



Be aware, stay healthy

What you need to know about looking after your breasts, cervix and bowel...

Healthy Communities Collaborative and Liverpool PCT working together.
For regional cancer information visit: www.mccn.nhs.uk

Get it checked!

Tear off and keep these numbers handy for when you want more information or to arrange a check-up...

Regular screening saves lives.

Breast Screening

Age 50–70 every three years; age 71+ on request.

Breast Screening Unit:
0151 708 8157

Cervical Screening

Age 25–49 every three years; age 50–64 every five years. For an appointment call your GP.

Bowel Screening

Age 60–69; age 70+ on request. For a free bowel screening pack call
0800 707 6060

Breast Awareness

Spot the changes early!

- B** Breast or nipple discharge.
- R** Redness, puckering or dimpling of skin.
- E** Encrusting or rashes on your nipple.
- A** Armpit or breast lump.
- S** Size or shape changes in your breast.
- T** Thickening or lumps which do not go away.

Often you will notice what is right or wrong for you.

If you have any of the signs or symptoms above, play safe and get them checked by your GP. They are unlikely to be caused by cancer and if it's not serious, you'll have peace of mind.

Cervical Awareness

Cervical cancer often shows no obvious signs or symptoms, so having a regular smear test is the best way of staying aware and protecting yourself.

The smear test checks the health of your cervix, which is the lower part of your womb. It is **not** a test for cancer but it can spot the early signs.

Regular smear testing saves lives.

Bowel Awareness

Check your 'BUM-BUM' Regularly!

- B** Bleeding from your bottom without reason.
- U** Unexplained, extreme tiredness.
- M** Malformed or hard poo.
- B** Bloating, swelling or abdominal pain.
- U** Unusual bowel habits.
- M** Marked bleeding when straining.