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18 January 2024

Our Ref: P5/24

To: All Branches

Dear Colleagues,

World Cancer Day 2024 – 4 February 2024

What is World Cancer Day 2024?

World Cancer Day, observed annually on February 4th, is a global initiative aimed at raising awareness about cancer, promoting early detection, prevention, and treatment, and advocating for improved access to healthcare services for cancer patients. It provides an opportunity for individuals, organizations, and governments worldwide to unite in the fight against cancer.

When is World Cancer Day 2024?

World Cancer Day in 2024 falls on February 4th, as it does every year. This date serves as a reminder of the ongoing efforts to combat cancer and reduce its impact on individuals and communities around the world.

How to Get Involved in World Cancer Day 2024

Getting involved in World Cancer Day can be a meaningful way to contribute to the global fight against cancer. Here are some ways you can participate:

- **Wear a Unity Band:** Many organizations sell unity bands, which are simple bracelets, pins, or ribbons that symbolize support for those affected by cancer. Wearing a unity band is a visible way to show your solidarity.
- **Share Information:** Use communication channels to share facts about cancer, prevention tips, and stories of hope and survival. Raising awareness is a powerful way to combat misconceptions about the disease.
- **Participate in Events:** Many cancer organisations, charities and healthcare institutions host events and activities on World Cancer Day. These may include seminars, workshops, fundraising events, and more. Check local organisations' listings to find events in your area to attend.
- **Support Cancer Research:** Consider making a donation to cancer research and charity organisations or hospitals specialising in cancer treatment. Research is crucial for developing new treatments and improving outcomes for cancer patients.
- **Advocate for Change:** Support and promote policies to improve cancer care, access to treatment, and prevention efforts.

History of World Cancer Day

World Cancer Day was established by the Union for International Cancer Control (UICC) in 2000. Since then, it has been observed annually on 4th February. The UICC, along with various governments, health organizations, and cancer survivors, collaborates to make World Cancer Day a global success.

The primary goals of World Cancer Day are to raise awareness about cancer, dispel myths and misconceptions, encourage early detection, and advocate for improved cancer care. It also serves as a platform for honoring the courage and resilience of cancer patients and survivors worldwide.

Hashtags for World Cancer Day 2024

If you're participating in World Cancer Day activities or sharing information on social media, consider using these hashtags to join the global conversation:

- #WorldCancerDay
- #IAmAndIWill
- #CancerAwareness
- #CancerSupport
- #TogetherAgainstCancer

By participating in World Cancer Day, you can contribute to the global effort to reduce the burden of cancer, support those affected by the disease, and work towards a world where cancer is better understood, prevented, and treated.

Attachments and Downloadable Cancer Booklets and Factsheets:

Attached find a factsheet and a booklet published by Cancer Research UK:

- Spot Cancer Early
- Spot Cancer Early Easy Read Booklet

Additionally, Cancer Research UK and Macmillan Cancer Support UK both provide an extensive range of good information booklets at:

- <https://publications.cancerresearchuk.org/>
- <https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets>

The Irish Cancer Society also provide an excellent range of information booklets at:

- <https://www.cancer.ie/cancer-information-and-support/cancer-resources-publications/cancer-types-booklets-and-factsheets>

The 'easy read' booklets provide detailed information on the different cancer types, diagnosis, treatments, side-effects, after care, work and cancer, fatigue, physical activity, general information and support services, e.g., Bladder cancer, Bowel cancer, Anal cancer, Brain cancer, Breast cancer, Cervical cancer, Head and neck cancers, Kidney cancer, Leukaemia, Liver Cancer, Leukaemia, Lung cancer, Mesothelioma, Lymphoma, Multiple myeloma, Oesophageal cancer, Ovarian cancer, Pancreatic cancer, Prostate cancer, Stomach cancer, Skin cancer, Melanoma, Testicular cancer, Thyroid cancer, Uterine (womb) cancer etc., and more.

World Cancer Day Website:

CWU 150 The Broadway, Wimbledon, London, SW19 1RX
email: info@cwu.org Tel: 020 8971 7200 Fax: 020 8971 7300
General Secretary: Dave Ward

 @DaveWardGS  Dave Ward CWU

The official World Cancer Day Website with lots of information and resources is at:
<https://www.worldcancerday.org/about-us>

Yours sincerely



Dave Joyce
National Health, Safety & Environment Officer

Spotting cancer early saves lives



CANCER
RESEARCH
UK

Together we will beat cancer

Take charge

You might be reading this leaflet because you'd like to know about spotting the symptoms of cancer. Perhaps someone you know has had it, or maybe you're just curious. Whatever your situation, you'll find information about when to talk to your doctor, tips for getting the most out of your appointment, and some key facts about screening.

Cancer is much more common in people over 50, but it can affect anyone of any age. If something looks or feels unusual, remember – you're in charge. In most cases it won't be cancer, but if it is, finding it at an early stage can make a real difference.



Listen to your body

You know your body best, so take action if something doesn't look or feel quite right or won't go away. And don't assume unusual changes are down to 'just getting older', or part of another health condition.

Long-lasting heartburn or indigestion

Unusual breast changes such as any change in the size, shape or feel of a breast, including any nipple or skin changes

A change in bowel habit, such as constipation, looser poo or pooing more often

Persistent bloating

Unexplained vaginal bleeding, including after sex, between periods or after the menopause

Blood in your poo (stools)

Blood in your pee (urine)

Problems peeing

Croaky voice or hoarseness that won't go away

Mouth or tongue ulcer that lasts longer than three weeks

Coughing up blood

Persistent cough

Breathlessness

Difficulty swallowing

Very heavy night sweats

A sore that won't heal

Appetite loss

Unexplained weight loss

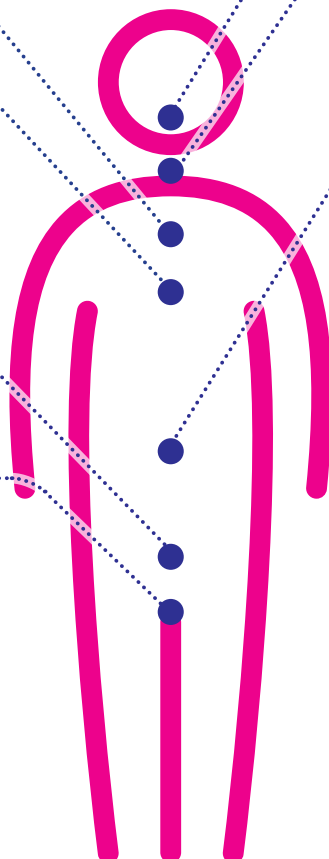
A new mole or changes to a mole

An unexplained pain or ache

An unusual lump or swelling anywhere on your body

Fatigue (feeling more tired than usual)

If you do notice any of these symptoms, or something else unusual, it's good to talk about it, so make an appointment to chat to your doctor.



Talk to your doctor

When you're worried that there's something wrong, telling a doctor can seem difficult.

Here are some ideas for how to get the most out of your appointment, whether it's via phone, video or a face to face conversation.



Be honest. Tell the doctor about anything unusual, even if it doesn't seem that important or you think it might be a bit embarrassing.



Be thorough. Mention all your symptoms and don't put it down to 'just getting older', or another health condition. If it's something that's bothering you, then your doctor will want to hear about it.



Stick with it. Don't worry you might be wasting your doctor's time. Even if you've spoken to them already, they want to know if your symptoms haven't gone away, or if something still doesn't feel quite right.



Be prepared. Think about how to describe any changes and how long you've had them for. Writing down what you want to say can help. It can also be useful to have a list of any medications that you take, including over-the-counter or herbal remedies.

Experienced any of the listed symptoms? You could highlight or circle them on the previous page and show it to your doctor.

Look out for your screening invitation

Screening is for people who don't have any symptoms. There are three national cancer screening programmes in the UK: breast, bowel and cervical.

To be invited for screening, you need to be registered with a GP. When you receive your screening invitation, you'll also be sent information about the screening test. It's important you read this, so you can decide if you'd like to take part.

People become eligible for the different screening tests at different ages. Visit cruk.org/screening for more information.

Even if you've been screened, and no matter what age you are, it's important to tell your doctor if you notice anything that's not normal for you.

Early diagnosis saves lives

What if it is cancer? When cancer's spotted at an early stage, treatment is more likely to be successful. Thanks to research, treatments are now kinder and more effective than ever. And survival is on the up.

How to find out more

We're online...



Find out more about spotting cancer early, including information about cancer screening across the UK, at cruk.org/spotcancerearly

...and on the phone



Our Nurse Helpline is there if you're looking for information or support. Just call **0808 800 4040**.

If you'd like to provide any feedback on this leaflet or would like to know more about the information sources used in creating it, please email publications@cancer.org.uk

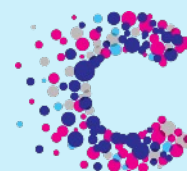
And if you have any questions about Cancer Research UK or would like to support what we're doing, you can call **0300 123 1022**.



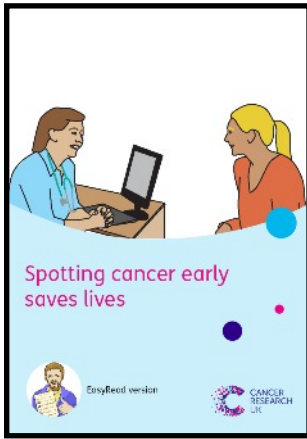
Spotting cancer early saves lives



EasyRead version



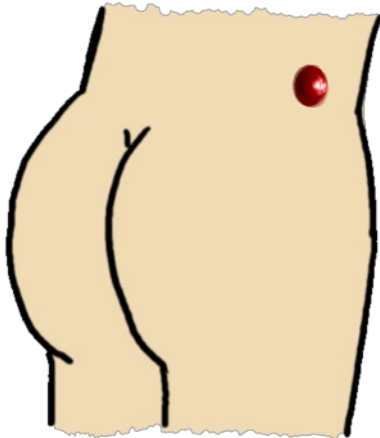
CANCER
RESEARCH
UK



This leaflet tells you about some of the signs of cancer and what to look out for.



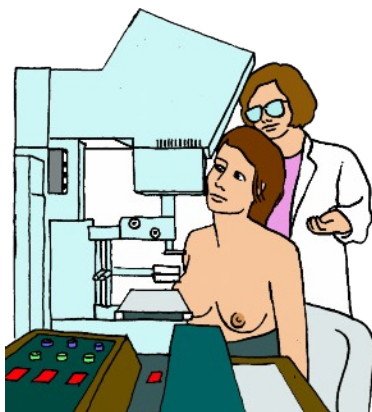
It also gives tips on talking to your doctor.



If you spot something unusual with your body it is probably nothing serious.



But if it is cancer, spotting it early means you are much more likely to get better.



Screening is when you have an X-ray or other tests to check for cancer.



Most people who get cancer are aged over 50 but you can get it at any age.



This leaflet is an EasyRead version of another leaflet about spotting cancer early.



You might like to have someone with you to support you when you look at this leaflet.

Know your body



Knowing your body means getting to know what is normal for you.



This will help you spot any changes to how your body looks and feels and how you feel in yourself.



You should talk to your doctor if you spot anything new and not normal for you or something that does not go away.

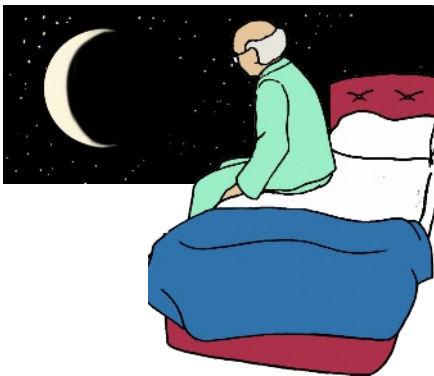


Remember these signs are usually not cancer but you should always ask your doctor about them.



Here are some examples of changes.
But if your change is not on the list you
should still ask your doctor about it.

- being out of breath



- being very sweaty at night



- feeling very tired all the time
(fatigue)



- a croaky voice that does not go away



- heartburn or indigestion that does not go away



- ulcers in your mouth or on your tongue that you have had for more than 3 weeks



- bloating or feeling swollen in your tummy for a long time



- bleeding or bruising you cannot explain



- problems swallowing



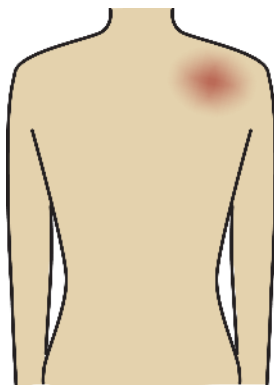
- any changes when you go to the toilet, such as blood in poo or pee, or problems peeing



- not feeling hungry



- losing weight for no reason



- a new mole on your skin, or changes to a mole. Or changes on your skin, including a sore that will not heal



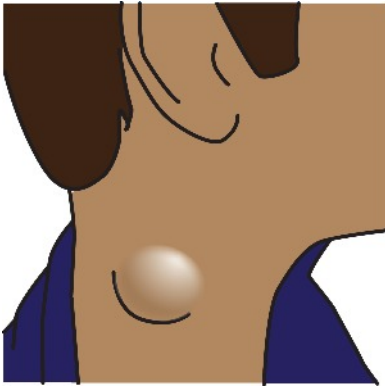
- a cough that does not go away



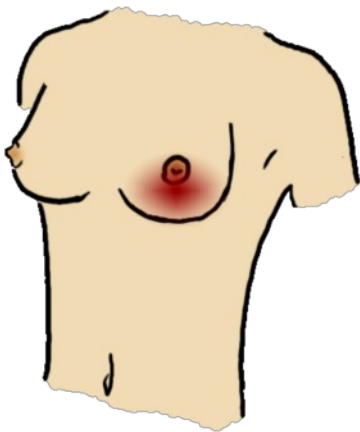
- coughing up blood



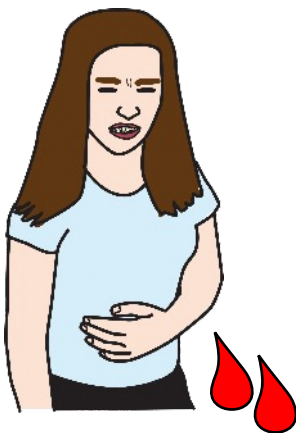
- an ache or pain that you cannot explain



- an unusual lump or swelling anywhere



- changes in the size, shape or feel of your chest, breast or nipple



- if you get periods, bleeding when you are not having your period.

Talk to your doctor

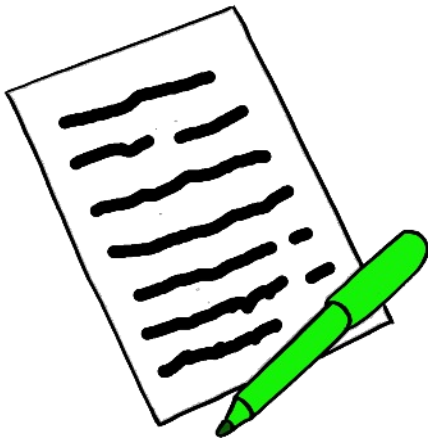


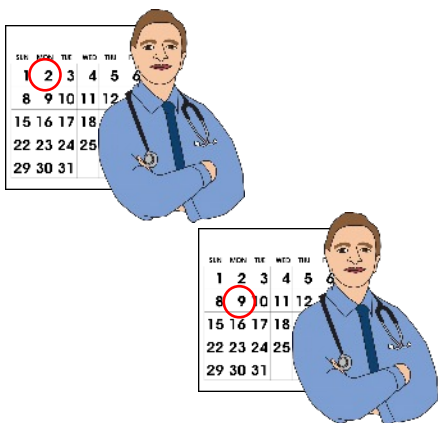
If you are worried something is wrong you should talk to your doctor.



Here are some ideas to help you:

- tell the doctor about everything that does not feel normal for you
- tell them even if it does not seem important or is a bit embarrassing
- make sure you tell the doctor about every change you have noticed. Give as much detail as you can.





- if you talk to the doctor once but the problem does not go away, talk to them again



- you are not wasting the doctor's time. They want to hear from you if something is wrong

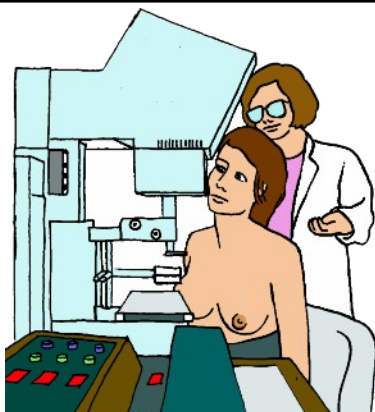


- before you talk to the doctor, think about what you want to say and make a note of what you want to ask



- you can have someone to help you with this or to talk to the doctor with you.

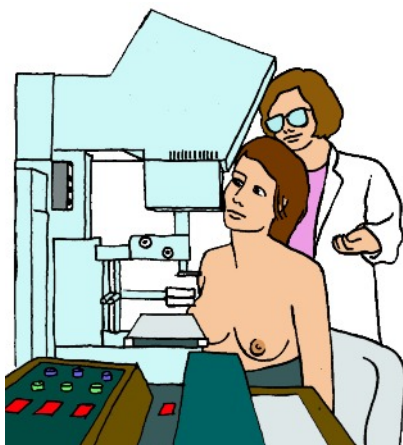
Keep a look out for your screening invitation



Screening is a test, like an X-ray, which checks for cancer. It is free.



It is for people who do not have any signs of cancer, to try to spot it early.



There are screening checks for 3 types of cancer:

- breast



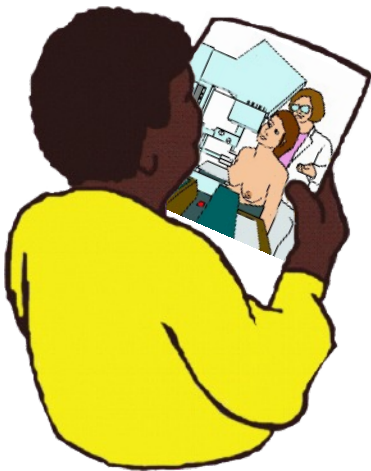
- bowel



- cervical (inside your vagina near your womb).



You need to be registered with a doctor to be invited for screening.



It is up to you if you want to be screened. You will get information with your invitation to help you decide if you want to be screened.



You will be asked if you want to go for different screening tests depending on your age and sex.



You can find out more about screening at:

www.cruk.org/screening



Even if you have been screened, you should still tell your doctor if you notice something which is not normal for you.

How to find out more



You can find out more about spotting cancer early and screening on our website at:

www.cruk.org/spotcancerearly



Or you can speak to our cancer nurses for free on **0808 800 4040** Monday to Friday.



We hope you have found this leaflet helpful. If you would like to tell us what you think about this leaflet you can call

020 3469 8333 or email:
publications@cancer.org.uk



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Together we will beat cancer

