

ACT ON
CANCER

TOGETHER

Support for you in
Brighton and Hove

Act on Cancer Together

We can help if you want to know about the early signs of cancer, feel more confident about going for cancer screenings or need help to navigate cancer services for you or a loved one. Find out more inside.

Screening saves lives



Trust for
Developing
Communities

MACMILLAN
CANCER SUPPORT



The Hangleton
& Knoll Project
Working for a brighter tomorrow

NHS
Sussex


Brighton & Hove
City Council

Breast Cancer

Regular breast screening is offered to women over 50.

Check your breasts every month so you know what's usual for you. If anything doesn't seem right contact your GP practice.



Find out how to check your chest with Coppa Feel

Watch a video about Breast Screening at the Park Centre



Bowel Cancer

If caught early, more than 90% of bowel cancer cases can be treated successfully.

“Screening caught my cancer early and probably saved my life.”

If you're 50-74, you will be sent a DIY bowel cancer screening kit every 2 years.

If you are over 75 you can order one by calling the helpline on 0800 707 60 60

Cervical Cancer

Detecting cervical cancer early can make all the difference.

If you've received an invitation for screening, don't delay. Book a test at your GP or local clinic.

Most test results are normal. Don't put it off. Book it in.

The team at Macmillan Horizon Centre in Brighton are on hand with a warm welcome for anyone, at any point in their cancer experience, as well as their family and friends.



DID YOU KNOW?
Taking care of your general health can reduce the risk of cancer.



Lung Cancer

Lung cancer is one of the most common and serious types of cancer.

72% of cases in the UK are caused by smoking.

If you are aged 55 to 74, a current or former smoker and registered with a GP, you will be invited by letter for an NHS lung health check.

If you need support to go for your check, get in touch with us.

Find out more about prostate cancer support organisation
PCaSO

Prostate Cancer

1 in 8 men will get prostate cancer.

Prostate cancer is easier to treat if it is caught early.

Black men, men over 50 and men who have a close relative who has had prostate cancer are at higher risk.

If you are worried about your risk speak to your GP.

“ I am telling my sons, who are between the ages of 45 and 55, get yourselves checked out, and tell your friends.



Seek shade



Cover up



Wear sun cream

Skin Cancer

9 out of 10 skin cancers are caused by the sun or sunbeds.

Stay safe in the sun by wearing sunscreen, and covering up or seeking shade in the hottest part of the day.

If you notice any unusual changes in your skin or moles, it's important to contact your GP.

If you are worried about cancer, need support to attend a screening appointment or want some advice get in touch.

Or you can call us on 01273 234769
or email info@trustdevcom.org.uk



Cancer Screening Programmes in the UK

Your age

25

You need to be registered with a GP to be invited for cancer screening. Find out how to register here



Cervical Screening
Smear test

Breast Screening
Mammogram

Bowel Cancer Screening
FIT Test

Every 5 years
automatically
invited

50

Every 3 years
automatically
invited

64

Every 2 years FIT test is
automatically sent

71

By request

74

By
request

