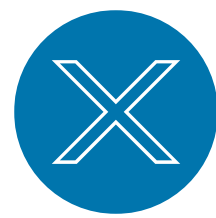


BREAST CANCER AWARENESS EVENT



JOIN THE CONVERSATION ONLINE!

Tag us on social media throughout the event
and after to let us know your thoughts.



@barnetwellbeing

#BARNETWELLBEING #BREASTCANCERAWARENESS





WELCOME

Julie Pal and Hawa Abdi
CB Plus | Centre of Excellence



Breast Cancer Screening – Signs, Symptoms and How to Access Breast Screening Services

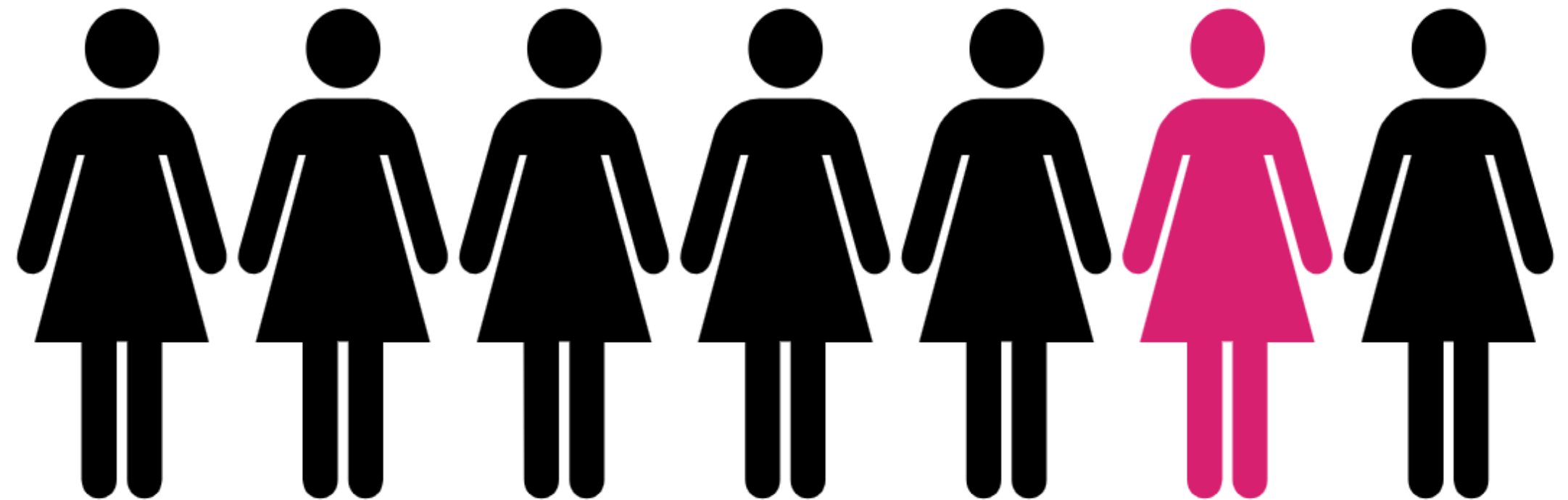
**Kumbi Shire – Health Promotion
Team**

North London and Central and East London Breast Screening Services



Breast cancer

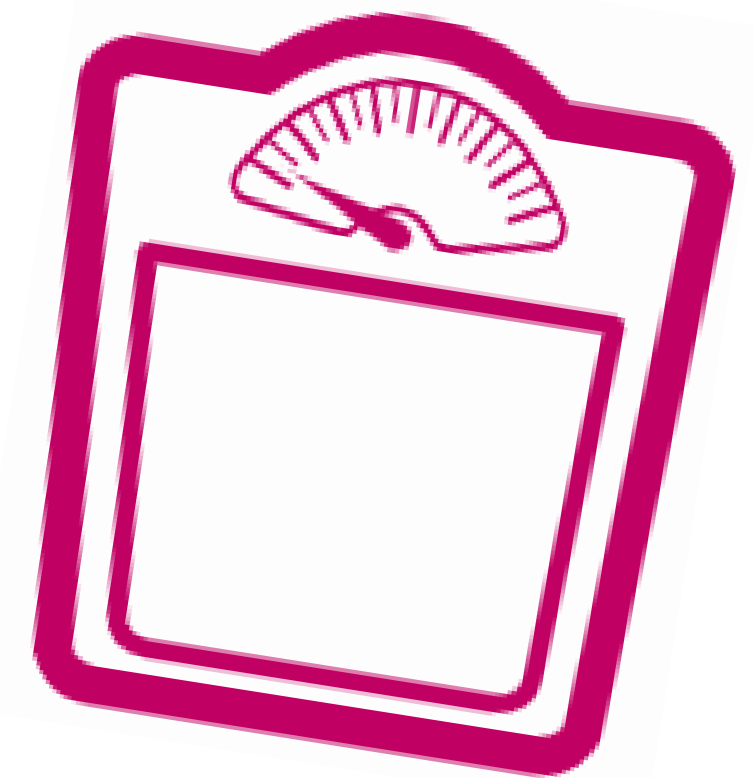
- ▶ 1 in 7 women will be diagnosed with breast cancer.
- ▶ Breast cancer is most common in women over 50.
- ▶ Breast cancer is very treatable if it is found early.



Reducing your risk

23% of breast cancers are preventable, and it is never too late to make a change.

- ▶ Maintain a healthy weight
- ▶ Exercise regularly
- ▶ Have a low intake of saturated fat
- ▶ Reduce alcohol consumption



Breast awareness

- ▶ Breast awareness is getting to know what looks and feels normal for you so that you will notice any changes.
- ▶ People of any age or gender can get breast cancer, so it is important for everybody to be breast aware.
- ▶ Everyone's normal is different - you know your body best!

Breast awareness

- ▶ Touch your breasts: Can you feel anything unusual?
- ▶ Look for changes: Is there any change in shape or texture?
- ▶ Check anything unusual with your doctor.



Touch



Look



Check

knowyourlemons.org/app

thick area

dimple

nipple crust

red or hot

new fluid

skin sores



bump

hard lump

growing vein

sunken nipple

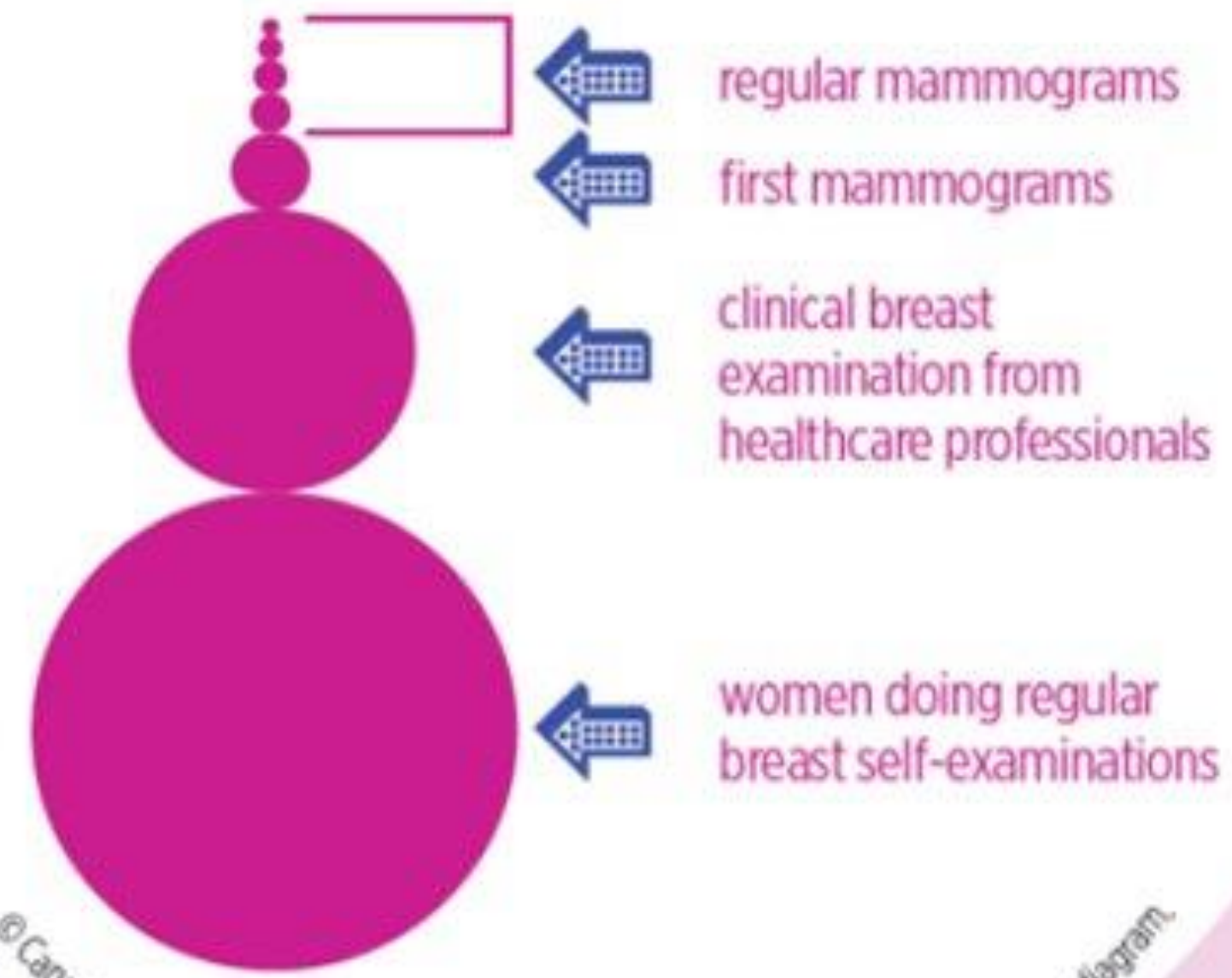
new shape/size

"orange peel" skin

Breast screening

- ▶ Breast screening helps to find changes in your breasts when they are too small to see or feel. This means cancers can be found earlier when they are more treatable.
- ▶ Women who are healthy and who are not known to have breast cancer are invited to breast screening.

Each circle below represents
the average-sized lump found by:



© Canadian Cancer Society. The registered trademark owner of the 'Thingy-maboo' diagram.

Breast Screening

- ▶ Everyone registered with their GP as female and aged between 50 and 71 will be invited every three years, with the first invite arriving before your 53rd birthday.
- ▶ Women over 71 can self-refer by calling the Hub.



Breast screening



- ▶ At breast screening, you will always be seen by a female mammographer.
- ▶ She will check your details and ask you to undress to the waist and stand in front of the machine.
- ▶ Translators or iPads with Google Translate are available at all sites.

Breast screening

- ▶ The mammographer will position your breast, then lower the plastic plate to flatten the breast.
- ▶ She will go behind the screen when the x-rays are taken.
- ▶ Two pictures will be taken of each breast; one from above and one from the side.
- ▶ It might feel uncomfortable but will not last long.



Results

- ▶ Your results will be sent in the post around two weeks later.
- ▶ Most people receive a 'normal' result and will be invited to screening again in three years time.
- ▶ Even with a normal result, you still need to stay breast aware.



Further tests

- ▶ If something new or unusual is seen on your mammogram, you will be asked to attend an assessment clinic for further tests.
- ▶ This does not mean you have cancer, but it is still important to attend.
- ▶ Further tests include more mammograms, an ultrasound and a biopsy.
- ▶ If you would like a female doctor, you can call before your appointment and ask to see one.

Any Questions?



Patient Journey

Asma



Taster Session – Chair Based Exercise

Annalisa Cellini



Volunteer Representative

Breast Cancer Now





COMFORT BREAK



Healthy Lifestyle Choices

Dr Nadira Ali



Community Cancer Awareness

Healthy lifestyle choices

Dr Nadira Ali
The GHC Outreach



See your GP if you're worried

- The symptoms might not be due to cancer. But if it is, the earlier it's picked up the higher the chance of successful treatment. You won't be wasting your doctor's time.
- Try not to be embarrassed. What you tell your GP is confidential. Doctors are used to discussing intimate problems and will try to put you at ease.
- If you are not registered with a GP – Find out how to register with a GP surgery on nhs website <https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/>

What increases our risk of cancer?

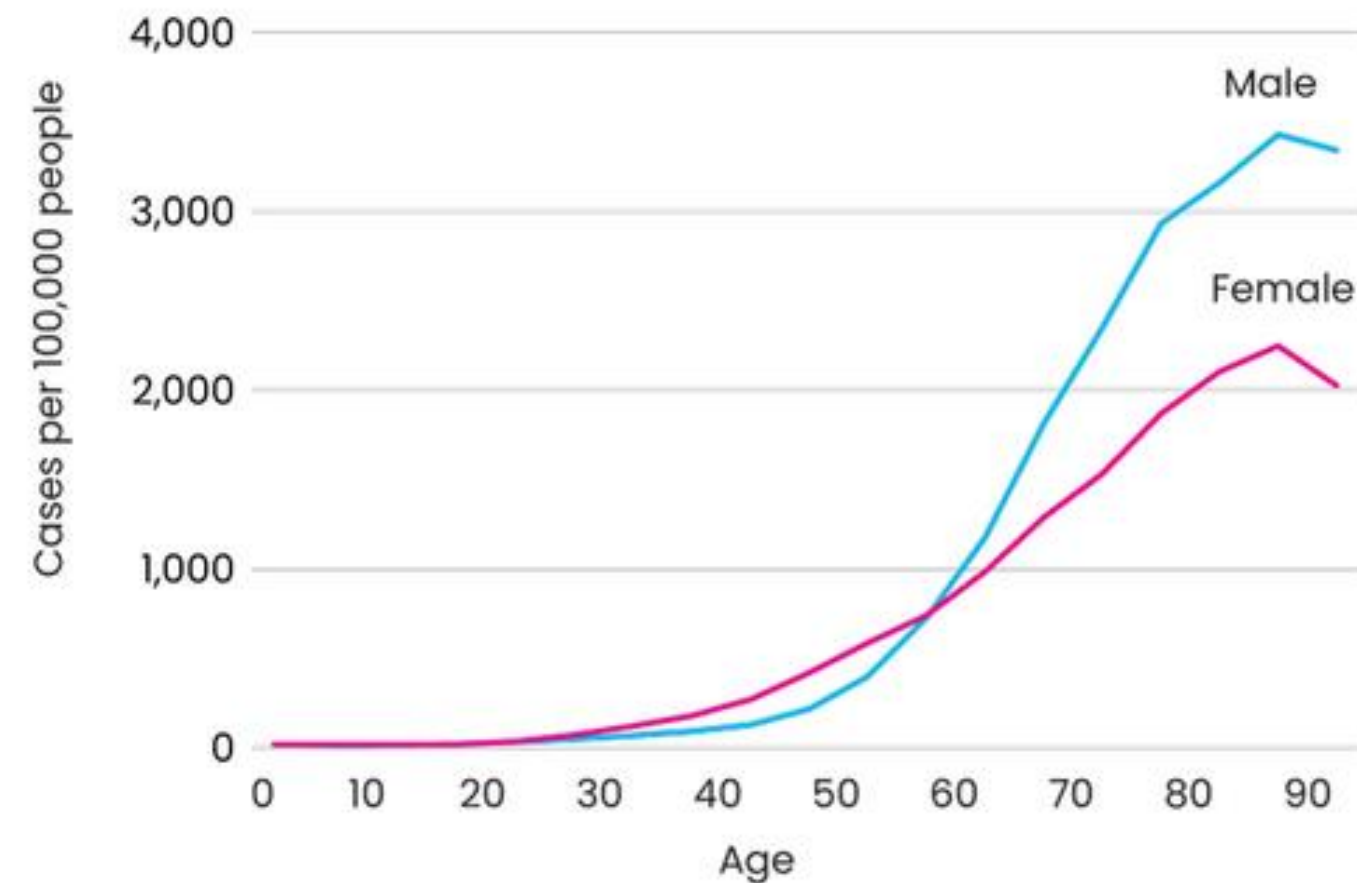
- There are some things that can increase the risk of cancer that we cannot change such as our **age** or the **genes** we inherit from our parents.
- As we get older our risk of cancer increases
- So age is by far the biggest risk, as only 5–10% of all cancers are due to faulty genes.

Why focus on diet and lifestyle

Non Modifiable Risk factors	Modifiable risk factors
Age – risk increases with age (50+ higher rates)	Smoking
Family history	Excessive Alcohol Intake
	Unhealthy diet
	Overweight & Obesity
	Sedentary lifestyle

Cancer is more common as we age

A third of all cancers are in people aged 75 and over, but making healthy changes can reduce your risk whatever your age.



All cancers excluding non-melanoma skin cancer (C00-97 excl. C44). Age-specific incidence rates per 100,000 population, UK, 2017-19. Source: cruk.org/stats



**CANCER
RESEARCH
UK**

**Together we are
beating cancer**

Can you reduce your risk of cancer?

To reduce our cancer risk, the most important thing we can do is adopting a healthy lifestyle:

- to not smoke
- to enjoy the sun safely
- to cut down on alcohol
- to eat less processed foods high in sugar, fat and salt, to eat more whole-grains and fibres
- to be more active
- to keep a healthy weight



10 top tips to help you lose weight



1) Keep to a meal routine



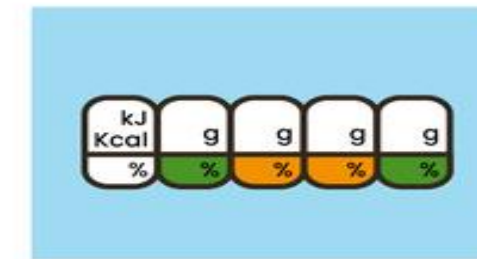
2) Cut down on calories



3) Walk more



4) Pack a healthy snack



5) Look at the labels



6) Caution with your portions



7) Spend time on your feet



8) Think about your drinks



9) Focus on your food



10) Don't forget your 5 a day

4 ways a healthy diet can reduce your risk of cancer

1 Eating a healthy, balanced diet



Helps you to...
Keep a healthy weight



2 Eating more wholegrains



Helps you to...
Poo more often, which
reduces cell damage
in the bowel



3 Eating less processed and red meat



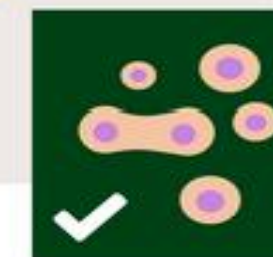
Helps to...
Reduce cell damage
in the bowel



4 Cutting down on alcohol



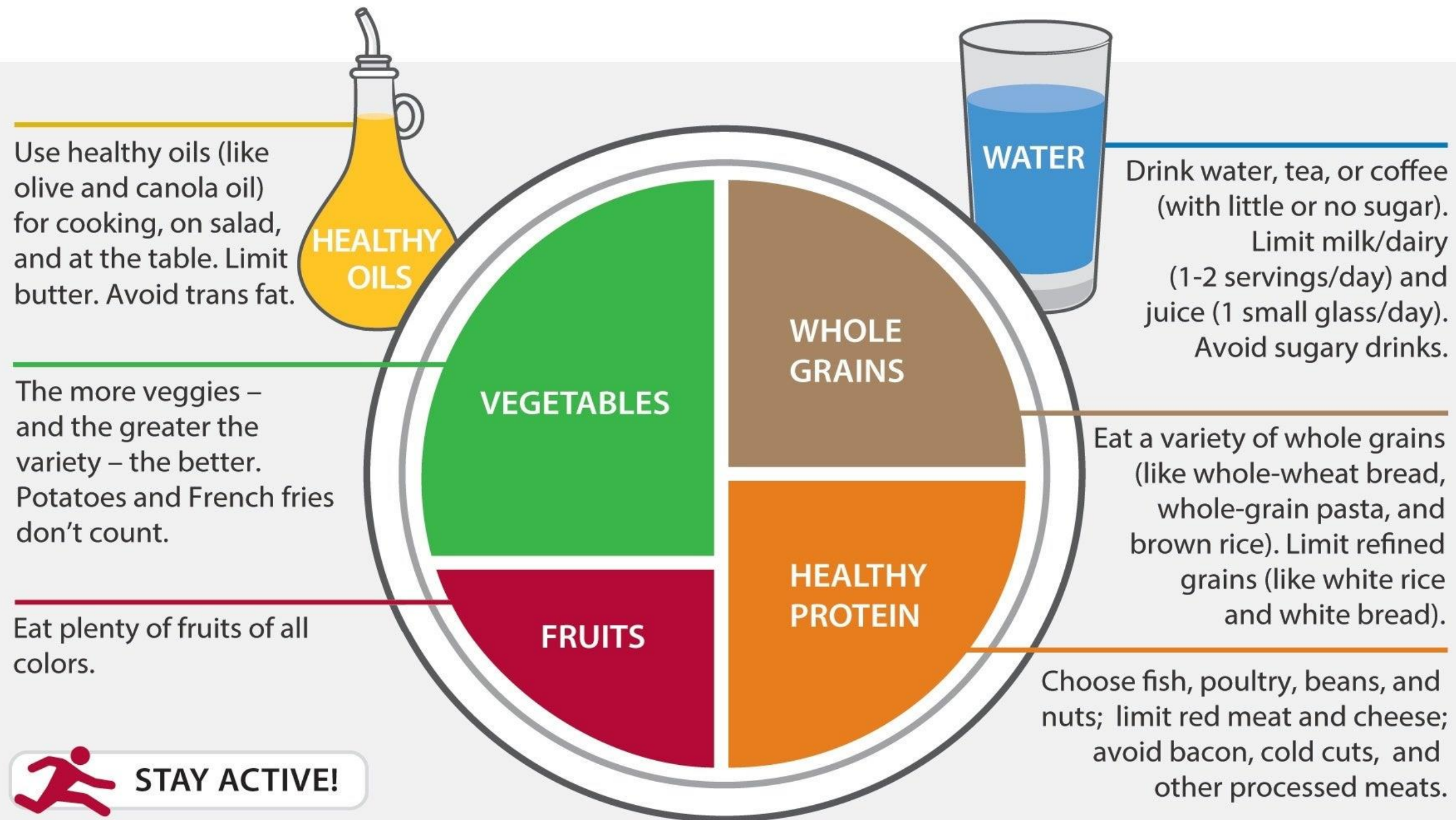
Helps to...
Reduce cell damage



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beating cancer

HEALTHY EATING PLATE



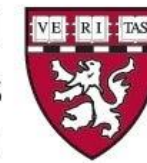
STAY ACTIVE!

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Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Physical activity for adults and older adults

- Benefits health
- Improves sleep
- Maintains healthy weight
- Manages stress
- Improves quality of life

- Reduces your chance of
- Type II Diabetes -40%
 - Cardiovascular disease -35%
 - Falls, depression etc. -30%
 - Joint and back pain -25%
 - Cancers (colon and breast) -20%

Some is good,
more is better

Make a start today:
it's never too late

Every minute
counts

Be active



Minimise sedentary time

Break up periods of inactivity



Improve balance

For older adults, to reduce the chance of frailty and falls
2 days a week



UK Chief Medical Officers' Physical Activity Guidelines 2019

- 150 minutes per week of moderate physical activity or 75 minutes of vigorous intensity aerobic activity
- Resistance training at least 2 times a week to build strength and improve balance
- Reduce sitting time – try to get up three times per hour

WHY DO WE SLEEP?

- Lets us rest
- Allows our bodies to repair
- It allows our immune systems to work
- Lets our brain process thoughts
- It allows our body to process toxins and waste products

What happens if we don't get enough sleep?

- Feel tired and sluggish
- Poor concentration
- Poor memory
- Slower reaction times
 - some studies have shown only having 3 hrs sleep has a bigger impact on reaction times than drinking just below the legal limit of alcohol.
- Weight gain
- Increased stress levels
- Increased risk of illnesses like diabetes and Alzheimer's
- Reduced life expectancy

Why is stress bad for you?

- Poor sleep
- Weight gain
- Feeling tired
- High blood pressure so long term bad for your health
- Low mood
- Makes you feel like you can't cope
- Poor concentration

Why is relaxing good for you?

- Makes you feel happier
- Makes your immune system stronger
- Improves your concentration
- Improves your sleep
- Allows you to digest your food better



Together we can beat cancer

Thank you

Any questions?

Patient Journey

Mirabell



Service Introduction

YARAN





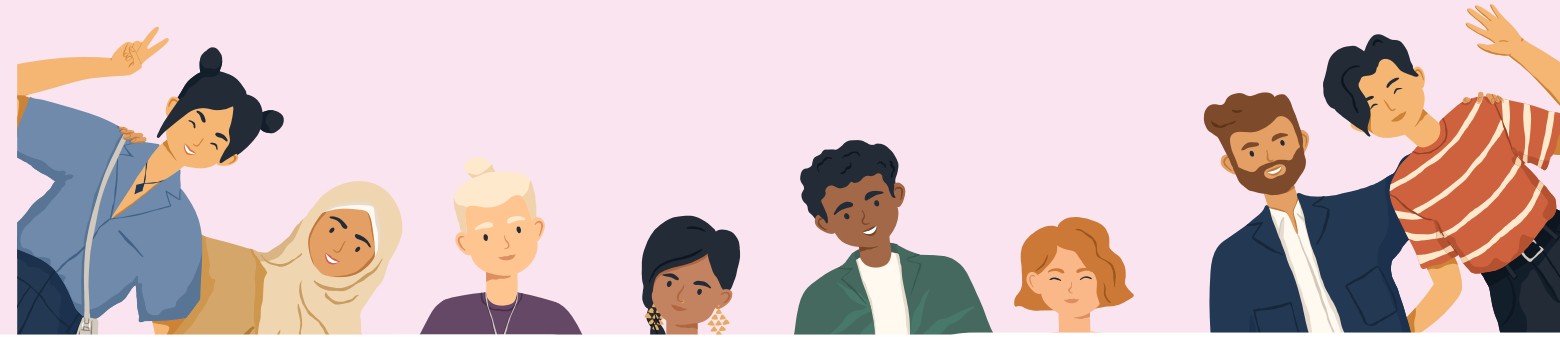
Q&A

**Health Promotions Team,
Dr Nadira Ali, Asma, Mirabell
and Heather**



Thank You For Coming!

Please join us for lunch and networking.



Connect With Us!

Follow and connect online with us to find out about our latest news and events.



03333 449 088

www.barnetwellbeing.org.uk