

Useful websites

Ovarian Cancer

- www.macmillan.org.uk
- www.nhs.uk
- www.ovarian.org.uk

Breast Cancer

- www.cancerresearchuk.org
- www.breastcancercare.org.uk

Cervical Cancer

- www.nhs.uk/cervicalscreening
- www.macmillan.org.uk
- www.jostrust.org.uk
- www.womenshealth.gov

For further information,
please call us on

> 020 8295 8250

maitlandmedicaloccupationalhealth.com



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Women's Health

Know what to look for -
spot the changes early

Detecting Ovarian Cancer

In females, ovarian cancer is the sixth most common cancer in the UK (2016-2018), and mainly affects older women.

When ovarian cancer is found early, it is easier to treat and there is better chance of survival.

What increases your risk?

- Age
- HRT
- Family history
- Obesity (being overweight)

What reduces your risk?

- Having children
- The Pill
- Breastfeeding

What are the symptoms of ovarian cancer?

Many women with ovarian cancer notice changes to their body, particularly around their tummy area.

These changes can include:

- Pelvic or tummy pain
- Increased tummy size
- Bloating that does not go away
- Difficulty eating or feeling full quickly

Usually the above symptoms are nothing serious but you should see a doctor if:

- It happens again and again - several times a month
- Are new for you - you first noticed them in the last few months

For more information about Cervical Cancer and other symptoms/changes to look out for please visit useful websites, some of which can be found in this leaflet.

Breast Cancer

More women survive breast cancer today thanks to earlier detection and better treatments.

What is Breast Cancer?

The breast is made up of millions of cells. Breast cancer develops when a single cell begins to multiply out of control and forms a tumour. Some cells may break away and travel to other parts of the body starting new tumours.

What affects your risk?

The risk of developing breast cancer is strongly linked to age.

Women's risk of breast cancer (2008)	
By age 29	1 in 2000
39	1 in 215
49	1 in 50
59	1 in 22
69	1 in 13
over a lifetime	1 in 8

Early detection saves lives

Be 'breast aware' and follow the five point code

1. Know what is normal for you
2. Look at and feel your breasts
3. Know what changes to look for
4. Report any changes without delay
5. Go for breast screening whenever you are invited

Preventing Cervical Cancer

Most cases of cervical cancer could be prevented.

Thanks to the 'smear test' (cervical screening), doctors can find and treat early changes in the cervix before they develop into cancer.

What affects your risk of cervical cancer?

- Not attending a screening
- Smoking
- HPV (Human papillomavirus)
- Unprotected sex
- The Pill

What should I look for?

If you notice any of the following signs and symptoms make sure you see your doctor

- Bleeding between periods
- Bleeding during or after sex
- Bleeding after you have been through the menopause
- Any unpleasant vaginal discharge
- Discomfort or pain during sex

For more about Cervical Cancer please visit the useful websites as listed in this leaflet.

