



## Cancer Conversation Starters – Adults and Young People

This information will enable you to make a brief intervention - **ASK, ASSIST and ACT**

### ASK

#### Are you aware of the NHS population screening programmes that are available to you?

If the answer is “no” or “not sure” advise:

- The NHS offers a range of screening tests to different sections of the population. The aim is to offer screening to the people who are most likely to benefit from it.
- Different types of screening have different benefits and risks. Deciding whether or not to have a screening test is a personal choice and one which only you can make. You can discuss any aspect of the screening test with your health professional and decide whether or not it's right for you

### Assists

#### Do you know the benefits of screening?

Screening saves thousands of lives each year. Screening can detect serious illnesses (like cancer and cardiovascular disease) at an early stage when treatment is more likely to work and people are more likely to survive.

#### More information on the screening programmes

**Women:** Cervical screening (see below) is offered to women aged 25 to 64 to check the health of cells in the cervix. Breast screening (see below) is offered to women aged 50 to 70 to detect early signs of breast cancer. Women over 70 can self-refer for breast screening.

**Both men and women:** are offered screening for bowel cancer (see below). There are two types of screening for bowel cancer. A home testing kit is offered to those aged 60 to 74. Those over 74 can request a home testing kit by calling 0800 7076060.

**Pregnant women and newborn babies:** There are several screening tests that are offered to pregnant women and their newborn babies. These are explained in the booklet called “screening tests for you and your baby” (watch video below)

**Men:** AAA screening (see below) is offered to men in their 65th year to detect abdominal aortic aneurysms (a dangerous swelling in the aorta). Men over 65 can self-refer for AAA screening, if they have not already had this test.

**People with diabetes:** From the age of 12, all people with diabetes are offered an annual eye test to check for early signs of diabetic retinopathy (eye disease).

**Transgender and non-binary people:** Information on the screening tests that are available for transgender and non-binary.

### ACT

What will the person do?

What will you do with the person?

Who else can you connect the person to?

## Developing own scrip

Ask

Assists

ACT

What will the person do?

What will you do with the person?

Who else can you connect the person to?

