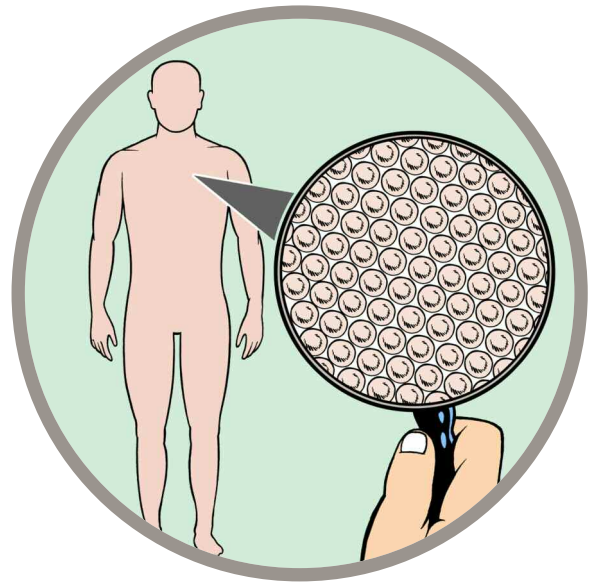


What is cancer?

Symptoms, Screening and Staying Healthy



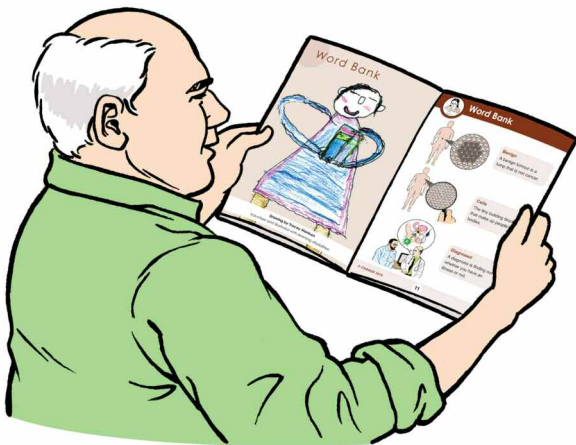
Introduction

This booklet uses easy words and pictures to help you get information about cancer.

You might want someone to help you look at the booklet so you can talk about it.

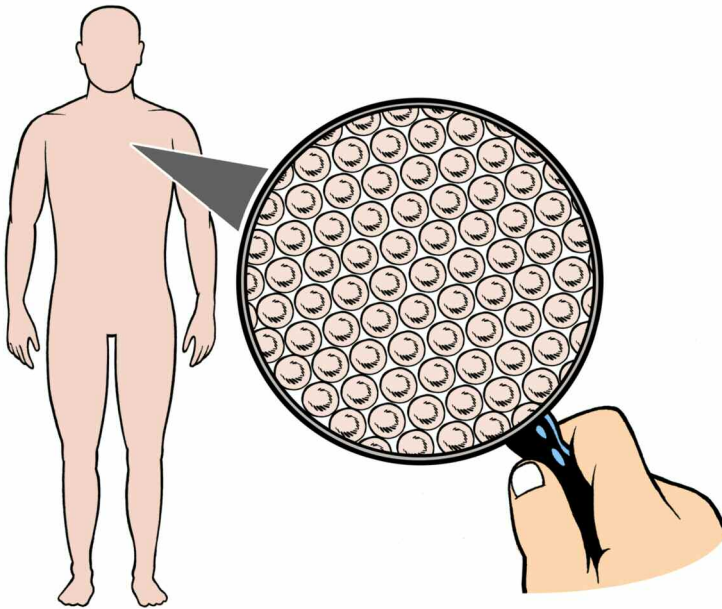
There is a Word Bank at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank.

This booklet can help you learn about cancer. But this is not the same as talking to your doctor. If you are worried about your health, you should talk to a doctor or nurse.

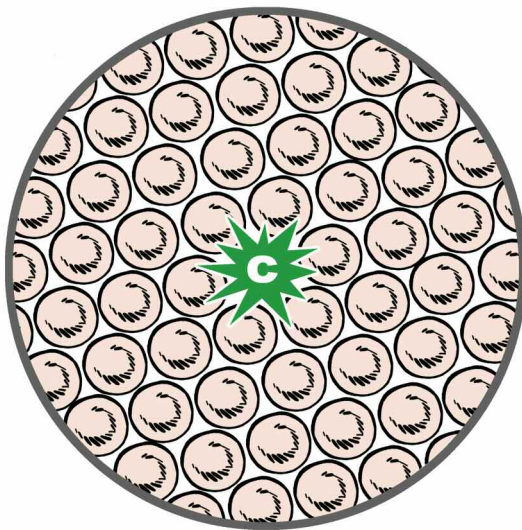




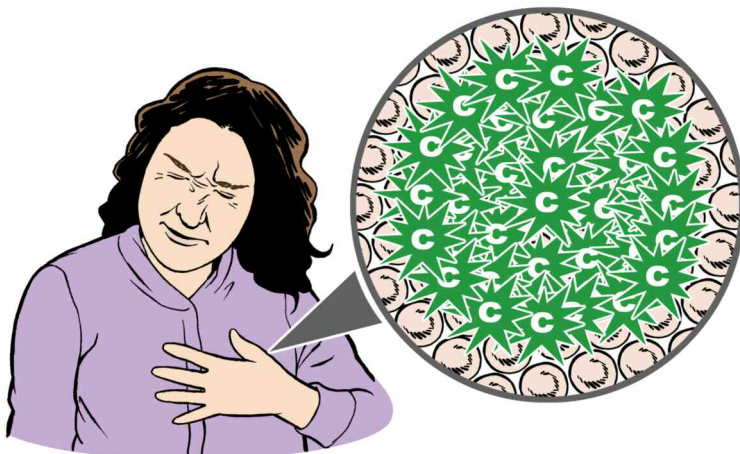
What is cancer?



Your body is made up of lots of tiny pieces called **cells**.



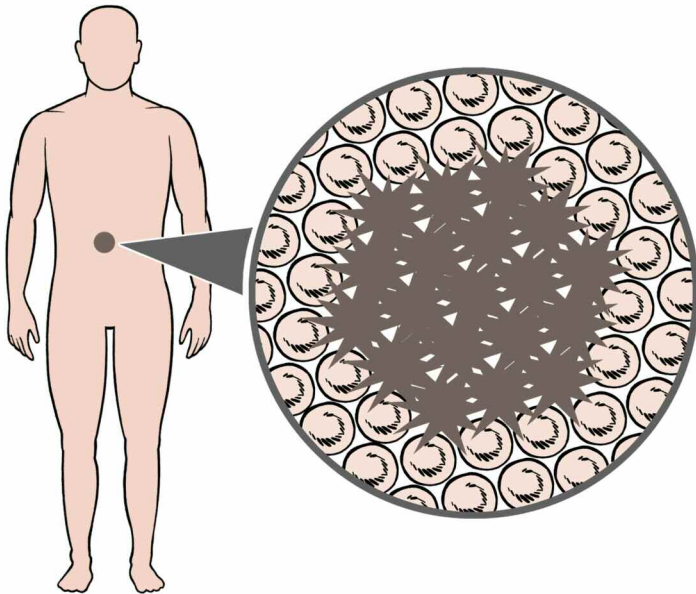
Sometimes these cells can go wrong.



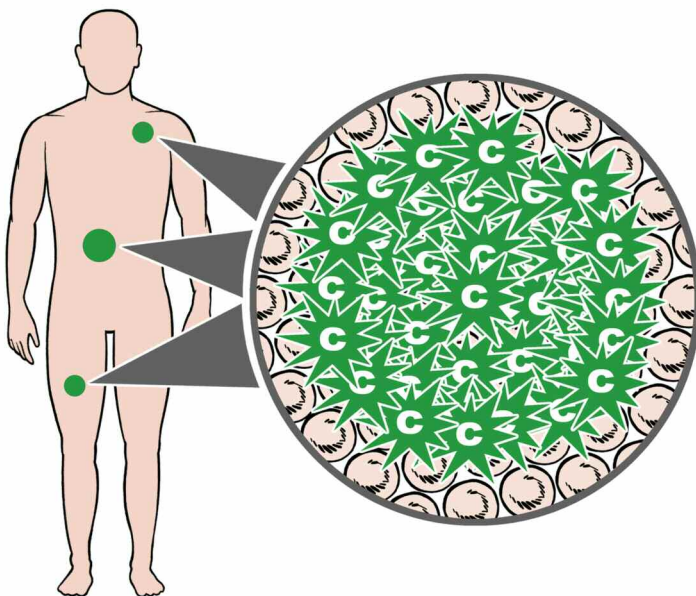
One cell might go wrong which can make other cells go wrong and turn into a lump. This is called a **tumour**.



What is cancer?



There are two types of tumour. Some are **benign**. They are not cancer. They do not usually cause harm.



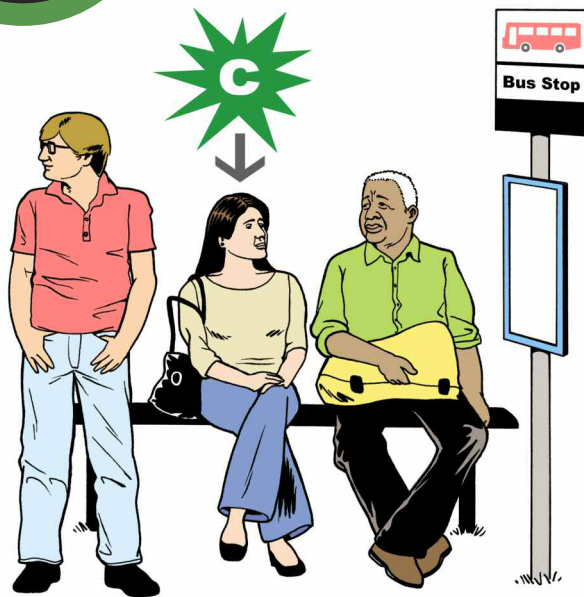
Other tumours are **malignant**. These grow and can spread to different parts of the body. This is cancer.



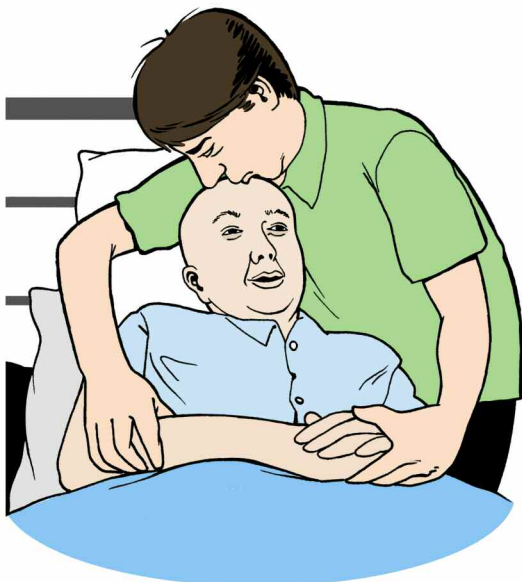
Cancer can make you feel unwell. But some people might not feel ill before the cancer is found.



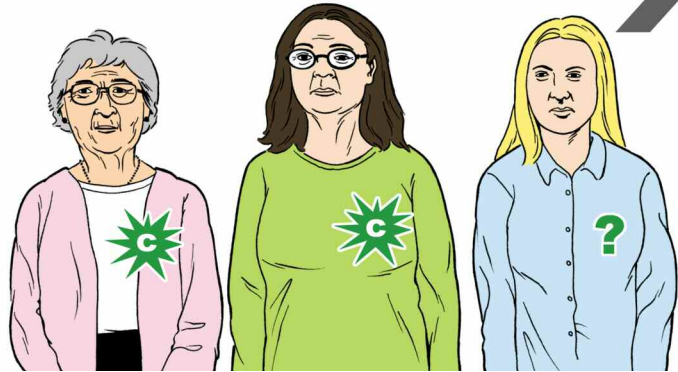
What is cancer?



More than 1 in 3 people are **diagnosed** with cancer in their lives.



You can not get cancer from someone else. And you can not give it to anyone.



Gran

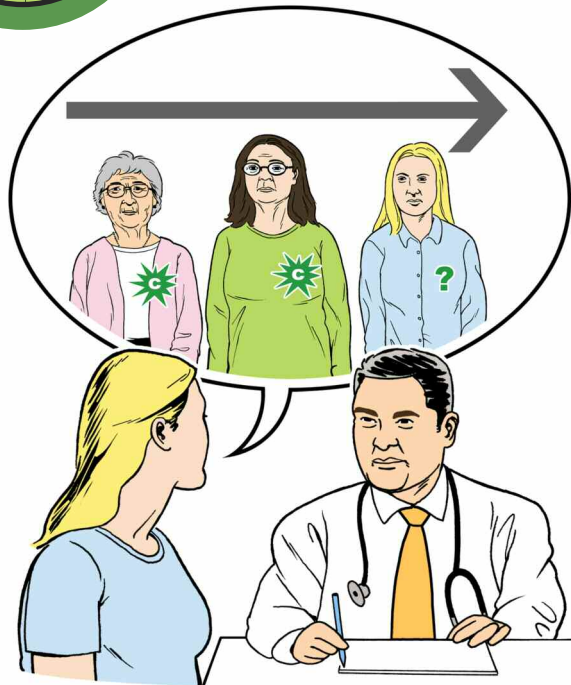
Mum

Me

Some cancers are genetic. This means that you are more likely to get them if your parents or grandparents have had cancer.



What is cancer?



You might feel worried about getting cancer because of this. Talk to your doctor about your worries.



Make sure you go for any health checks you are offered. This can include **screening**.



Look for any changes in your body that are different from usual.



What is cancer?



It is important to tell your doctor about any changes or worries you have as soon as possible.



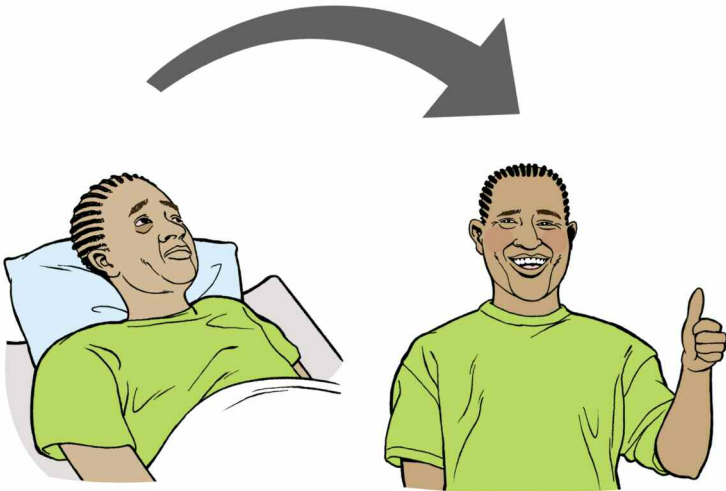
You might be worried about seeing your doctor.



You might be worried that if you have cancer you will die.



What is cancer?



Cancer is a serious illness but lots of people get better.



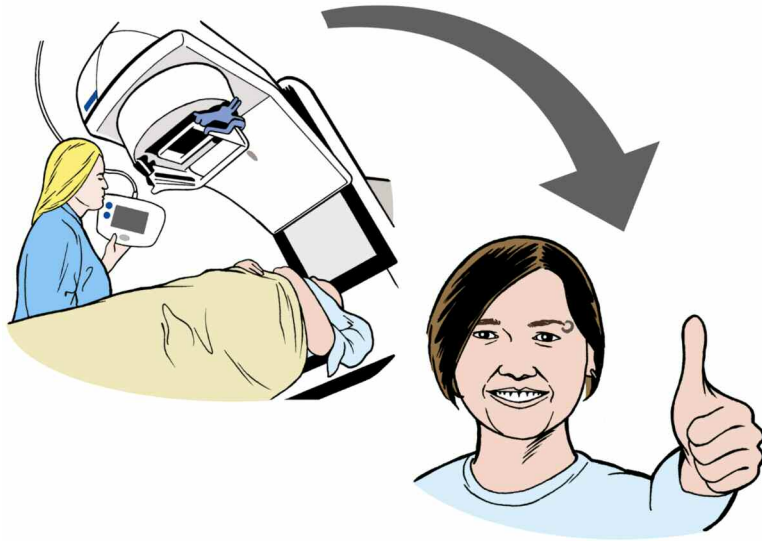
But, some people with cancer do die.



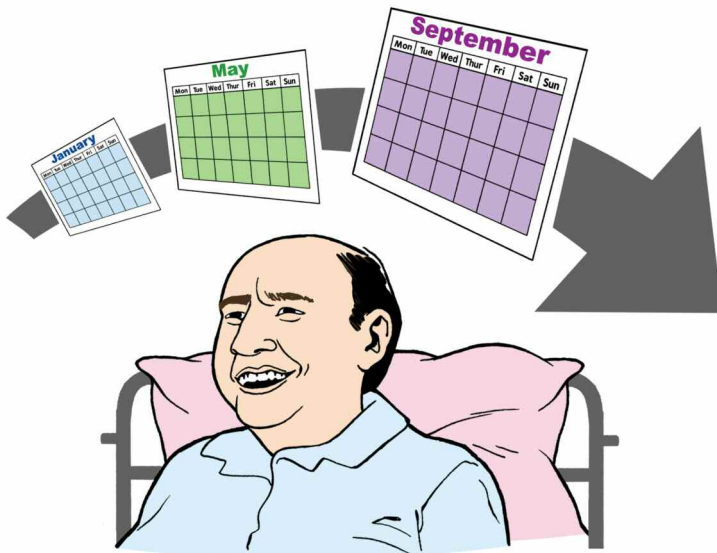
When a person has cancer they will need to go to a hospital for treatment.



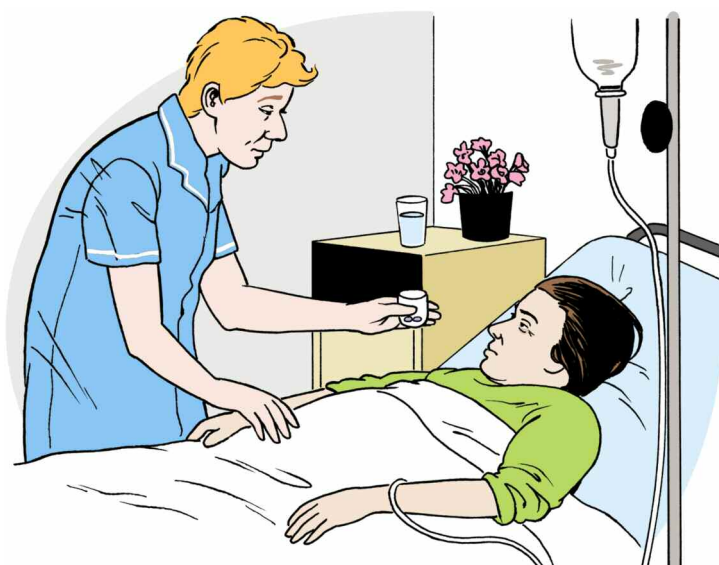
What is cancer?



Sometimes the treatment will make them better.



Sometimes the treatment will help them to live longer.



Sometimes the treatment will help them to feel more comfortable and have less pain.

Word Bank

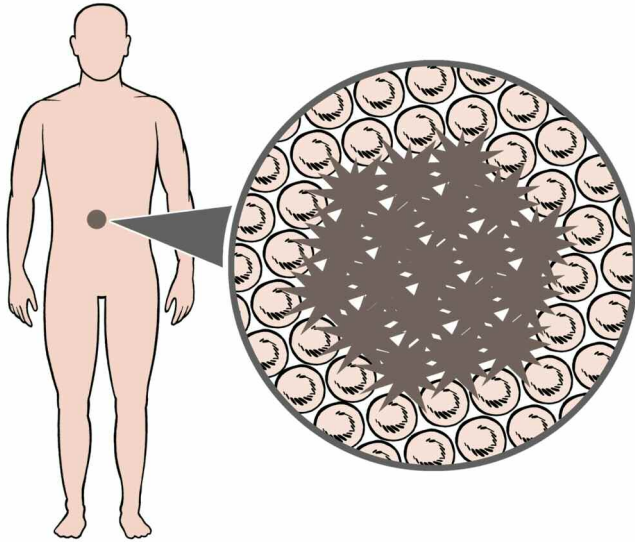


Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities

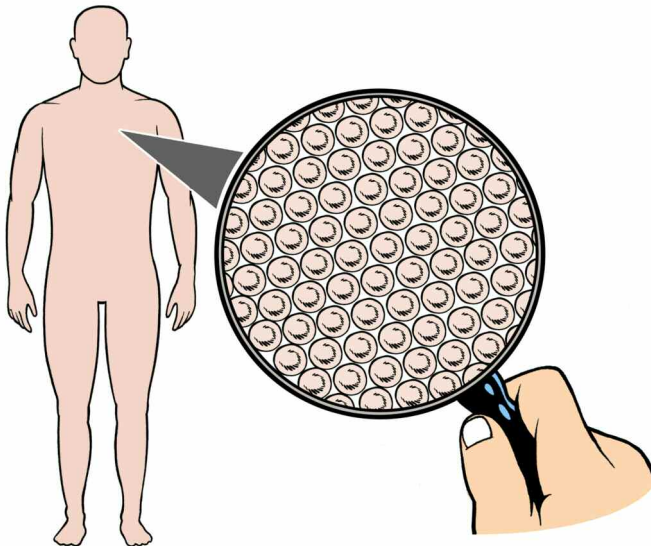


Word Bank



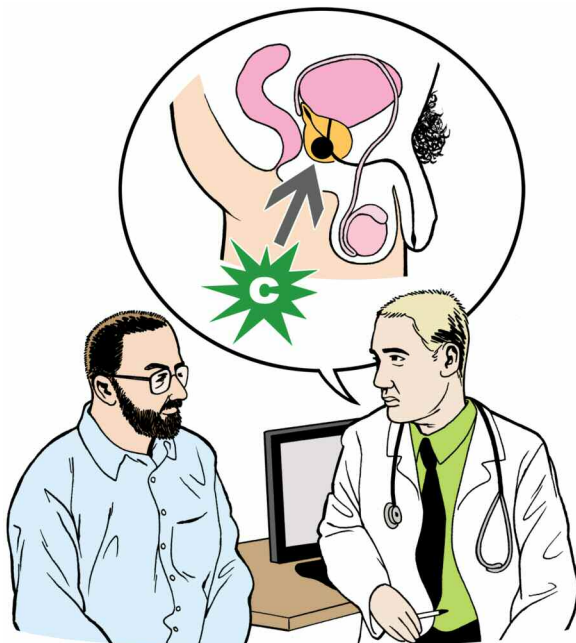
Benign

A benign tumour is a lump that is not cancer.



Cells

The tiny building blocks that make up people's bodies.

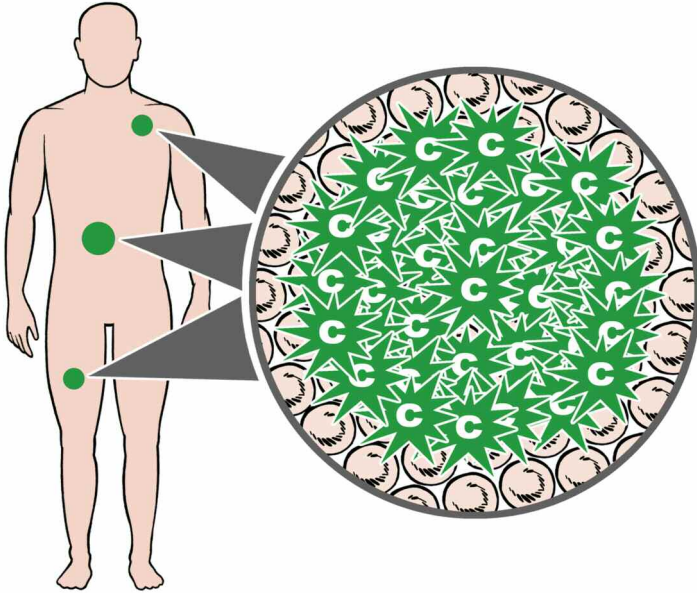


Diagnosed

Being diagnosed means finding out whether you have an illness or not.

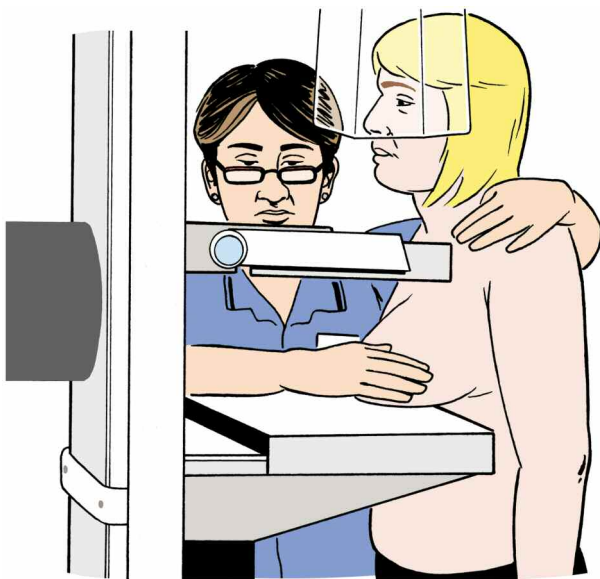


Word Bank



Malignant

A malignant tumour is cancer. It will grow and can spread to different parts of the body.



Screening

These are special tests that can sometimes find cancer early.



Symptoms

Signs in your body that tell you something is wrong, like feeling tired all the time.



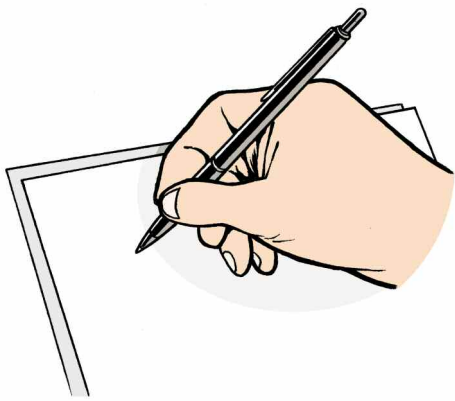
Word Bank



Tumour

A lump in your body that should not be there. Not all tumours are cancer.

Notes...



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Useful contacts



Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities



Useful contacts

Helpful organisations

Breast Cancer Care

Gives information and support to women with breast cancer, and their family and friends.

Phone: 0808 800 6000

Web: www.breastcancercare.org.uk

Brook

Brook gives young people free, confidential information about health, sex and relationships. Find your local Brook centre on their website.

Web: www.brook.org.uk

Cancer Research UK

A charity that is researching treatments for cancer. Its website has lots of information about cancer.

Phone: 0808 800 4040

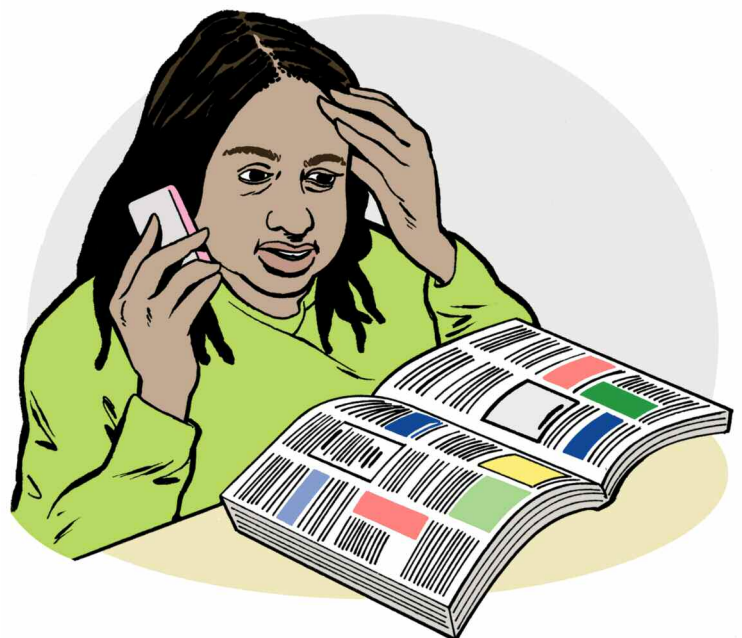
Web: www.cancerresearchuk.org

Macmillan Cancer Support

A charity that helps people who have cancer. They give practical, medical and financial support. They try to make cancer care in the UK better.

Phone: 0808 808 00 00

Web: www.macmillan.org.uk





Useful contacts

NHS Contacts

These contacts give you information about your health and health services:

England and Scotland **Phone: 111**

Wales **Phone: 0845 46 47**

Northern Ireland **Web: www.hscni.net**

Paul's Cancer Support Centre

Gives help, information and complementary therapies to people with cancer.

Phone: 0207 924 3924

Web: www.paulscancersupportcentre.org.uk

RESPOND

Gives therapy to people with learning disabilities after trauma or abuse. They also offer training and support to carers.

Phone: 0808 808 07 00

Web: www.respond.org.uk





Useful contacts

Written and audio material

Books Beyond Words

A series of picture books for people with learning disabilities. The books talk about cancer, health and bereavement.

Web: www.booksbeyondwords.co.uk

Phone: 020 8877 9799

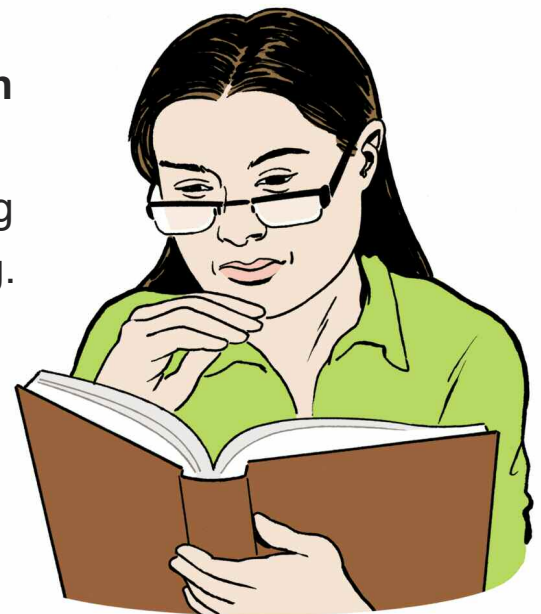
Email: admin@booksbeyondwords.co.uk

Cervical Screening - Information for Women with Learning Disabilities

An information folder for women with learning disabilities about going for cervical screening. Produced by Elfrida Rathbone Camden.

Phone: 020 7424 1601

Web: www.elfridacamden.org.uk



FAIR Multimedia

Publishes a range of health leaflets, audio discs and CDs for people with learning disabilities. This includes a series on cancer.

Email: fair@fairadvice.org.uk

Phone: 0131 662 1962

Web: www.fairadvice.org.uk/health-publications.php



Useful contacts

Taking Good Care - supporting people with learning disabilities to be breast aware.

Easy read booklet about looking after your breasts for women with learning disabilities. Also includes a guide for carers. Produced by Breast Cancer Care and Cardiff People First.

Breast Cancer Care

Web: www.breastcancercare.org.uk

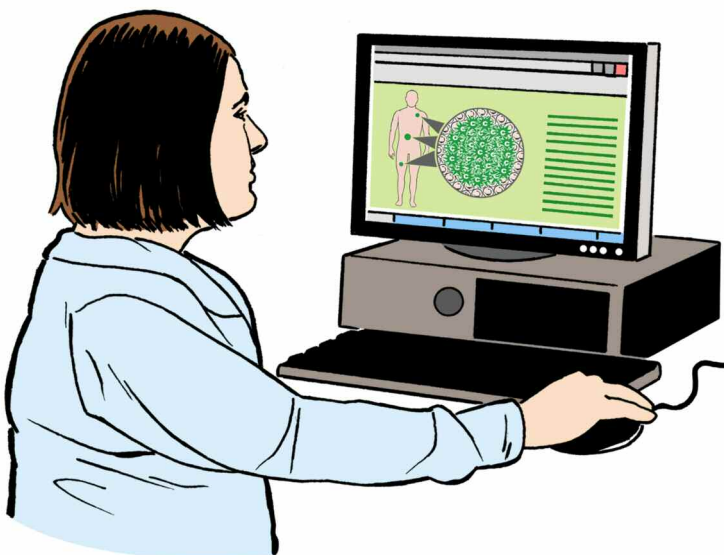
Phone: 0808 800 6000

Cardiff People First

Phone: 029 2023 1555



Online help



www.easyhealth.org.uk

Has lots of online health information that is easy to understand.

www.macmillan.org.uk

Has lots of information about cancer and where to get help. You can also talk to other people with cancer in the online community.



Useful contacts

Videos and DVDs

Leeds Animation Workshop

Has animated films on social issues for people with learning disabilities. There is one called 'Getting Better' about going to the doctor and the health clinic.

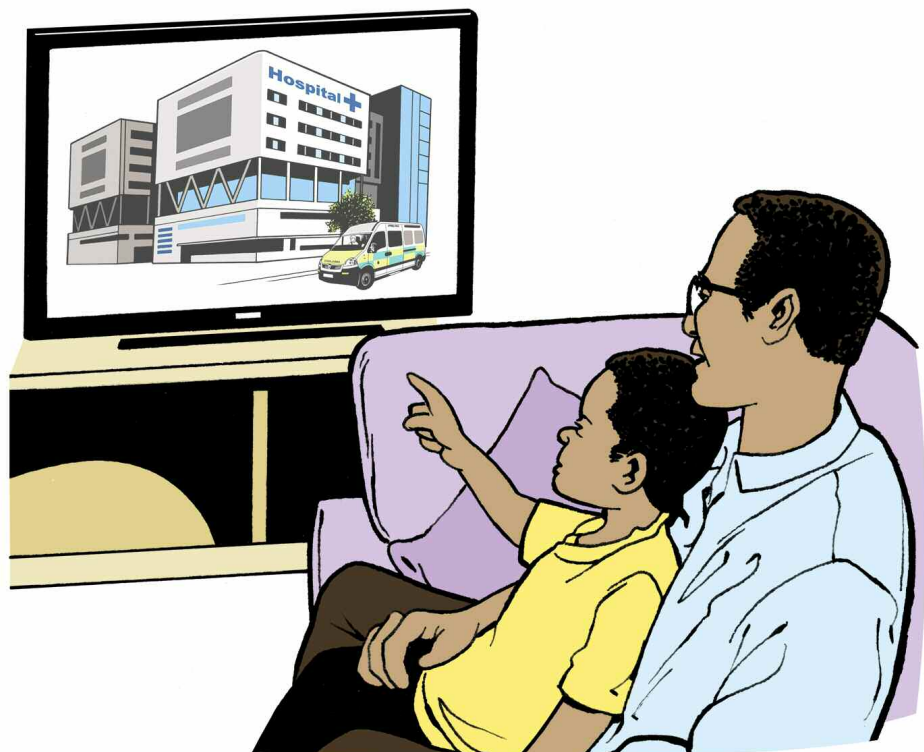
Phone: 0113 248 4997

Web: www.leedsanimation.org.uk/index.html

Speak Up Self Advocacy

Has DVDs and booklets for people with learning disabilities about health and illness.

Web: www.speakup.org.uk





CHANGE is a leading national Human Rights organisation led by disabled people. We work for equal rights for all people with learning disabilities. The cancer books and booklets that CHANGE have produced are part of an ongoing campaign to raise awareness about the issues of cancer for people with learning disabilities. You can call CHANGE on **0113 242 6619** , email **info@changepeople.org** or find us at **www.changepeople.org**

WE ARE MACMILLAN. CANCER SUPPORT

Macmillan Cancer Support has reviewed the information in this booklet and paid for it to be produced. They are a charity who help people with cancer. They have nurses and other health workers. They try to make cancer care in the UK better. They have experts who can answer your questions about cancer and how it affects your life. You can call **Macmillan** on **0808 808 00 00** or textphone **0808 808 0121 (Mon–Fri, 9am–8pm)**. Or go to **macmillan.org.uk**

This easy read booklet was produced by CHANGE

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