



Please "Be kind" to our staff. A simple thank you, or a positive review could make the world of difference.
Email: roccg.swallownestcarecoordinators@nhs.net

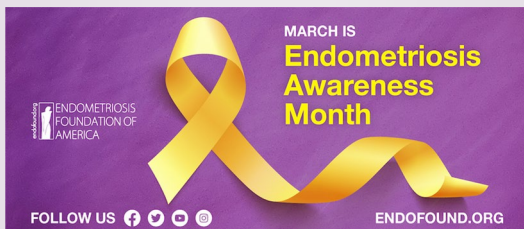
Eating Disorder Awareness Week

27 February–5 March 2023

<https://www.beateatingdisorders.org.uk/>



<https://www.syeda.org.uk/referrals> Anyone over 16 can Self refer to this service.



**PROSTATE
CANCER UK**

**Are you at risk of
prostate cancer?**

Most men with early prostate cancer don't have any symptoms. That's why it's important to know about your risk.

1 in 8

In the UK, about 1 in 8 men will get prostate cancer in their lifetime.



What is the prostate?

The prostate is a small gland in the pelvis and is part of the male reproductive system. About the size of a walnut, it's located between the penis and the bladder, and surrounds the urethra. The main function of the prostate is to produce a thick white fluid that creates semen when mixed with the sperm produced by the testicles.

Tests for prostate cancer

There's no single test for prostate cancer. All the tests used to help diagnose the condition have benefits and risks that your doctor should discuss with you. The most commonly used tests for prostate cancer are:

- [blood tests](#)
- a physical examination of your prostate (known as a [digital rectal examination, or DRE](#))
- an [MRI scan](#)
- a [biopsy](#).

Ovarian Cancer Awareness Month



<https://ovarian.org.uk/ovarian-cancer/ovarian-cancer-symptoms/>

Ovarian cancer has four main symptoms:

- Persistent stomach pain
- Persistent bloating
- Difficulty eating/feeling full more quickly.
- Needing to wee more frequently.

These can also be symptoms of other, less serious, conditions such as irritable bowel syndrome, ovarian cysts, and polycystic ovary syndrome so if you're experiencing them, it doesn't necessarily mean you have ovarian cancer. Ovarian cancer symptoms might also include indigestion, back pain, changes in bowel habits (going more often or a lot less), unexplained weight loss, post-menopausal vaginal bleeding, and extreme tiredness for no obvious reason.

#DONT FEAR THE SMEAR

- Cervical screening (a smear test) checks the health of your cervix. The cervix is the opening to your womb from your vagina.
- It's not a test for cancer, it's a test to help prevent cancer.
- All women and people with a cervix aged 25 to 64 should be invited by letter.
- During the screening appointment, a small sample of cells will be taken from your cervix.
- The sample is checked for certain types of human papillomavirus (HPV) that can cause changes to the cells of your cervix. These are called "high risk" types of HPV.
- If these types of HPV are not found, you do not need any further tests.
- If these types of HPV are found, the sample is then checked for any changes in the cells of your cervix. These can then be treated before they get a chance to turn into cervical cancer.
- The nurse or doctor will tell you when you can expect your results letter.

