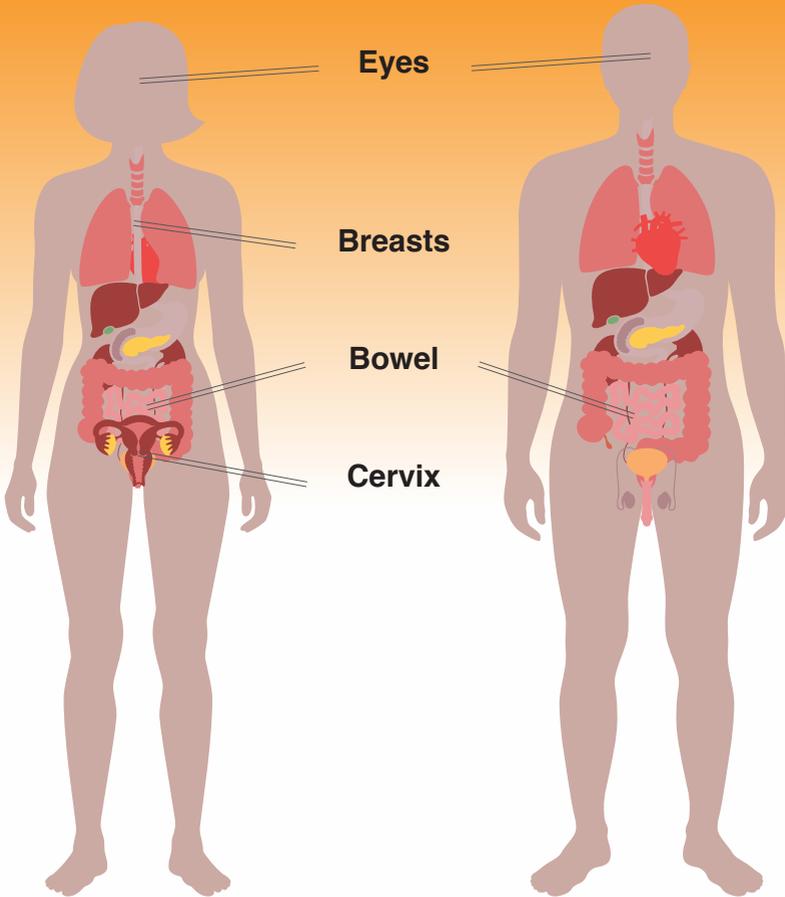


Health Screening and You

Tests to keep us well and prevent serious illness



Easy
read



NHS
South East London
Clinical Commissioning Group



Keeping Healthy and Well



The National Health Service (NHS) has different tests it offers us at specific times to prevent serious illness.



These are called screening tests.



Screening tests look at one part of our body for signs of illness.



The National Health Service offers different Health Screen tests to men and women at different ages.



Health screening tests are not the same as Health Checks. Both are important.

National Screening Tests for Women



These are carried out by health experts who know a lot about the part of the body they are looking at.



If you are asked to go for a health screen test you will get a letter telling you what day to go, the time and the place.

Breast Screening (also called a mammogram)



This is offered to women between the ages of 50-71 years old. It looks for early signs of breast cancer.

In some areas women can get this test earlier at the age of 47 years.



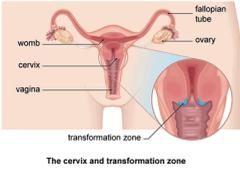
If you have a history of breast cancer in your family the doctor may ask you to have breast screen at any time.

Women older than 70 years can ask their doctor for a breast screen.



If you find a change in one or both breasts (such as a lump or sore) see your doctor straight away.

Cervical Screening (also called a smear test)



Cervical Cancer Screening tests the health of the cervix.

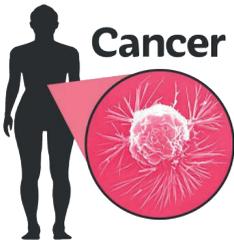
The cervix is the opening to the womb from the vagina.

It is not a test for cancer. It is a test to prevent cancer.



This is offered once every 3 years to women between 25 and 49 years.

It is offered once every 5 years to women aged between 50 and 64 years.



Some cells will be taken from the cervix to check they are healthy using a small plastic brush. This doesn't hurt.

If the cells have changed, they will be looked at and if needed treated before they get the chance to turn into cervical cancer.

National Screening Tests for Men and Women

Bowel Cancer Screening



Bowel cancer is one of the most common causes of cancer in the UK.

Finding it early makes treatment much better. If you see blood in your poo, or you feel pain or have 'the runs' or can't go speak to your doctor.

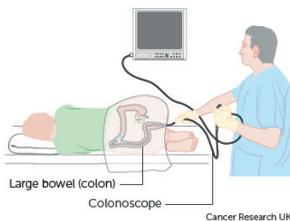
There are 2 types of bowel screening:

1. A home testing kit is offered to men and women aged between 60 and 74. It is sent to your home with a leaflet telling you what to do.

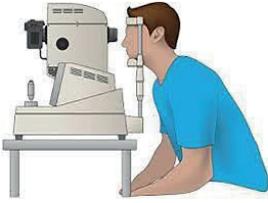


A sample of poo is sent back for testing to make sure your bowel is healthy.

2. Bowel scope screening. This uses a thin, flexible tube with a tiny camera on the end to look inside your bowel. This is offered once at the age of 55 in most parts of England.



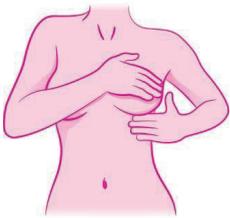
Diabetic eye screening



From the age of 12, all people with diabetes are offered an eye test once a year.

This looks for early signs of damage to the back of the eye caused by diabetes.

Look after yourself



We can check our own bodies to keep well.

This means getting to know our bodies and looking out for things that are different or worrying.



For example, if you have a lump or a cough that won't go away.

You should go to the doctor as soon as possible if you feel unwell or worried about your health.

This page is for you to write down who your doctor is, where they see you (The Surgery) and the last time you had your health check.



Name of my doctor



Address of my doctor's surgery



Telephone number of my doctor's surgery



Date of my last health check



Things to tell my doctor (Such as changes in your health or anything you want to talk about)

Find out more



You should go to the doctor if you are unwell or worried about your health.

Don't wait until your health check.



Have a look at our website under 'Health Advocacy' that has lots of easy read information about keeping well.



www.lsup.org.uk



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'Get Your Check' Project



In Partnership with

