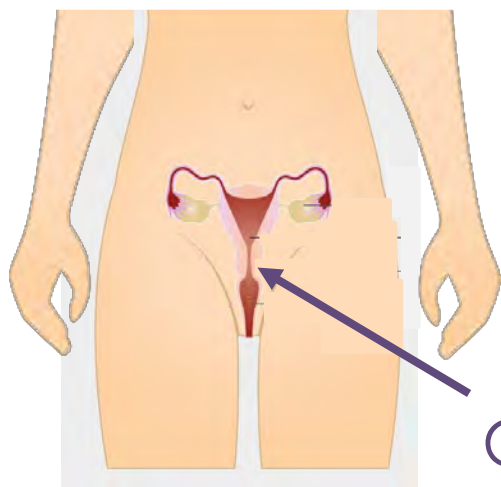
- All women between the ages of 50 – 64 are invited for Cervical Screening ...
Every 5 years



The Cervical Screening Test
is sometimes called ...
a Smear Test



The test is to check that your
Cervix is healthy and has no
signs of Cancer



Cervix

Your Cervix is tucked away
inside the lower half of
your body

Cervical Screening



The test is done at the hospital or clinic



You can take someone with you for support ... if you want



The test itself takes about 5 minutes and you will be on your way home



That's all there is to it



You will usually get your results about 2 weeks after the test



You are unlikely to have Cancer ...

But early check ups are good for everyone

Cervical Screening



You can watch a video to tell you more about Cervical Screening by clicking the link ...



click here

https://www.youtube.com/watch?v=zOq_a2BYERc



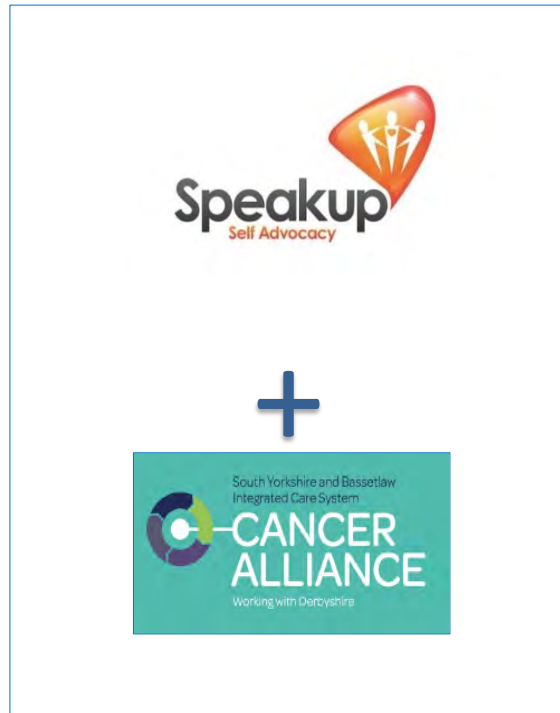
You can get more information
on Cervical Screening from this
NHS Easy Read booklet



click here

[https://www.gov.uk/government/
publications/cervical-screening-
easy-read-guide](https://www.gov.uk/government/publications/cervical-screening-easy-read-guide)

Cancer Screening



Be Cancer Aware

Click on this link for more
Cancer Aware information
from Speakup Self Advocacy
and Cancer Alliance



click here www.speakup.org.uk

Co-produced at Speakup Self Advocacy 