

# Cancer Council Update 2011

research



prevention



support



# Spot Cancer Early

Sara Hiom, Director of Information  
Cancer Research UK

Perth, 8<sup>th</sup> August 2011

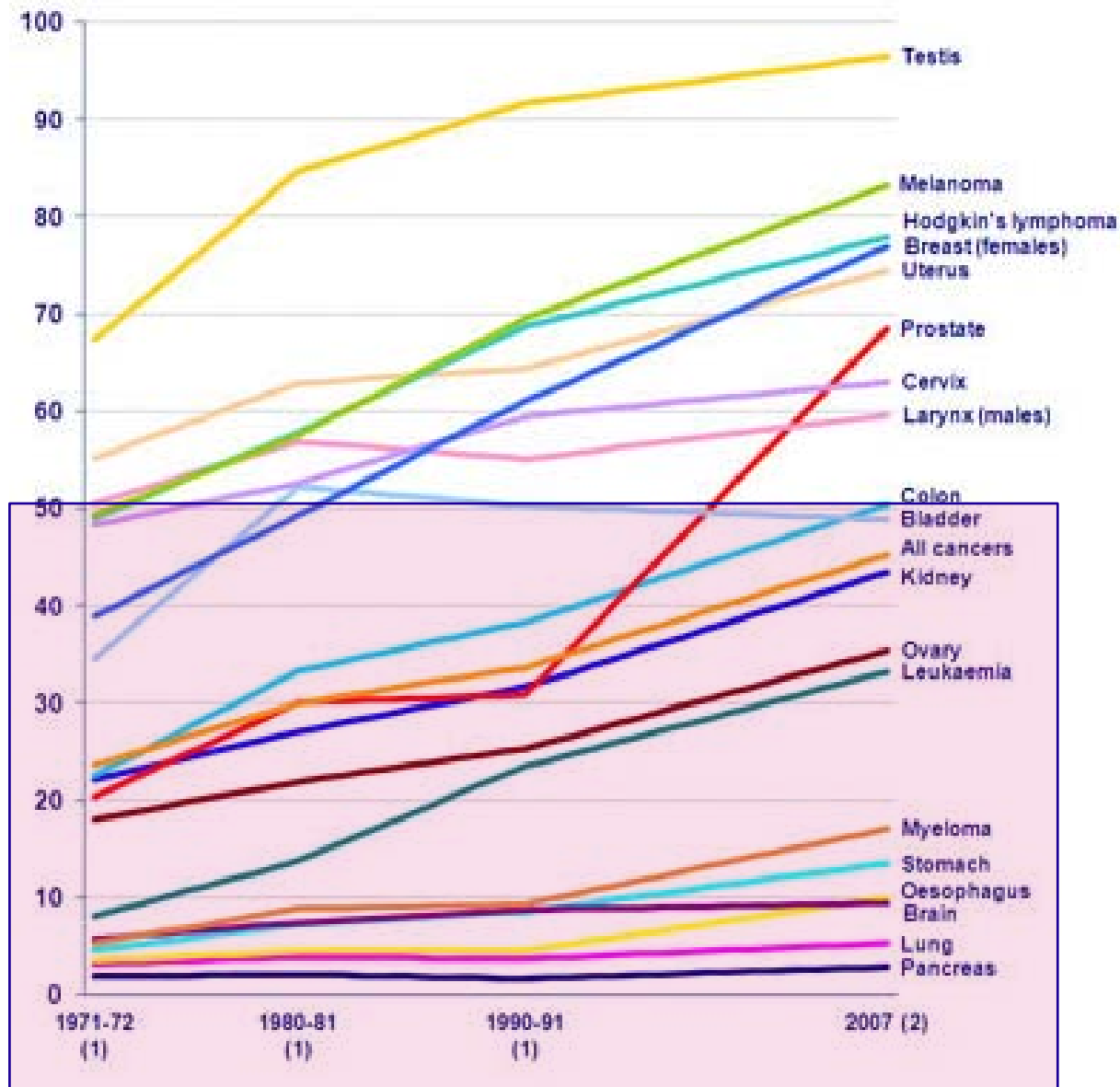
*Together we will beat cancer*

# We're beating cancer but there's a long way to go

**10-year survival for adults from England/Wales from 1971 to 2007**

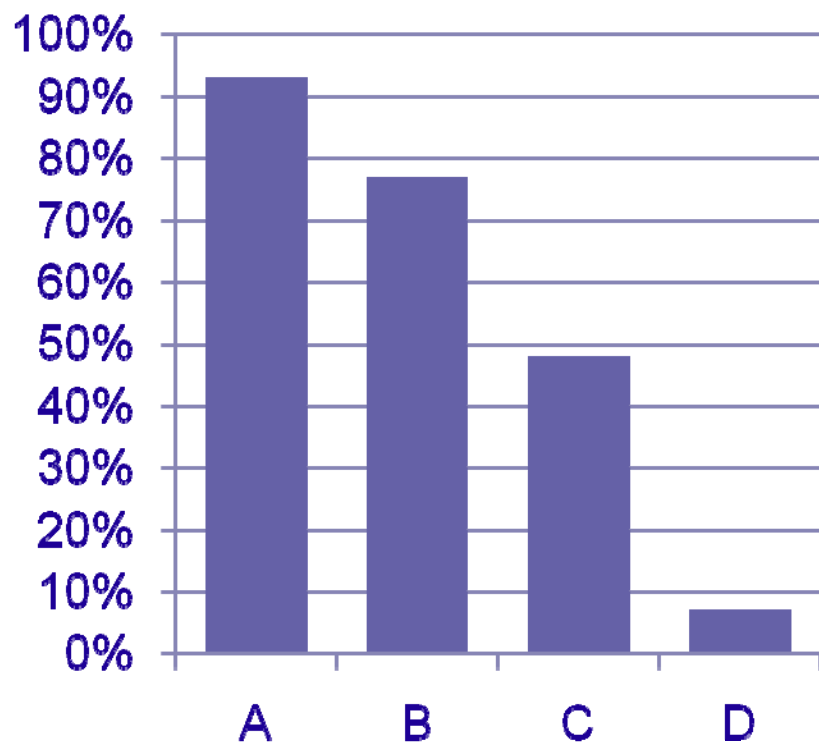
**Improvements across the board, BUT...**

**Survival is still low for many types of cancer**

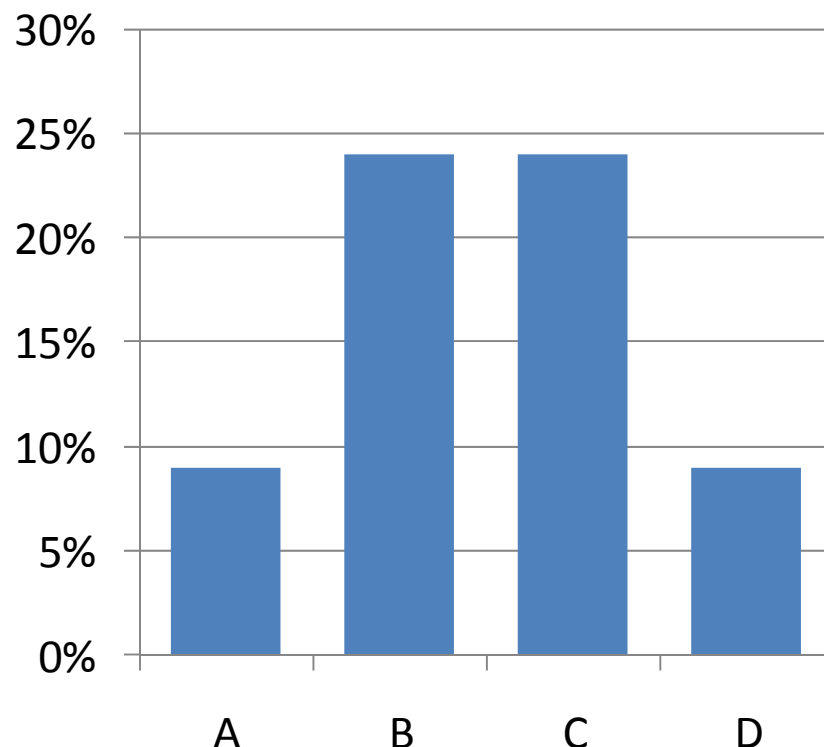


# Early diagnosis saves lives, but...

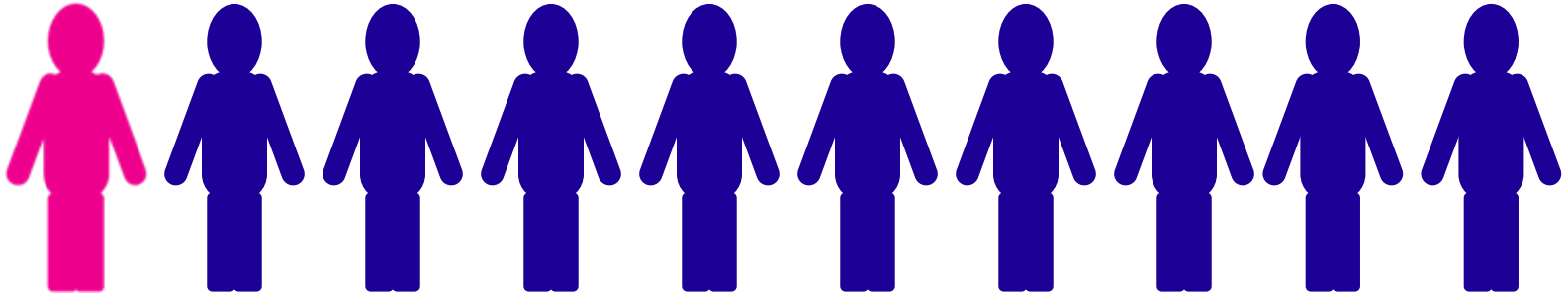
## Five year survival for bowel cancer by stage



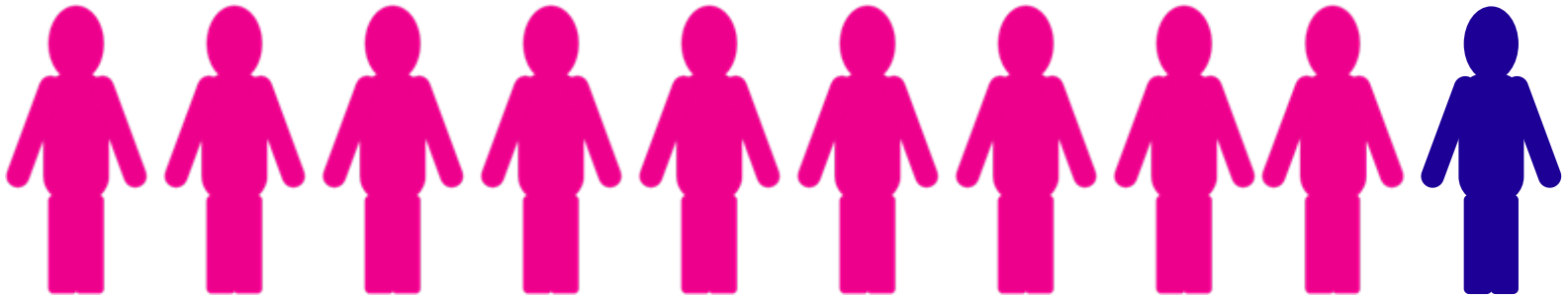
## And the proportion who present at each stage



More lives would be saved



Only 7-8% of people with oesophageal cancer are alive 5 years after they are diagnosed

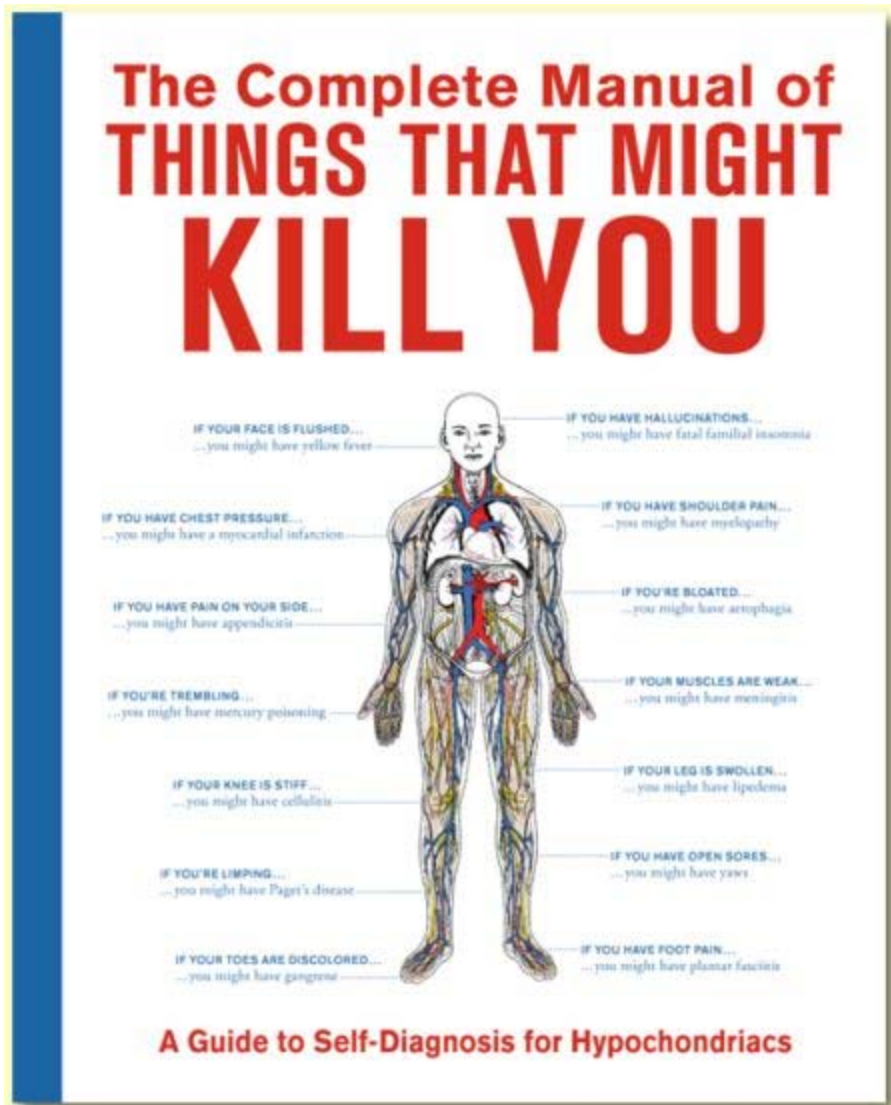


If every case was detected at the earliest stage, 90% would survive

# There are hundreds of cancer symptoms

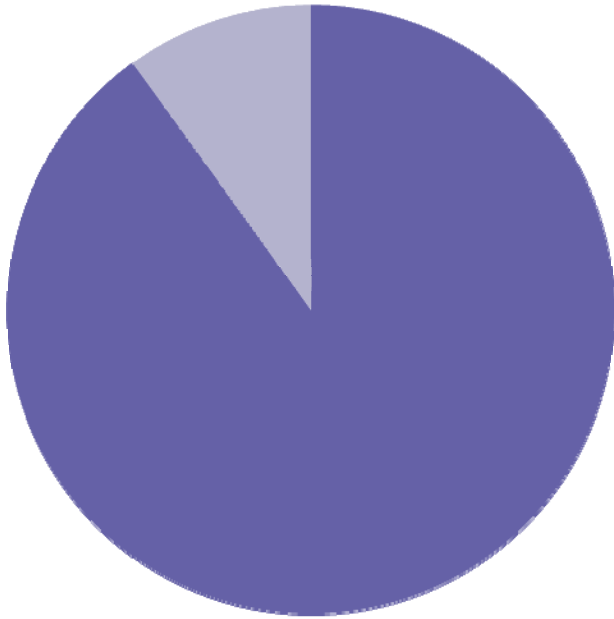
There are over 200 different types of cancer

They have different causes and different symptoms

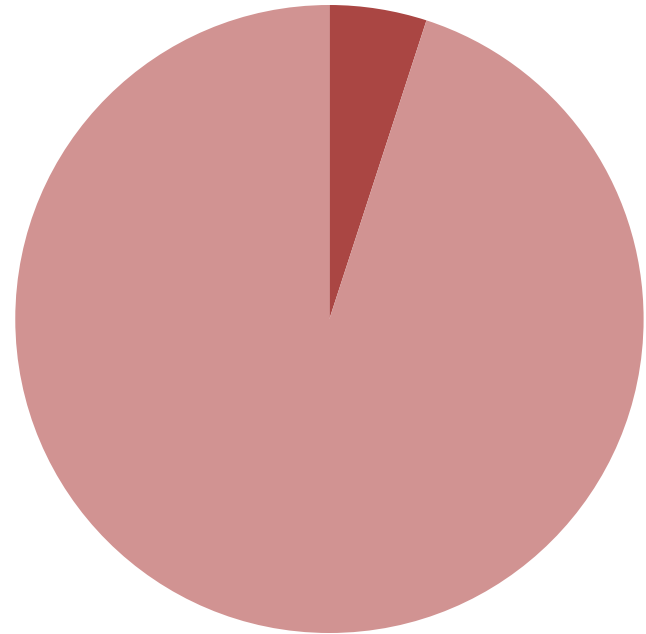


## But cancer symptoms are usually not cancer

**90% of breast cancers  
have lumps**



**But only 5% of lumps turn  
out to be cancer**



**Most other symptoms are *less common and less predictive***

# Cancer symptoms are usually caused by other things

## Problem peeing

**Prostatitis?**



**Prostate cancer?**

## Persistent cough

**Nasty cold?**



**Lung cancer?**

## But it's still worth getting unusual changes checked



"Off hand, I'd say you're suffering from an arrow through your head, but just to play it safe, I'm ordering a bunch of tests."

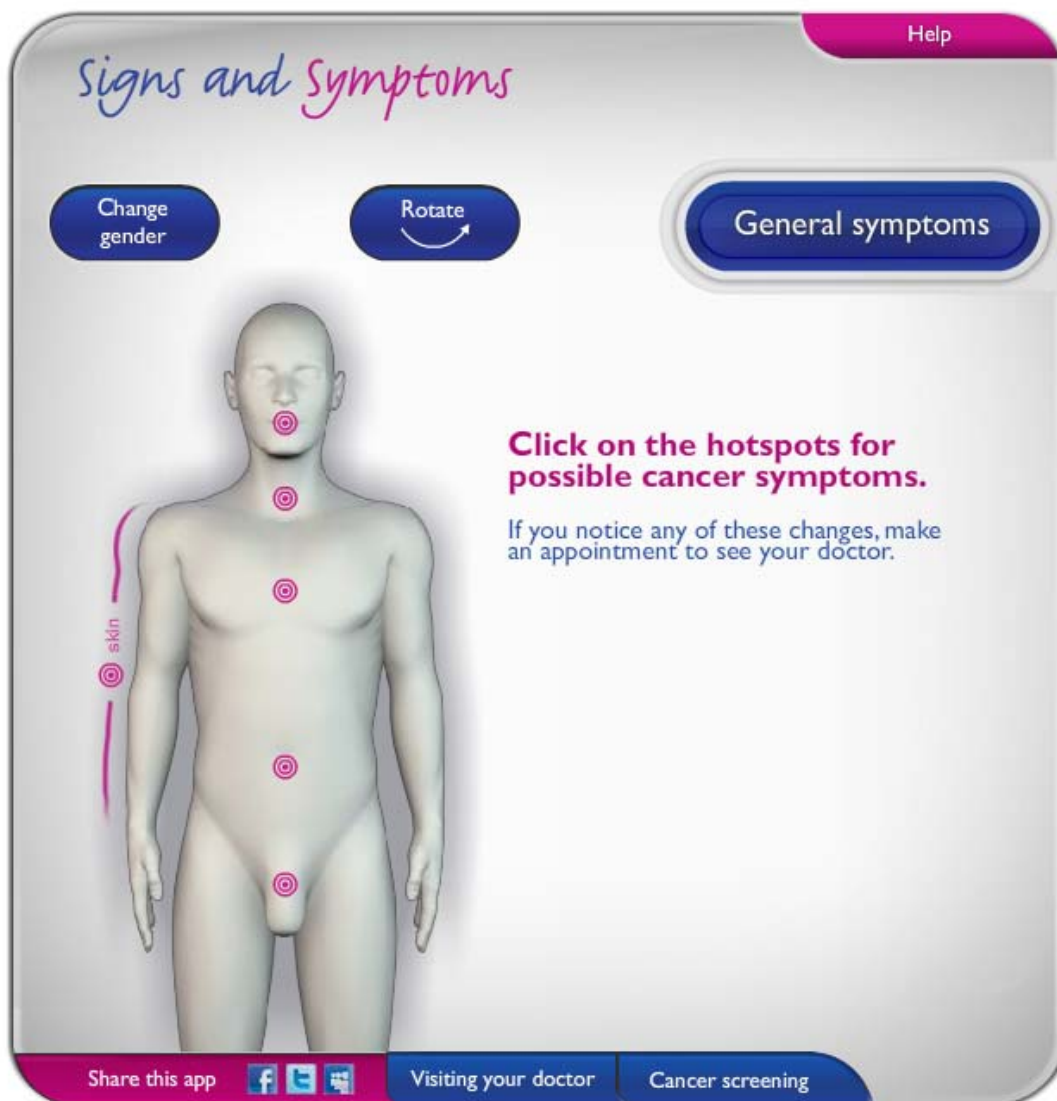
The key message:

Keep an eye out for **unusual changes to your body** and see a doctor about them as soon as possible

**Know what's normal** so you'll notice when something's different.

It's probably nothing but it's better to **play safe.**

# What should you look out for?

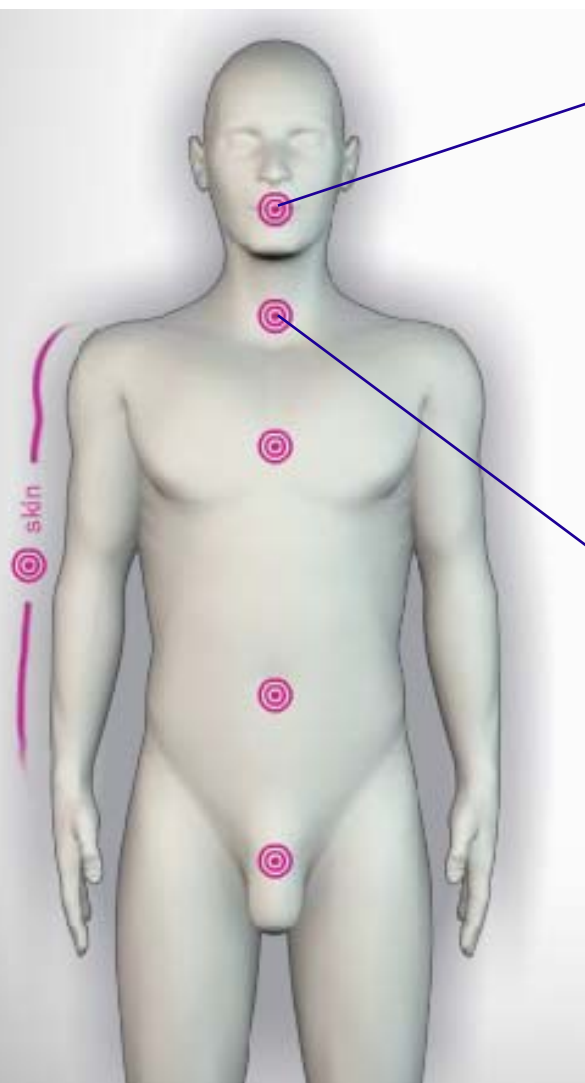


**Our signs and symptoms app**

**Available on iPad, iPhone, Android, and online**

**Not an exhaustive list!**

# Common signs and symptoms

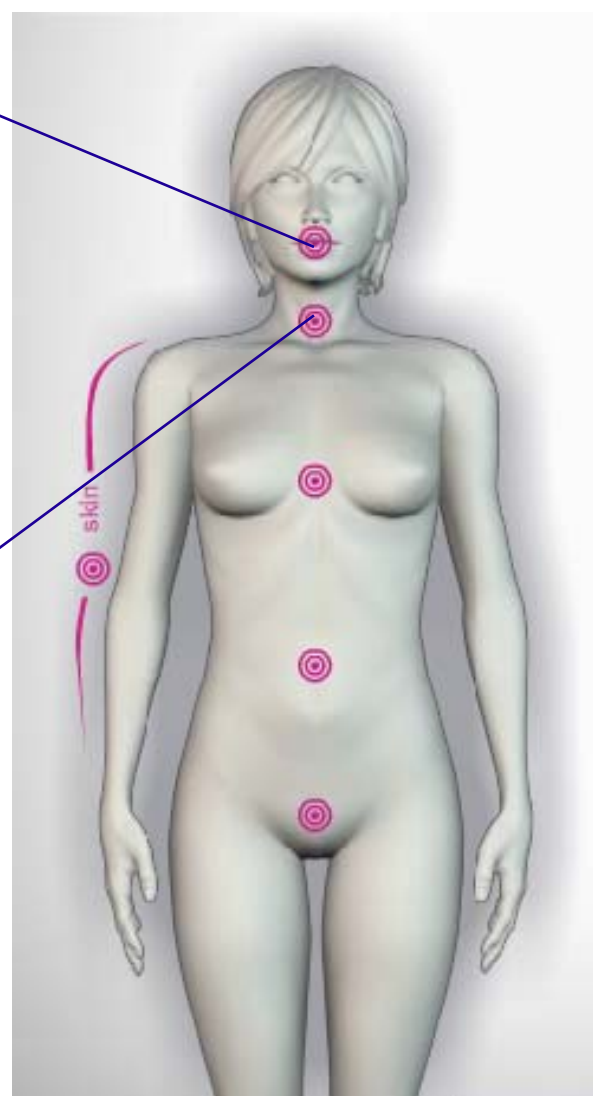


**A mouth or tongue ulcer that lasts longer than three weeks**

**A unusual lump or swelling**

**A croaky voice that lasts longer than three weeks**

**Persistent difficulty swallowing**



# Common signs and symptoms

## Cancer in the mouth can affect you

মুখের ক্যান্সার রোগে আপনিও আক্রান্ত হতে পারেন



Look out for these things in your mouth

আপনার মুখের ভিতরে এগুলি আছে কি না লক্ষ্য করুন



• A white ulcer or sore in your mouth

• ক্যান্সার সন্দেহে চিন্তা করুন



• A white ulcer or sore on your tongue

• ক্যান্সার সন্দেহে চিন্তা করুন



• A red patch in your mouth

• ক্যান্সার সন্দেহে চিন্তা করুন



• A white patch in your mouth

• ক্যান্সার সন্দেহে চিন্তা করুন

See your doctor or dentist if any of these things last longer than 3 weeks. They will be able to help.

এমন কোনো প্রসঙ্গ হলে ৩ সপ্তাহ বেশি যদি কোনো কোনো লক্ষণ অব্যাহত থাকে তাহলে চিকিৎসা করে নেওয়া উচিত।

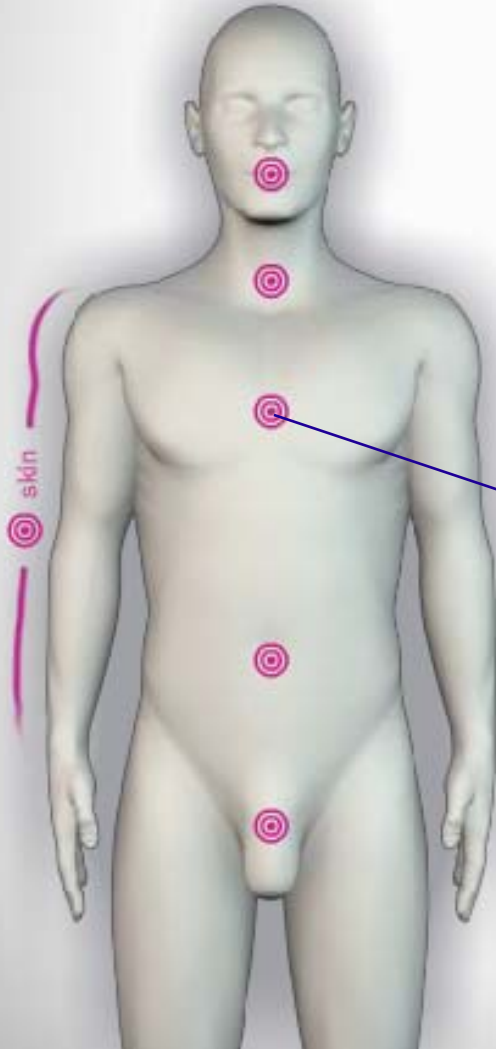


[www.open.gov/mouthcancer.org](http://www.open.gov/mouthcancer.org)

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# Common signs and symptoms



**An unusual lump or swelling**

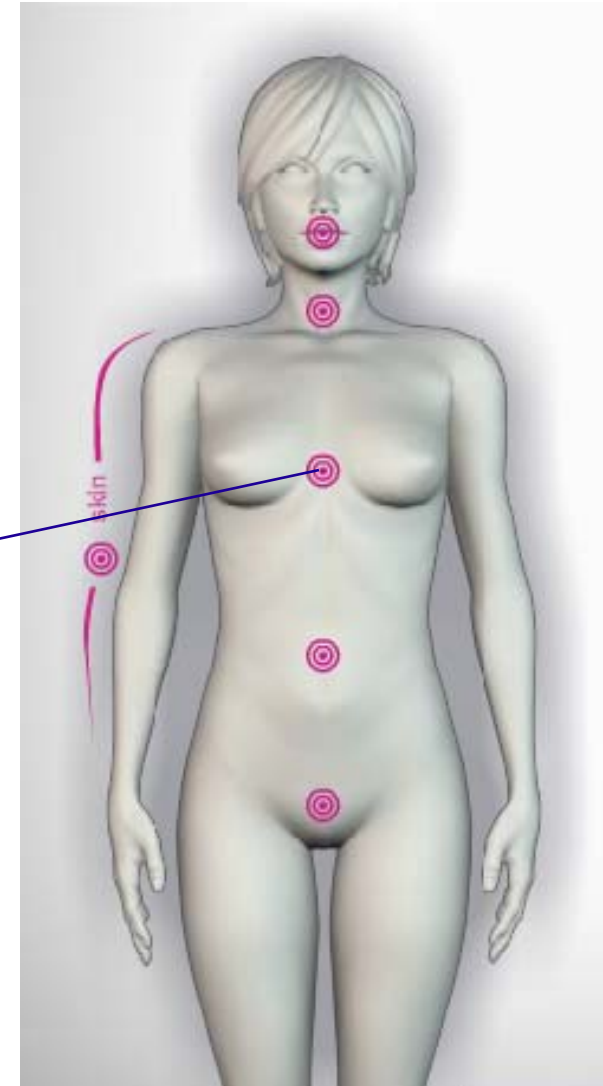
**Breathlessness**

**Any puckering, dimpling or redness on the skin of your breasts**

**Change in the position of a nipple, a rash or nipple discharge**

**A cough or croaky voice that lasts longer than three weeks**

**Coughing up blood**

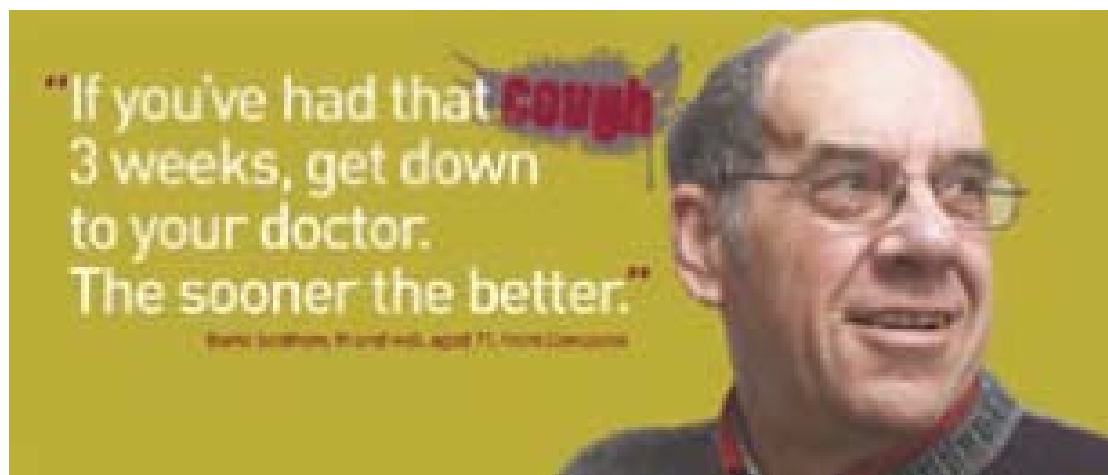


# Common signs and symptoms

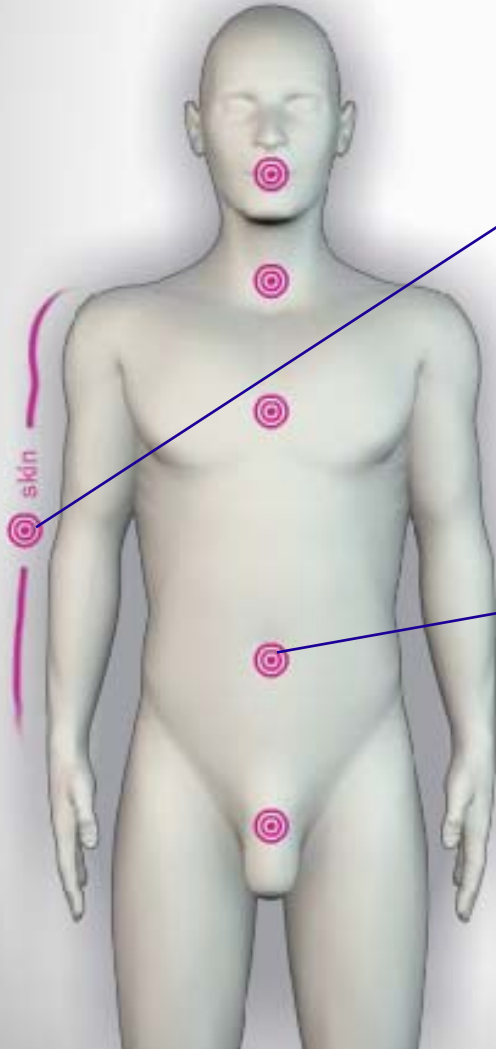


[www.3weekcough.org](http://www.3weekcough.org)

WE'RE WAITING, YOU SHOULDN'T



# Common signs and symptoms



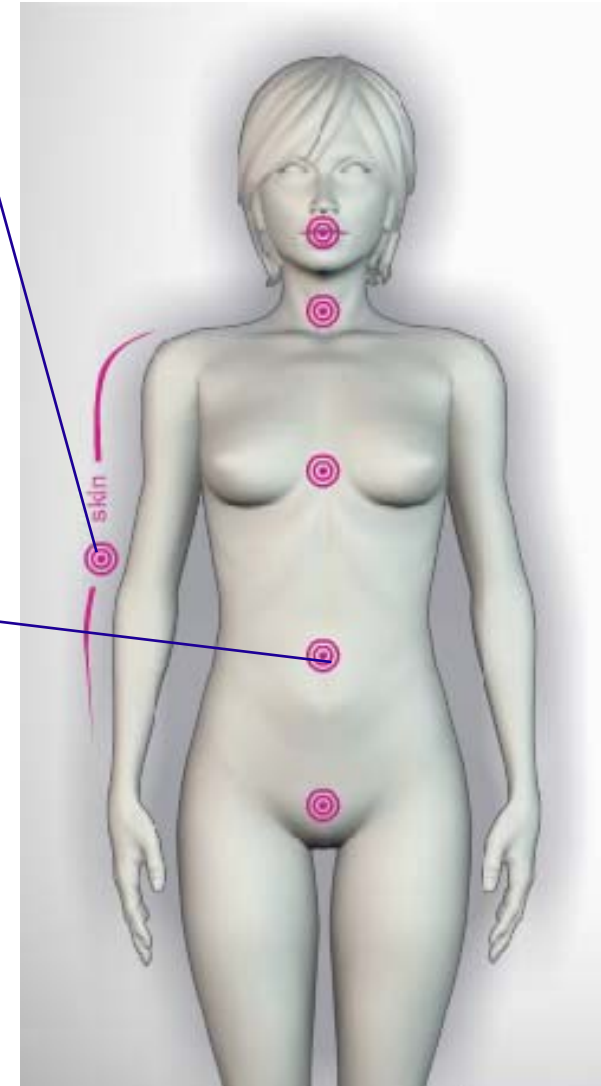
**A change in the size, shape or colour of a mole or patch of skin**

**A sore that hasn't healed after several weeks**

**Unexplained weight loss**

**Persistent indigestion**

**Persistent bloating**



# Common signs and symptoms

SunSmart

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Skin cancer kills  
**more  
men  
than women**

Found a new mole? Or noticed any changes to the size, shape or colour of an existing mole or patch of skin? Don't delay—get it checked by your GP.

[www.skincancerkills.org](http://www.skincancerkills.org)

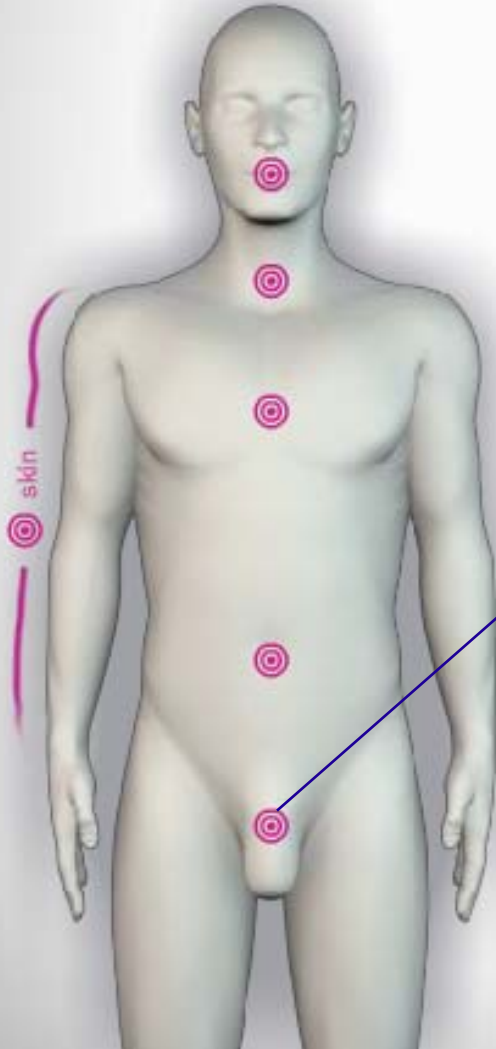


11 August, 2011

Merseyside and Cheshire  
Cancer Network



# Common signs and symptoms



**Problems passing urine**

**Blood in your urine**

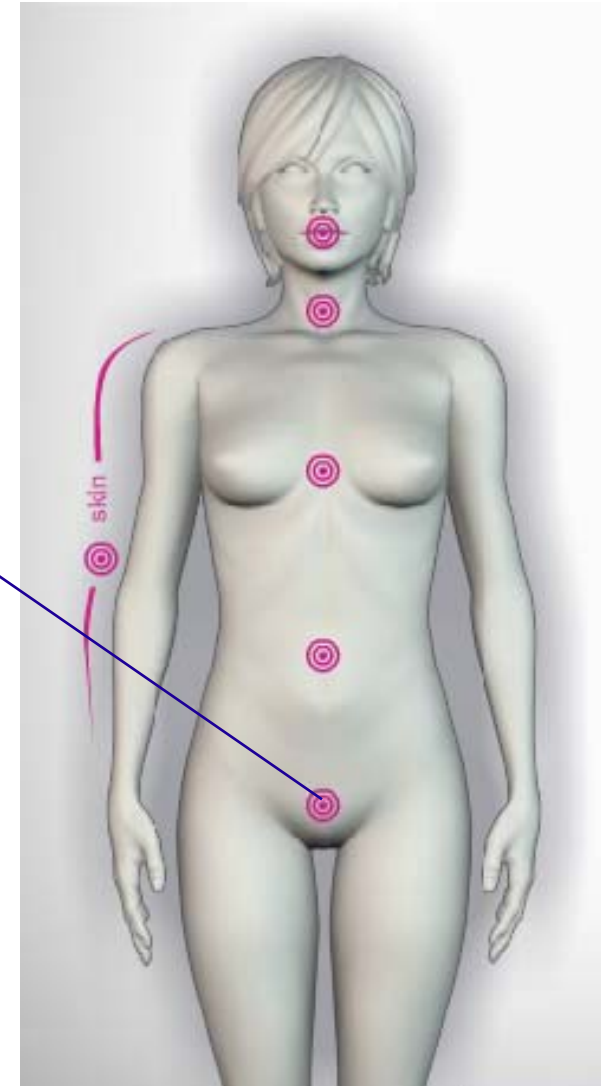
**A sore that hasn't healed after weeks**

**Bleeding from the vagina after sex, menopause, or between periods**

**An unusual lump or swelling**

**Blood in your stools**

**A persistent change to looser, or more frequent bowel motions**



# Common signs and symptoms

Dr Terry Bowley

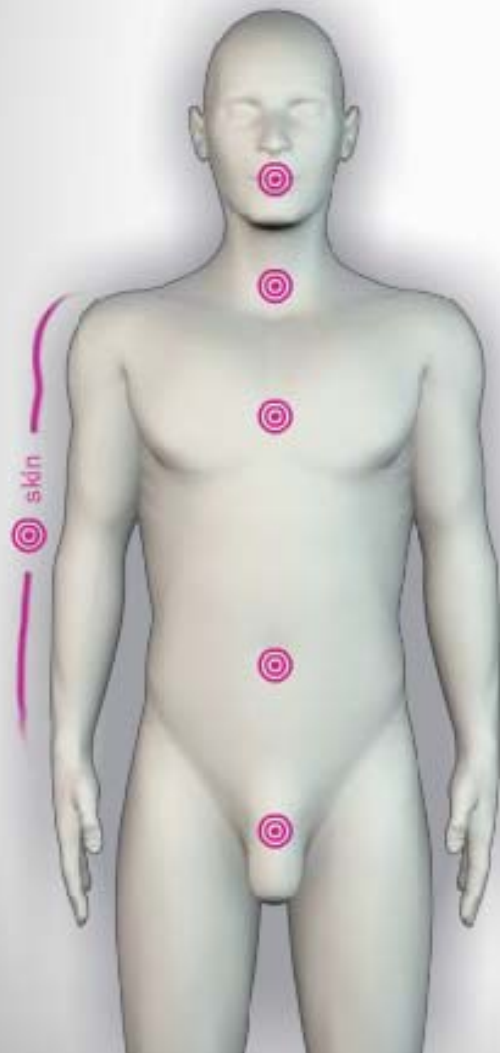


**If you've had blood  
in your poo or looser  
poo for 3 weeks, your  
doctor wants to know.**

Chances are it's nothing to worry about, but it could be the early signs of bowel cancer, so tell your doctor. Finding it early makes it more treatable and could save your life.

11 August, 2011

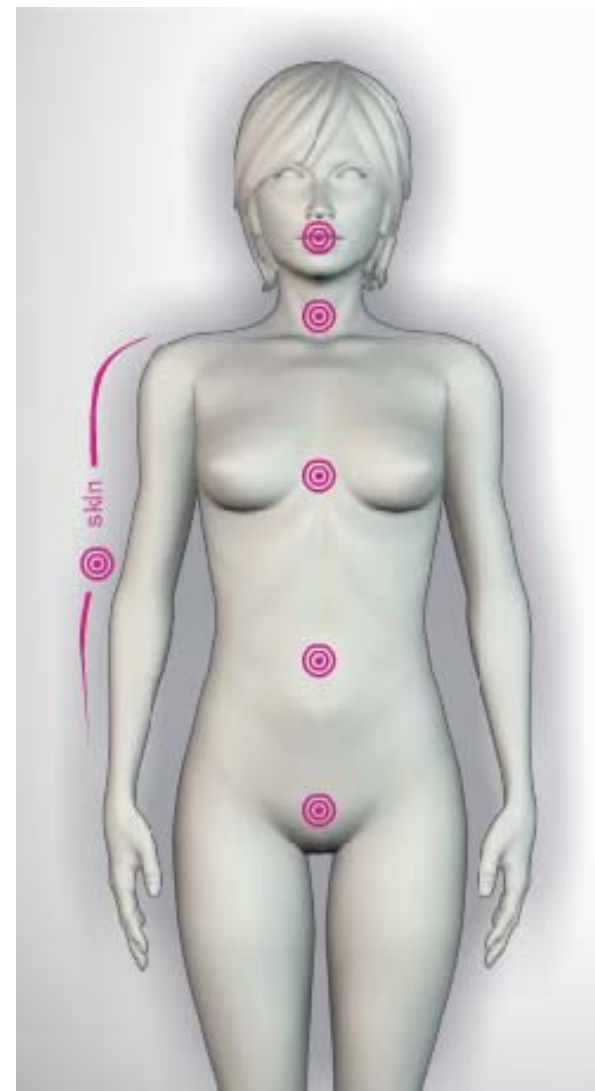
# Common signs and symptoms



**Unexplained pain or ache  
that lasts for longer than  
four weeks**

**Unexplained heavy night  
sweats**

**An unusual lump or  
swelling anywhere on the  
body**



## Who's most at risk?

Cancer is more common in older people

- Almost 9 in 10 cancers are diagnosed in people over 50
- Risk increases with age
- People forget this



What the average woman with breast cancer looks like in real life



What the average woman with breast cancer looks like in the media

# People often delay seeing their doctor. Why?

Difficult to make an appointment

Difficult to talk to doctor

Wasting doctor's time

Transport

Other priorities

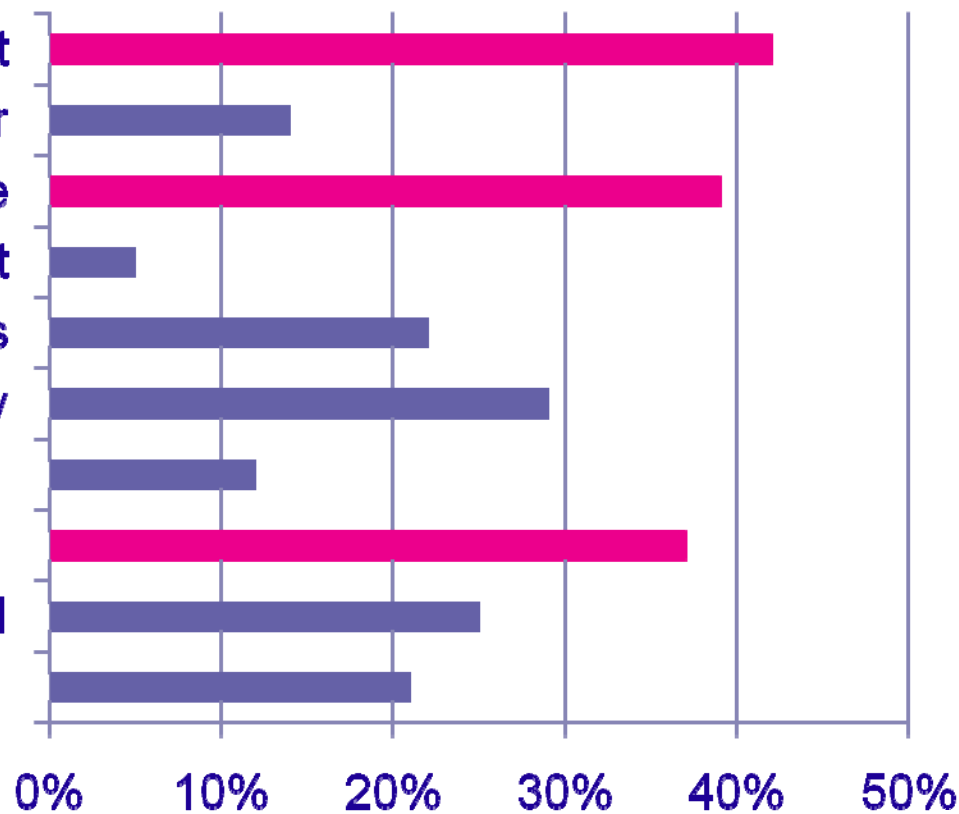
Too busy

Lack of confidence

Worried

Scared

Embarrassed



just tell me.



Dr Cathy Burton

11 August, 2011

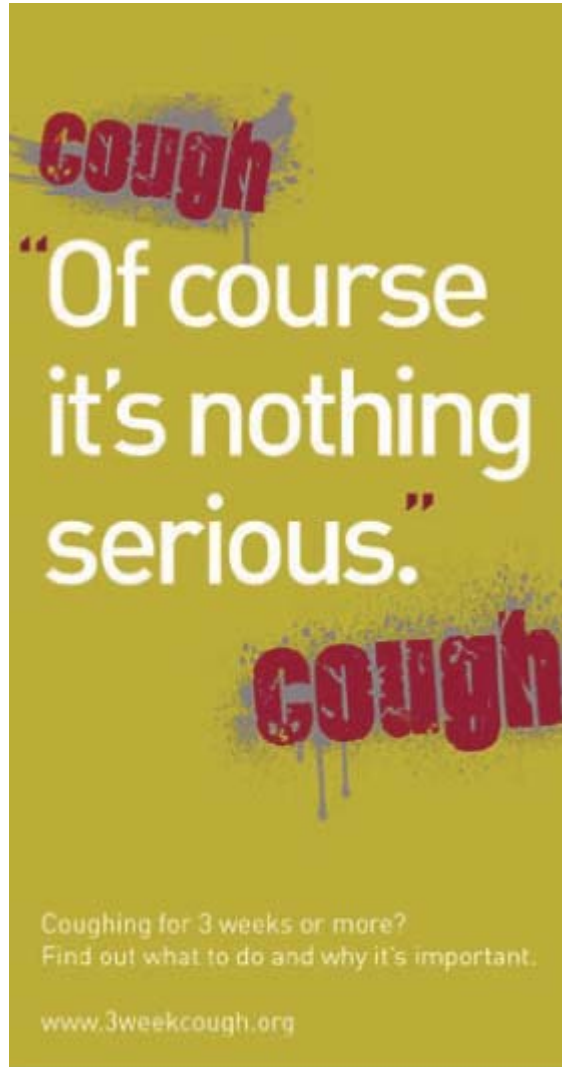
BE BOLD  
ON CANCER

[nhs.uk/bowelcancer](http://nhs.uk/bowelcancer)

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# Some other excuses: do any of these sound familiar?



**But I don't look  
or feel ill**

**I'm just  
getting older**

**When I get to the  
doctor's, my mind  
goes blank**

**I'll just wait to see  
if things clear up  
on their own**

**I'd just rather  
not know**

## If in doubt, get it checked out



# Don't fear the Big C



**Cancer is not a death sentence**

**Survival rates have doubled in the last 40 years**

**Death rates from the three most common cancers – breast, bowel and lung – are at their lowest for 40 years**

**We can beat cancer**

*Together we will beat cancer*

**Presented by**

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**+44 203 469 8339**

# Questions?



**Audio of this lecture will be available  
thanks to 720 ABC Perth at:  
[www.cancerwa.asn.au/cancer-update](http://www.cancerwa.asn.au/cancer-update)**

## Next weeks' lecture

# Staying strong after cancer – exercise and nutrition for survivors

Assoc Prof Erica James, University of Newcastle, NSW