

Cancer
Awareness Talk

(Umuada Group
Milton Keynes)

- Dr Angela Esiwe (G.P, Grantham, Lincolnshire (East Midlands)
- MRCGP, MRCOG, DFSRH, PGMECert (DS)

November 2020



Aim

“ To promote better understanding about Cancer”

Objectives

- Overview/Background of Cancers that affect black men and women.
- Symptoms
- How do we prevent Cancer?
- When to see your Doctor?
- Myths & Facts

My role as a
GP is
Health
promotion
&
Disease
Prevention.



Healthy living



Screening
programmes



Importance of
seeking help timely
(Just speak to your
G.P.)

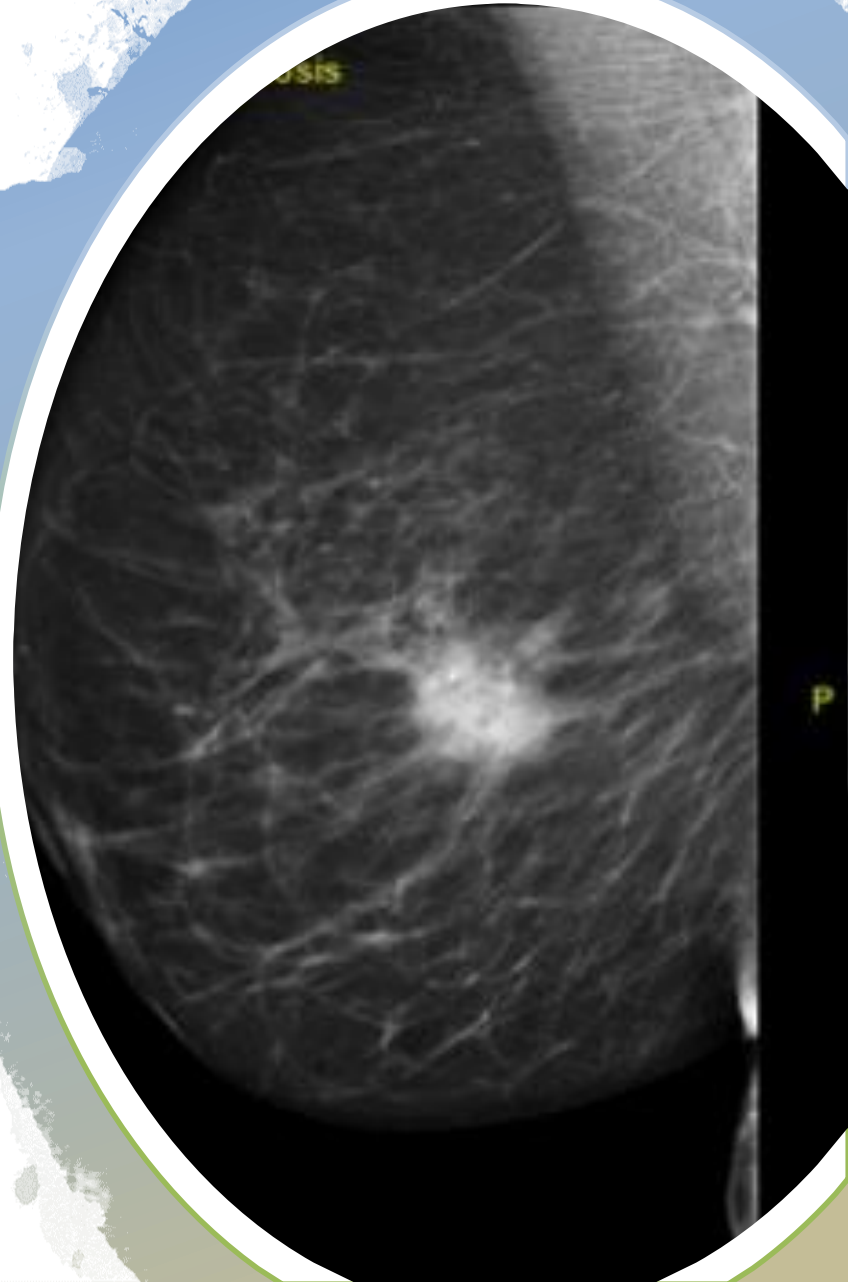
Background – Why talk about Cancer?

- Cancer Health awareness months campaigns-
October- Breast Cancer;
November- Men's Health – Prostate Cancer, Testicular cancer etc
- 1 in 2 lifetime risk for all cancers (Ca).*
Breast Ca risk: 1 in 8
Prostate Ca risk : 1 in 8 in UK (all); Black men 1 in 4
Testicular Ca risk: Rare affects 1% of all cancers in men. Age: 15 – 45 yrs.
- Early diagnosis = better prognosis
- Survival > 3x higher in early diagnosis (*CRUK)

****CRUK- Cancer Research UK***

What is Cancer?

- Cancer is a condition where cells in a specific part of the body grow and reproduce uncontrollably.
- The cancerous cells can invade and destroy surrounding healthy tissue, including organs.
- Distant spread is called metastasis.

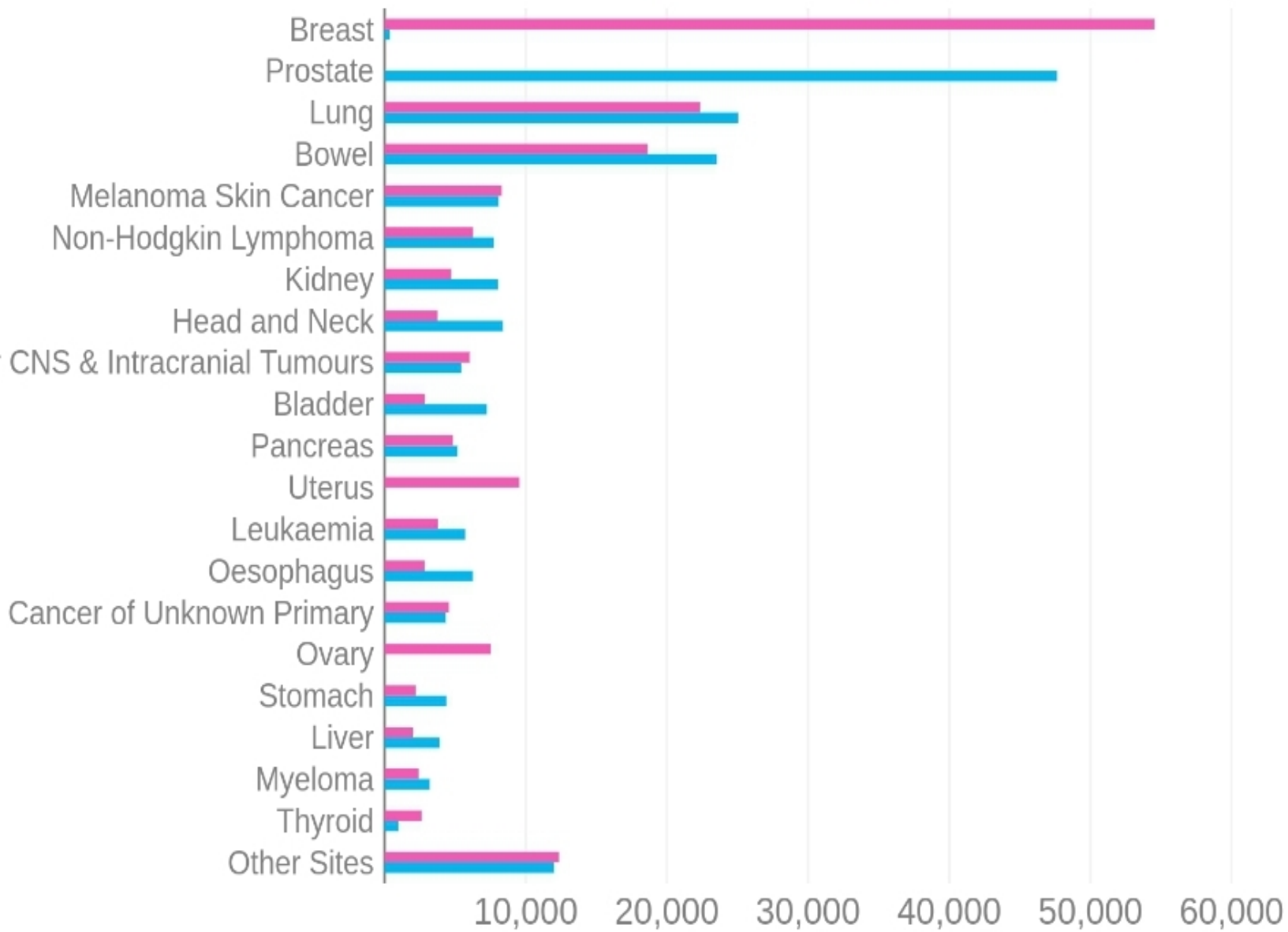


Types of Cancer

- In the UK, the 4 most common types of cancer are: [breast cancer](#), [lung cancer](#), [prostate cancer](#) & [bowel cancer](#)
- 200 different types of cancer, and each is diagnosed and treated in a particular way.



Females Males



The Five Most Common Cancer Sites

in the United States for Women & Men



**BREAST
CANCER**

1

**PROSTATE
CANCER**



**LUNG
CANCER**

2

**LUNG
CANCER**



**COLORECTAL
CANCER**

3

**COLORECTAL
CANCER**



**UTERINE
CANCER**

4

**BLADDER
CANCER**



**THYROID
CANCER**

5

MELANOMA



Cancer Prevention

4 IN 10 CANCER CASES CAN BE PREVENTED...

...MAKE A CHANGE TO REDUCE THE RISK OF CANCER



Larger circles indicate more UK cancer cases

Circle size here is not relative to other infographics based on Brown et al 2018.

Source: Brown et al, British Journal of Cancer, 2018.

LET'S BEAT CANCER SOONER
cruk.org



Preventing cancer

- Stop smoking
- Keep a healthy weight
 - Obesity linked 13 Cancer types
- Eat a healthy diet
- Exercise
- Drink less alcohol (14 units per week)
- Avoid occupational hazards e.g. asbestosis
- Be safe in the sun

BEING OVERWEIGHT CAN CAUSE 13 TYPES OF CANCER

●●● Larger circles indicate cancers with more UK cases linked to being overweight or obese

○ Number of linked cases are currently being calculated and will be available in 2011

Meningioma
(a type of brain tumour)

Thyroid

Oesophagus

Breast

after menopause

Liver

Upper stomach

Gallbladder

Pancreas

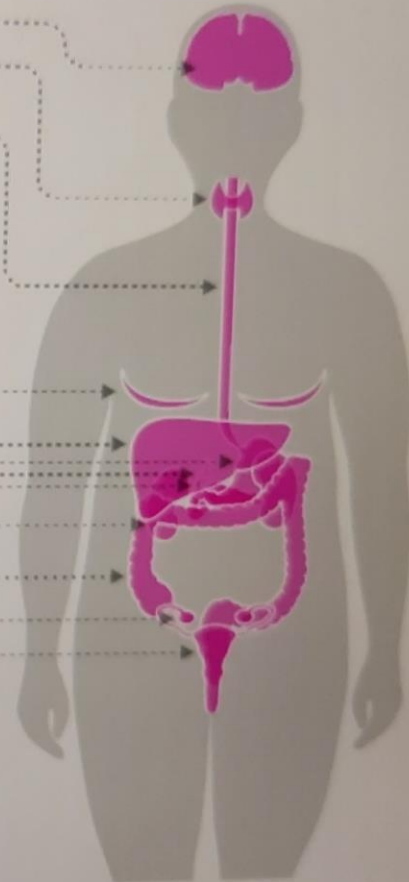
Kidney

Bowel

Ovarian

Womb

Myeloma
(a type of blood cancer)



'Prevention is better than cure'



Healthy living- stop smoking,
reduce alcohol, healthy diet



Exercise



Avoid sun, hazardous
substances e/g asbestosis



Importance of seeking help
timely (Just speak to your
G.P.)

‘Early
diagnosis=
Good
prognosis’



Know your body

Women: Breast examination

Men: Scrotal examination



Go for screening



Know your family.

-Genetics play a part in few cases



Importance of seeking help timely
(Just speak to your G.P.)

Factors causing delayed presentation



What symptoms to look out for?

Red flags

Female vs Male

- Lump found anywhere e.g. Breast, Scrotal/ testicles
- Bleeding: 3P's, B, C & V
pee, poo, penis, breast, cervix, vaginal bleeding.
- Discoloured: skin, breast
- Rash: non- blanching (Leukaemia)
- Loose stools
- Bloating tummy
- Pain: Back pain
- Loss of weight: all cancers and usually means advanced.

What happens next

- If your GP suspects cancer, they'll refer you to a specialist – usually within 2 weeks and will provide you with a leaflet for you to understand the next steps.
- The specialist will carry out further tests, such as a [biopsy](#) or [X-ray](#), and plan any necessary treatment.

2WW Cancer Leaflet



Prostate Cancer

- Black men 2X at risk cf White
- Affects Black men at younger age
Black > 45yrs ; White > 50 yrs.
- Urinary symptoms: poor stream flow, hesitancy (difficulty starting), Freq (going a lot), urgency (sudden need) etc
- Can request blood test-PSA test if > 45yrs.
- Early Prostate Cancer- usually no treatment

Breast Cancer Female vs Male

MALE

Age >60 (majority)

Rare- 1% of breast cancers

- Lump- Usually away from nipple, painless.
- Nipple discharge- blood stained
- Breast swelling
- a sore (ulcer) in the skin of the breast
- Nipple retraction- a nipple that is pulled into the breast
- lumps under the arm
- a rash on or around the nipple
- ↑Nodal involvement and higher stage disease

FEMALE

Age: Young and old

Lump- Usually painless in Breast or armpit.

Dimpling of skin

Nipple discharge

Nipple retraction

Rash

Take home message

- Go for screening: Cervical (25yrs), Breast screening (50yrs);
- Ask for prostate test- PSA blood test from age > 45yrs (Blacks); > 50yrs (White).
- Go to G.P if you have any concerns
- Go for hospital appointments once diagnosed with Cancer
- Myths, Culture, Fears...have a major part to play in how we deal with health for both patients and Health care professionals (HCP).
- Go and talk to each other family, male relatives about cancer awareness.

Breast exam Videos (patient self examination)

<https://www.youtube.com/watch?v=clOEgvgUxfk>

https://youtube/7ef2RF_9U4c

Resources

1. <https://www.nhs.uk/conditions/cancer>
2. Breast cancer now
<https://breastcancernow.org/>
(Breast pain/Breast lump/Breast screening)
3. Coppafeel: <https://coppafeel.org>. Book check reminder
4. Prostate Cancer UK:
<https://prostatecanceruk.org/>
5. Black women rising:
<https://www.blackwomenrisinguk.org/>
6. Testicular cancer
<https://www.nhs.uk/conditions/testicular-cancer/>

Thank you

Any Questions?