

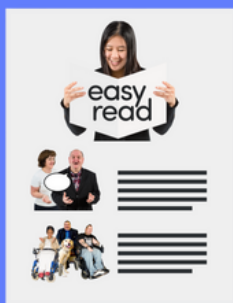


January 2023



KNOW THE MEANING OF THE SCREENING

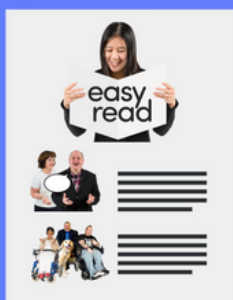
WELCOME TO OUR NINTH MONTHLY HEALTH E-BULLETIN



We think it is important that people with learning disabilities, their families and carers have information about Health and Wellbeing.



This Health newsletter will be done every month - we do hope that you find it useful.



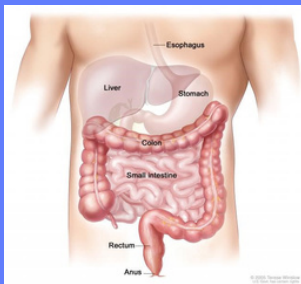
If you need a paper copy please let us know.



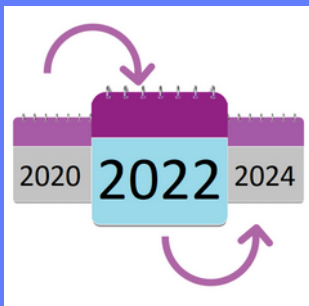
If you have any suggestions or ideas please contact us on info@leadthewaycalderdale.org.



One of the topics in this E-bulletin is bowel screening.



Bowel cancer screening



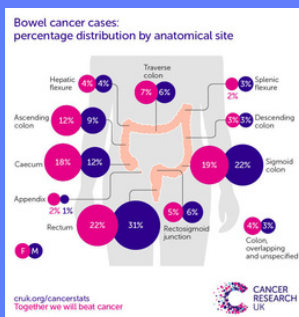
This is offered to men and women aged 60 to 74 every 2 years.



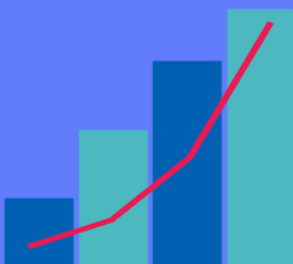
If you are aged 75 or over you can request a screening by calling 0800 707 6060.



Regular NHS bowel cancer screening reduces the risk of dying from bowel cancer.



Bowel cancer is the 4th most common type of cancer.



Screening can help prevent bowel cancer or find it at an early stage, when it's easier to treat.



Bowel cancer has been responsible for 13.6% of cancer deaths reported to LeDeR in 2021.



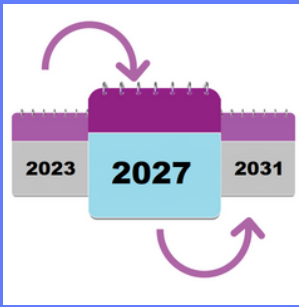
The average age of death for the people reported to LeDeR that died of bowel cancer between 2018 and 2021 was 61.7 years.



This statistic supports lowering the age threshold for bowel cancer screening for people with a learning disability, as bowel cancer screening is currently offered every two years to all people aged 60 to 74.



NHS England has agreed to gradually reduce the age of bowel cancer screening.



This process began in April 2021 and will occur over the next 4 years to include all people aged 50 to 59.



Be aware of the signs of bowel cancer and see your GP.



The 3 main symptoms of bowel cancer are:



Regular blood in your poo – that happens for no obvious reason or is associated with a change in bowel habit.



A regular change in your bowel habit – which is usually having to poo more and your poo may also become more runny.



Regular lower tummy pain, bloating or discomfort – that's always caused by eating and may be associated with loss of appetite or significant unintentional weight loss.



For more information, please see the link below to watch videos from the West Yorkshire & Harrogate Cancer Alliance and BTM (Bradford Talking Media) about the screening.

Improving Uptake Of Cancer Screening :: West Yorkshire and Harrogate Cancer Alliance (wyhpartnership.co.uk)



Accessible

The videos are available in English (subtitled) with BSL (British Sign Language), Urdu, Polish and Punjabi.



Did you know that you are entitled to a free annual health check?



Please ask us if you would like a copy of the Lead the Way e-bulletin for more information.



You can ask for a copy from Jill.Morris@cloverleaf-advocacy.co.uk



You can contact us on 03000120416 or email us info@leadthewaycalderdale.org.uk. You can also follow us on Facebook and Twitter @leadthewaycald