

Cervical screening

Symptoms, Screening and Staying Healthy



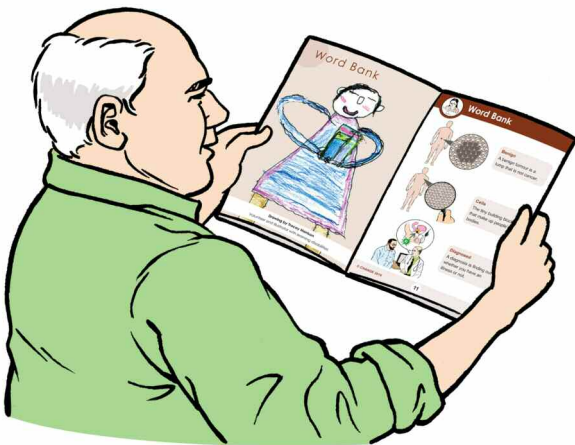
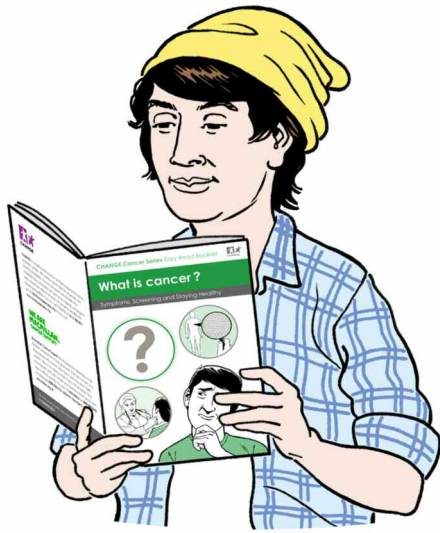
Introduction

This booklet uses easy words and pictures to help you get information about cancer.

You might want someone to help you look at the booklet so you can talk about it.

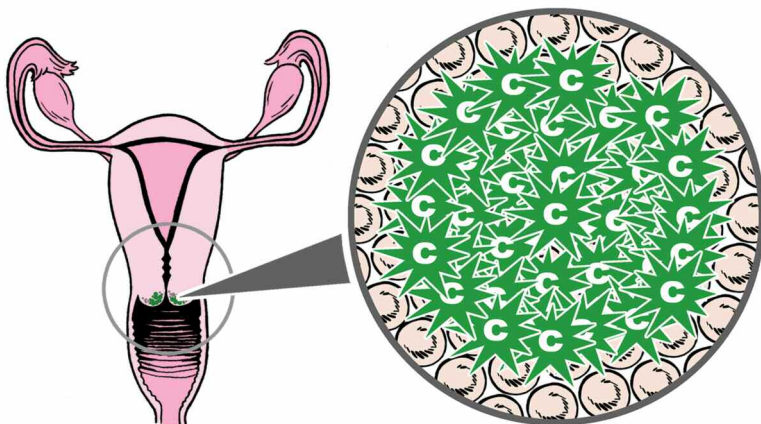
There is a Word Bank at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank.

This booklet can help you learn about cancer. But this is not the same as talking to your doctor. If you are worried about your health, you should talk to a doctor or nurse.

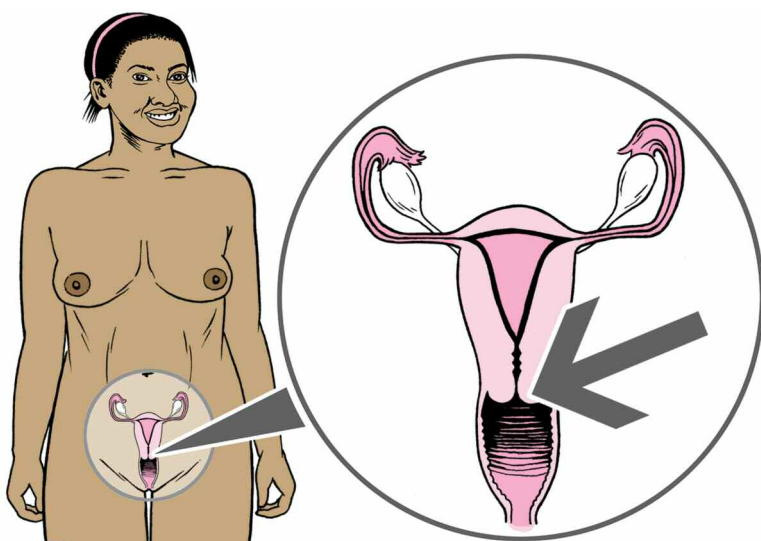




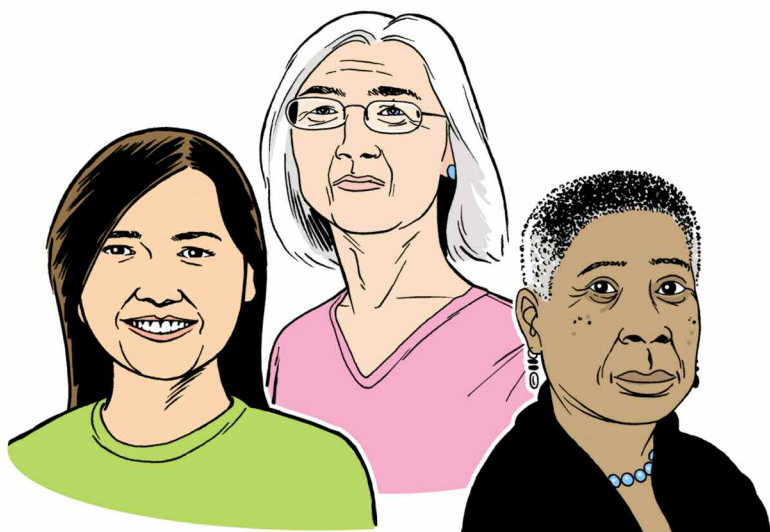
Cervical screening



Women can get cancer of the **cervix**.



The cervix is the entrance to your **womb**. It is inside your body at the top of your **vagina**.



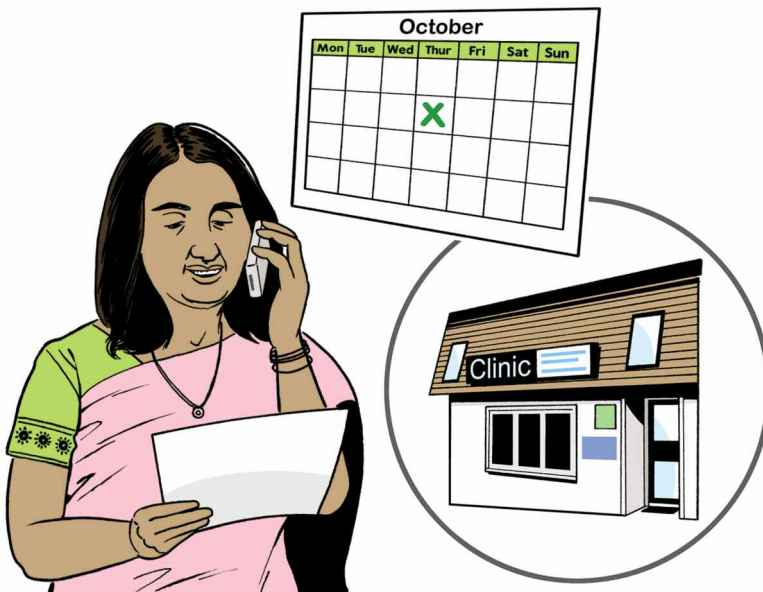
All women between the ages of 25 and 64 are asked to go for cervical **screening**. This used to be called a smear test. Cervical screening checks if your cervix is healthy.



Cervical screening



You will be sent a letter inviting you for cervical screening.



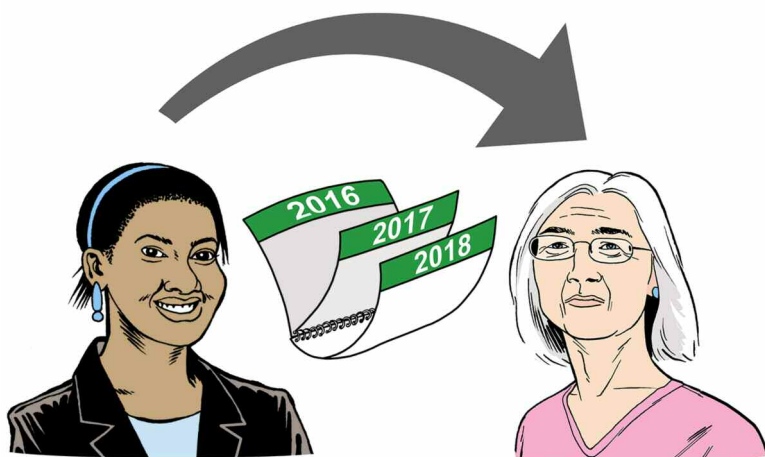
You will need to book this at your doctor's surgery.



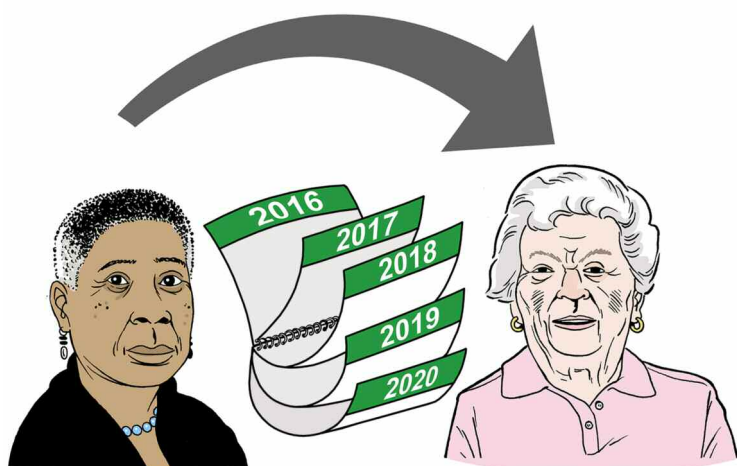
It is your choice if you go for cervical screening or not. It is a good way of checking you are healthy.



Cervical screening



If you are aged between 25 and 49 you will be invited to cervical screening every 3 years.



If you are aged between 50 and 64 you will be invited to cervical screening every 5 years.



The cervical screening test will be done by a nurse or a doctor.



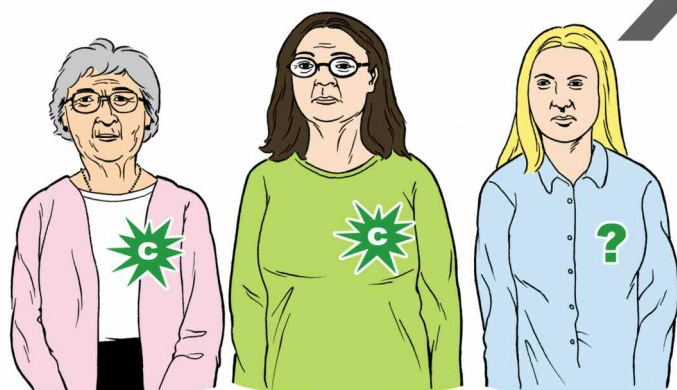
Cervical screening



You can ask to have a female nurse or doctor if you would prefer.



You can bring someone to support you as well.



Gran

Mum

Me

If other people in your family have had cervical cancer, it is very important that you have cervical screening regularly.



Cervical screening

Cervical screening - what happens



The doctor or nurse will talk to you about your health.



They will then ask you to take off your pants.



And then ask you to lie down on the bed in the room.



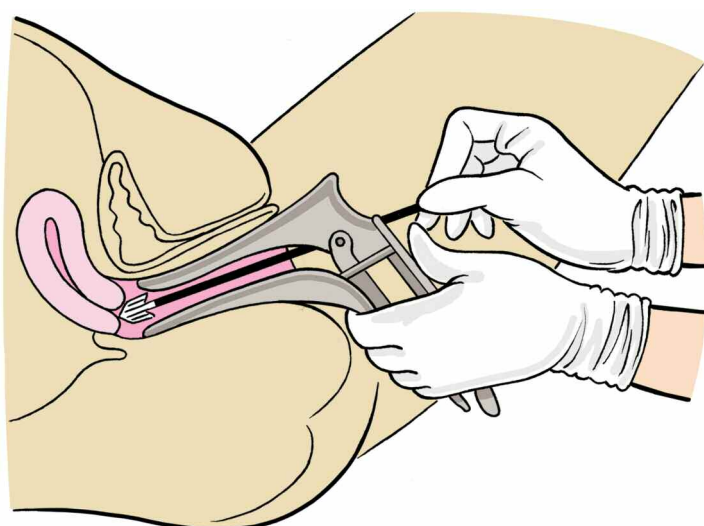
Cervical screening



The test will not hurt but may be slightly uncomfortable. Try to relax and not worry.



The doctor or nurse will use something called a **speculum** to open your vagina so that they can see your cervix.



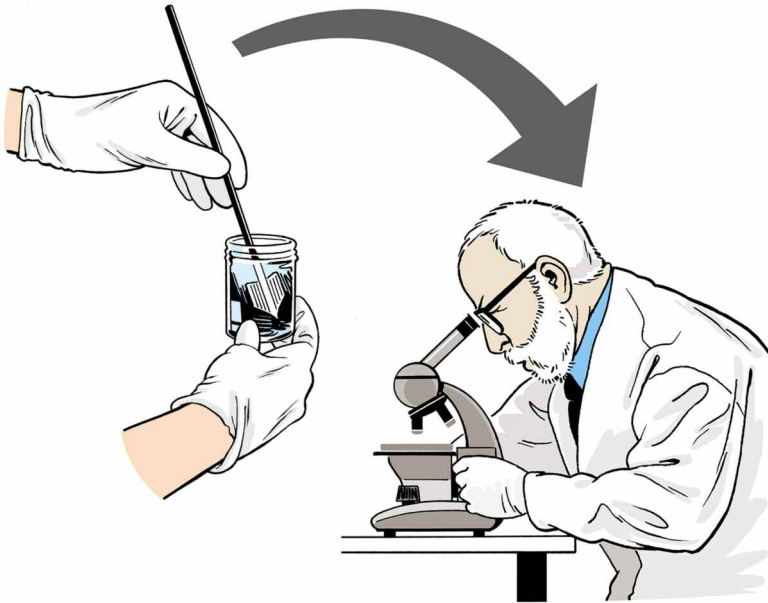
They will then use a small brush to take some **cells** from your cervix.



Cervical screening



That is it. You will be asked to put your clothes on again.



The cells that are on the brush will be sent for testing.



Cervical screening

What happens next?



You will be sent a letter with your results. This may take a few weeks.



The letter may say that everything is OK.



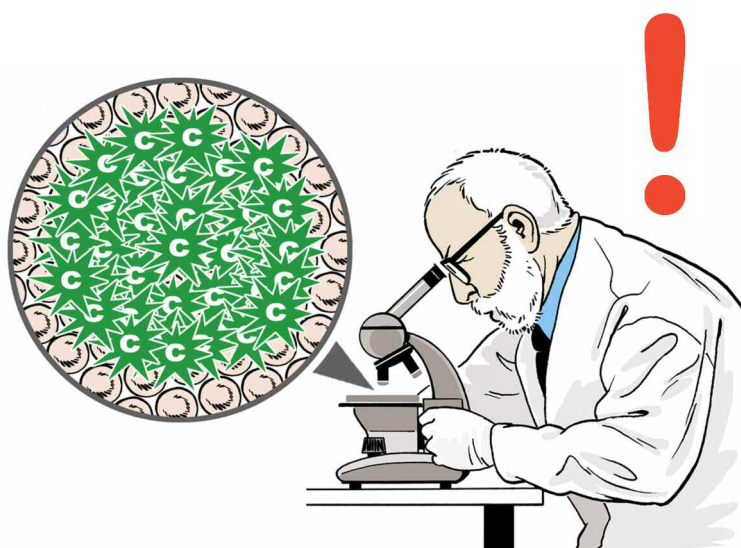
Sometimes you will be asked to have another test.



Cervical screening



This might be because the test did not work properly.



Or it might be because the test shows something is wrong.



Ask for support to find out why you have to have another test.

Word Bank

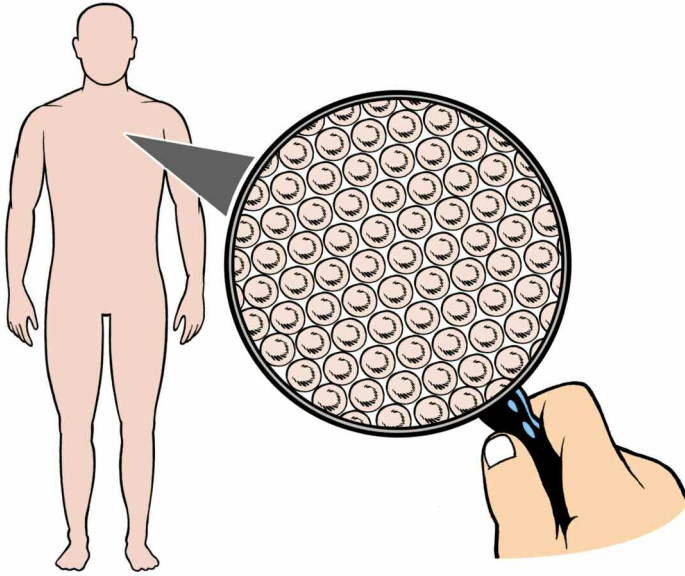


Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities

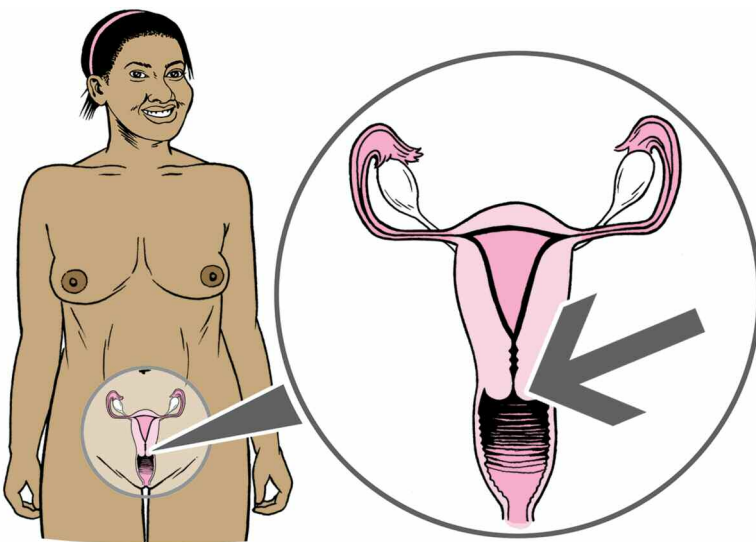


Word Bank



Cells

The tiny building blocks that make up people's bodies.



Cervix

The cervix is the opening to your womb. It is inside your body at the top of your vagina.



Screening

These are special tests that can sometimes find cancer early.



Word Bank



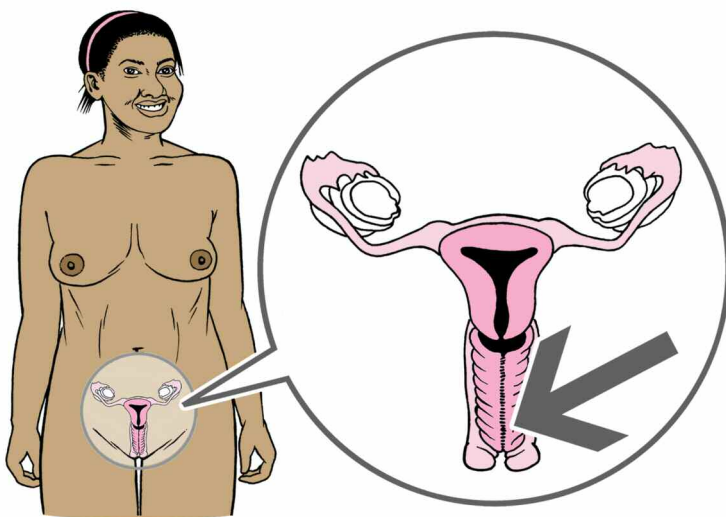
Speculum

An instrument used during cervical screening to open up a woman's vagina.



Symptoms

Signs in your body that tell you something is wrong, like feeling tired all the time.



Vagina

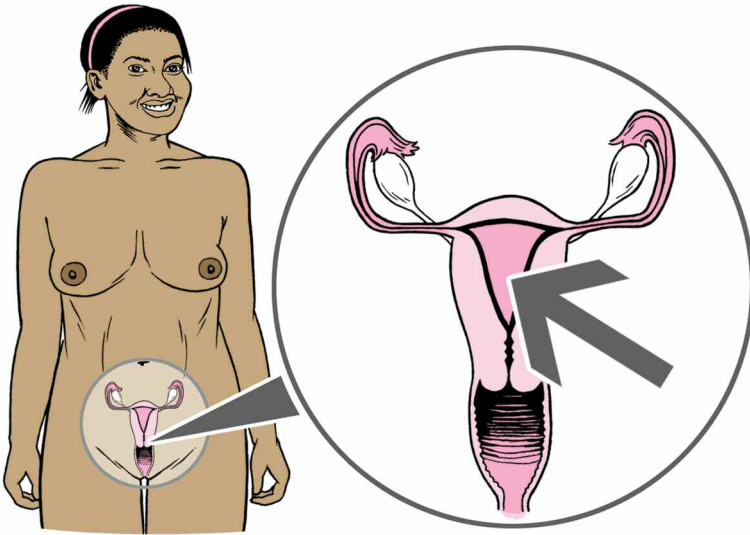
The vagina is a passageway inside your body. It is part of a woman's sexual organs. The entrance to the vagina is between your legs.



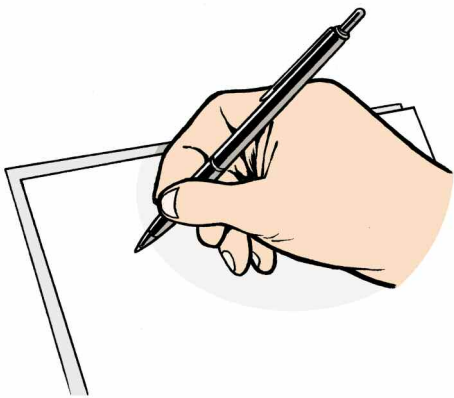
Word Bank

Womb

The womb is a round organ inside your body in the lower tummy area. It is where a baby grows if you are pregnant. The cervix is the opening at the bottom of the womb. Below the cervix is the vagina.



Notes...



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Useful contacts



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Useful contacts

Helpful organisations

Brook

Brook gives young people free, confidential information about health, sex and relationships. Find your local Brook centre on their website.

Web: www.brook.org.uk

Cancer Research UK

A charity that is researching treatments for cancer. Its website has lots of information about cancer.

Phone: 0808 800 4040

Web: www.cancerresearchuk.org

Macmillan Cancer Support

A charity that helps people who have cancer. They give practical, medical and financial support. They try to make cancer care in the UK better.

Phone: 0808 808 00 00

Web: www.macmillan.org.uk





Useful contacts

NHS Contacts

These contacts give you information about your health and health services:

England and Scotland **Phone: 111**

Wales **Phone: 0845 46 47**

Northern Ireland **Web: www.hscni.net**

Paul's Cancer Support Centre

Gives help, information and complementary therapies to people with cancer.

Phone: 0207 924 3924

Web: www.paulscancersupportcentre.org.uk

RESPOND

Gives therapy to people with learning disabilities after trauma or abuse. They also offer training and support to carers.

Phone: 0808 808 07 00

Web: www.respond.org.uk





Useful contacts

Written and audio material

Books Beyond Words

A series of picture books for people with learning disabilities. The books talk about cancer, health and bereavement.

Web: www.booksbeyondwords.co.uk

Phone: 020 8877 9799

Email: admin@booksbeyondwords.co.uk

Cervical Screening - Information for Women with Learning Disabilities

An information folder for women with learning disabilities about going for cervical screening. Produced by Elfrida Rathbone Camden.

Phone: 020 7424 1601

Web: www.elfridacamden.org.uk



FAIR Multimedia

Publishes a range of health leaflets, audio discs and CDs for people with learning disabilities. This includes a series on cancer.

Email: fair@fairadvice.org.uk

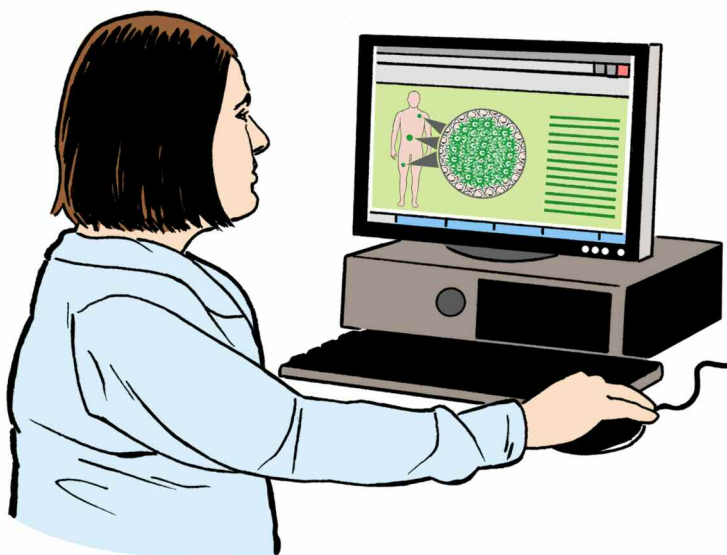
Phone: 0131 662 1962

Web: www.fairadvice.org.uk/health-publications.php



Useful contacts

Online help



www.easyhealth.org.uk

Has lots of online health information that is easy to understand.

www.macmillan.org.uk

Has lots of information about cancer and where to get help. You can also talk to other people with cancer in the online community.

Videos and DVDs

Leeds Animation Workshop

Has animated films on social issues for people with learning disabilities. There is one called 'Getting Better' about going to the doctor and the health clinic.

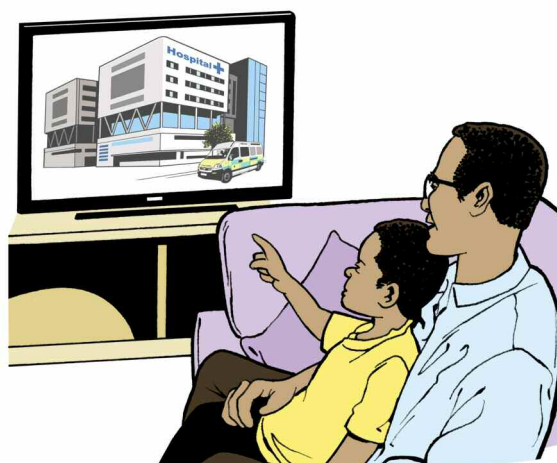
Phone: 0113 248 4997

Web: www.leedsanimation.org.uk/index.html

Speak Up Self Advocacy

Has DVDs and booklets for people with learning disabilities about health and illness.

Web: www.speakup.org.uk





CHANGE is a leading national Human Rights organisation led by disabled people. We work for equal rights for all people with learning disabilities. The cancer books and booklets that CHANGE have produced are part of an ongoing campaign to raise awareness about the issues of cancer for people with learning disabilities. You can call CHANGE on **0113 242 6619**, email **info@changepeople.org** or find us at **www.changepeople.org**

WE ARE MACMILLAN. CANCER SUPPORT

Macmillan Cancer Support has reviewed the information in this booklet and paid for it to be produced. They are a charity who help people with cancer. They have nurses and other health workers. They try to make cancer care in the UK better. They have experts who can answer your questions about cancer and how it affects your life. You can call **Macmillan** on **0808 808 00 00** or textphone **0808 808 0121 (Mon–Fri, 9am–8pm)**. Or go to **macmillan.org.uk**

This easy read booklet was produced by CHANGE

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