

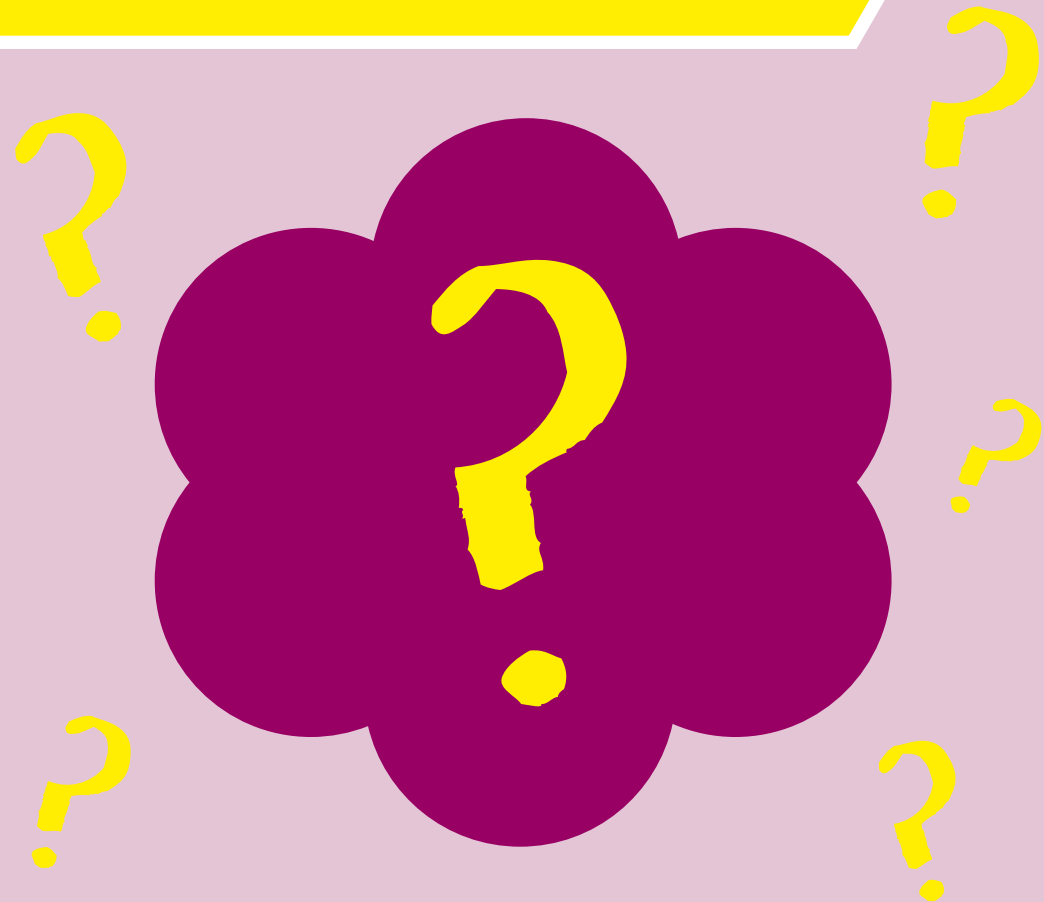
Cancer Screening

- Screening is when doctors check patients for signs of cancer before they feel sick.
- Screening can help to find cancer early and make treatment easier.
- In Ireland/Northern Ireland screening takes place for cervical cancer, breast cancer and colorectal cancer.
- To find out more about your local screening service contact your GP.



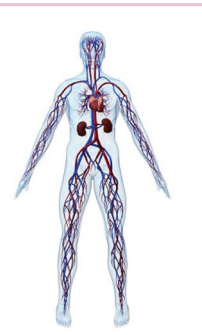
5-7 a Day
can reduce
cancer risk
by 20%

What is Cancer?



Prevention is better than Cure

What is Cancer?



• Our body is made up of tiny cells.

Healthy Cells



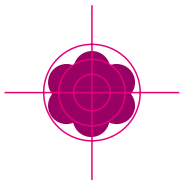
• When someone has cancer the cells grow abnormally.

Cancer Cells



• This can make us sick.

• There are lots of treatments for cancer.



Chemotherapy



Radiotherapy



Surgery

Prevention

• Do not smoke.



• Take regular physical activity.



• Avoid obesity.



• Eat 5 portions of fruit and vegetables daily.



• Only drink alcohol in moderation.



It's important to stay within alcohol recommendations. Use the alcohol posters to see what a unit/drink looks like.



1 small glass wine.



1/2 pint or glass of beer.



1 pub measure spirit (35ml).