

Symptoms of cervical cancer

Symptoms, Screening and Staying Healthy



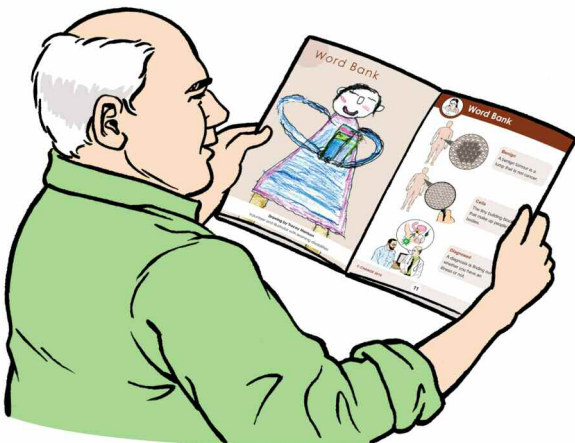
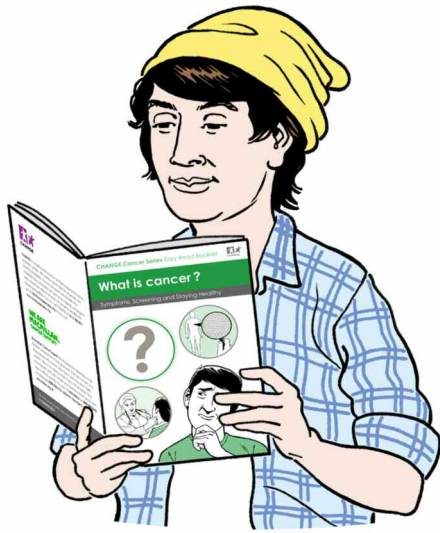
Introduction

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.



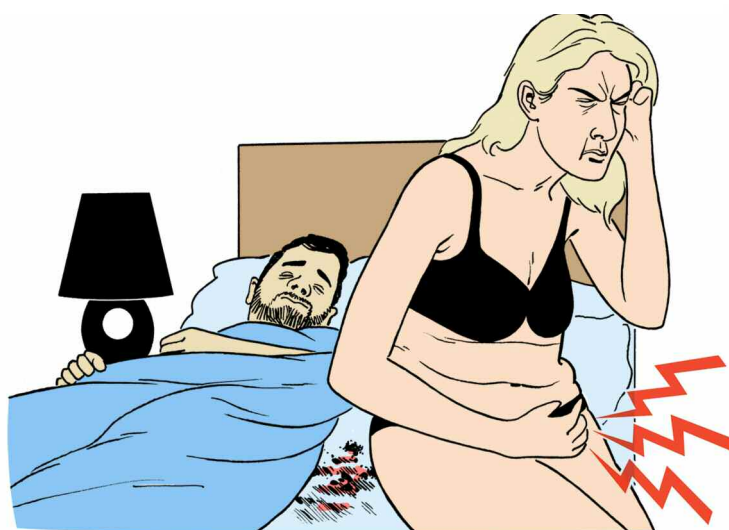


Symptoms of cervical cancer

Symptoms you should have checked **straight away**



You need to go to your doctor as soon as you can if you have any of these **symptoms**:



- Bleeding or pain during or after sex.



- Thick or smelly **discharge** from your vagina.



Symptoms of cervical cancer



- Any bleeding from the vagina after you have had the **menopause**. The menopause is when your periods have stopped because of your age.

Word Bank



Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities

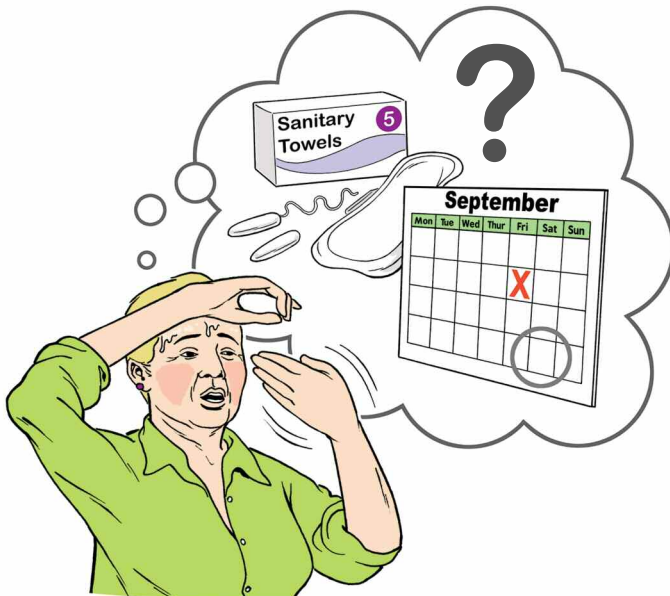


Word Bank



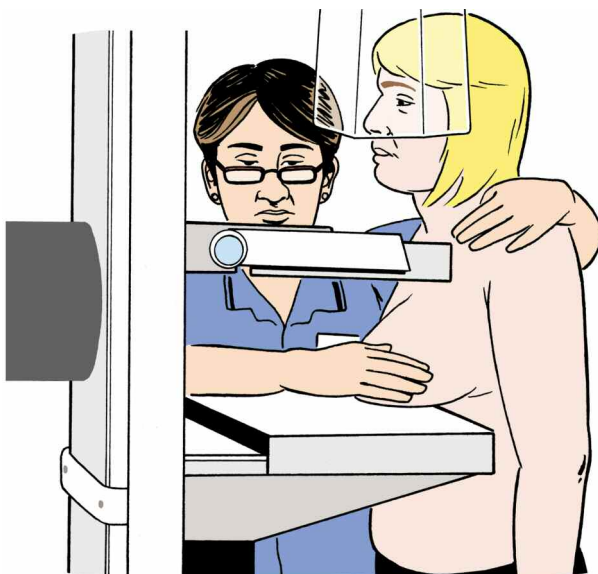
Discharge

This is a liquid which comes out of your body. It can be thick or thin and can sometimes smell.



Menopause

This is the time in a woman's life when her periods stop. It is usually between the ages of 45 and 55.



Screening

These are special tests that can sometimes find cancer early.

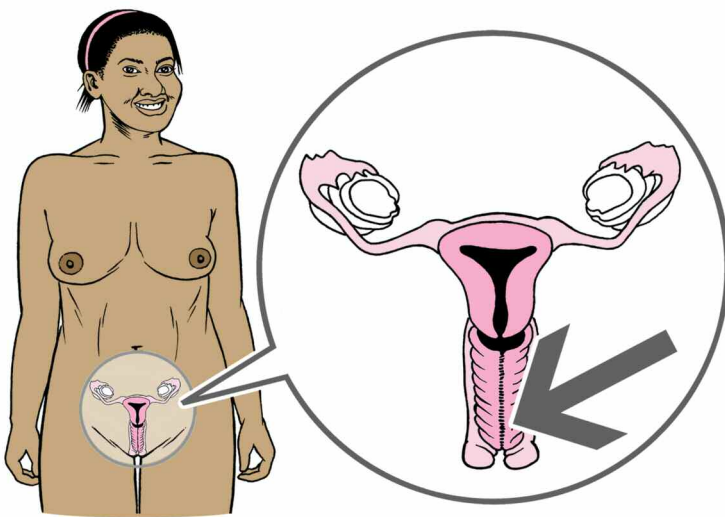


Word Bank



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.



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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

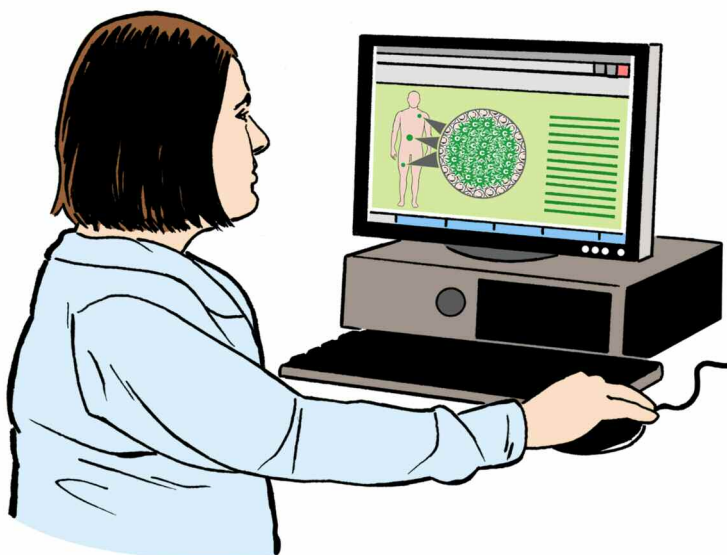
Phone: 0131 662 1962

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.

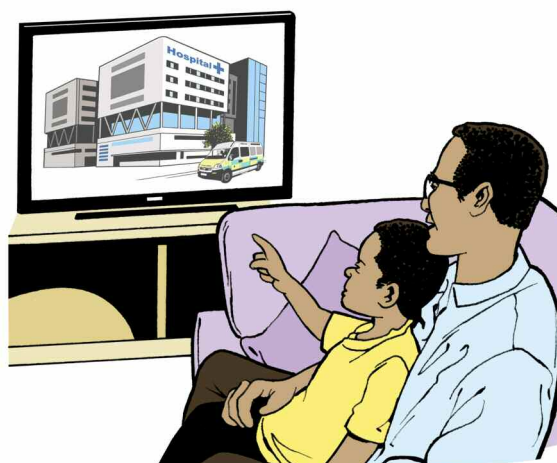
Phone: 0113 248 4997

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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