

As Fit as a Fiddle



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Other learning packs with readers available:

'In Safe Hands' about prostate cancer.

'Ahmed's Health Scare' about smoking cessation.

'Zenith Goes to the Clinic' about breast screening.

'Better to be Safe Than Sorry' about cervical screening.

'Hilary's Under the Weather' about getting the right treatment.

'The Morning After' about alcohol awareness.

'Jon Loses Weight' about weight management.

'Zaynab's Narrow Escape' about lung cancer.

'Faisal Gets the All Clear' about bowel cancer

The Bromley by Bow Centre is a registered charity, number 1041653

A health reader for Entry 2
ESOL students

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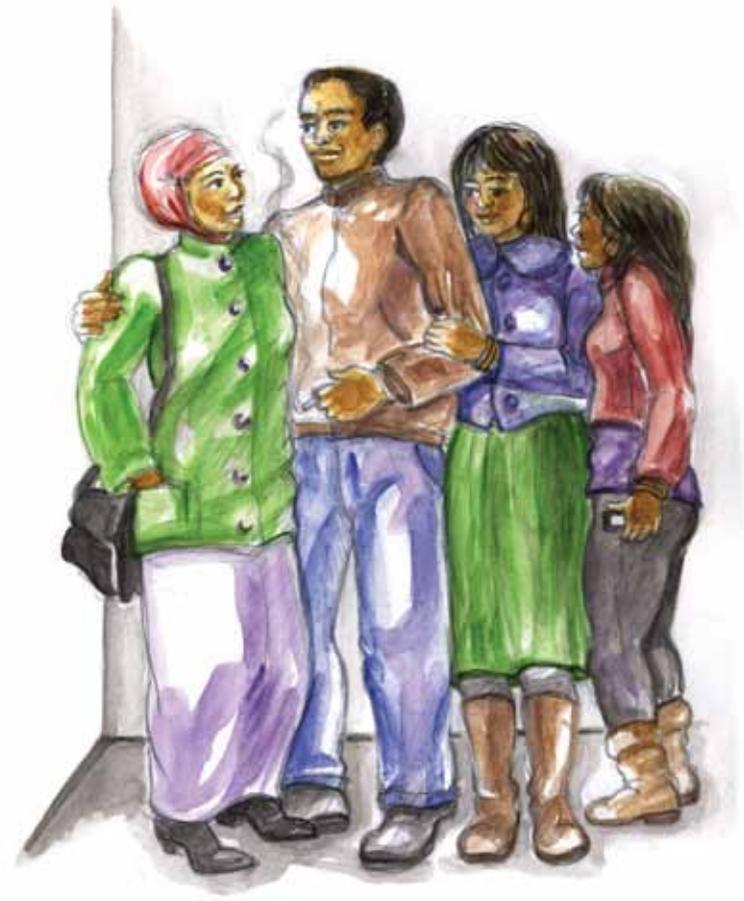
More than 1 in 3 people will develop cancer during their lifetime. There are more than 200 types of cancer. Breast, lung, bowel and prostate are the 4 most common cancers. They account for over half of new cancers diagnosed. 1 in 5 of cancer deaths are caused by lung cancer.

75% of cases of cancer occur in people over the age of 60. Only 1% of cancers occur in children and young adults up to the age of 24.

Cancer is curable if caught early enough. If you are worried about any symptoms, see your GP as soon as possible or ring NHS Direct on [0845 4647](tel:08454647).

You can check your symptoms by visiting

www.nhsdirect.nhs.uk



Sofia is 50 years old. She lives in a house with her husband Nadir, their two youngest daughters and Nadir's parents. She used to work as a carer, but now she spends most of her time looking after her family.



One day, she takes her mother-in-law to the doctor's. A nurse in the waiting room is giving out information about lung and mouth cancer. "Do you chew paan?" she asks.

"Yes, I do," says Sofia's mother-in-law.

"Did you know it can give you mouth cancer?"

We can help you to give it up."



Sofia picks up a leaflet about bowel cancer in her local library. It explains that bowel cancer screening is offered to people between the ages of 60 to 69 every 2 years. You receive a test kit to use at home, then post it back. "I must make sure Nadir's parents do the test," she thinks.



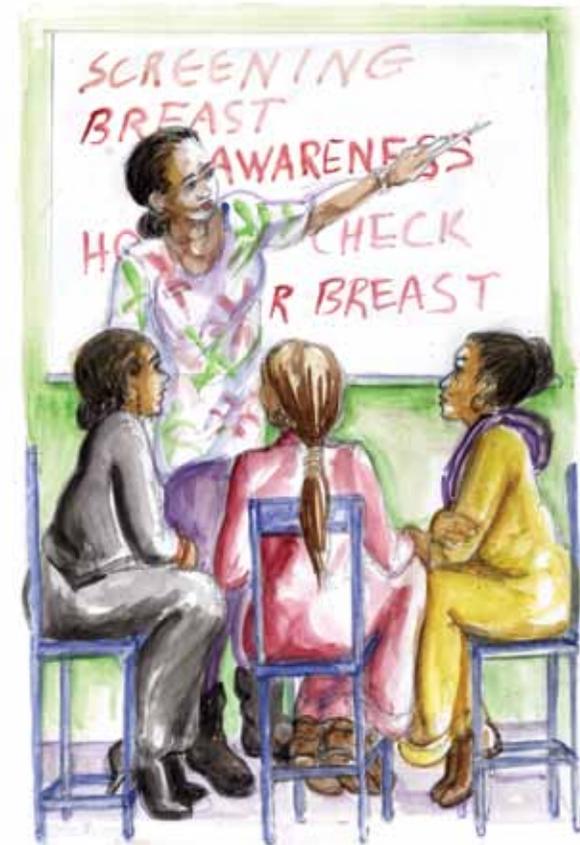
Sofia gets her daughter to help her search on the Internet for more information about bowel cancer. They visit the NHS Choices website. She discovers that the symptoms are blood in your stools, any change in bowel habits or sudden weight loss.



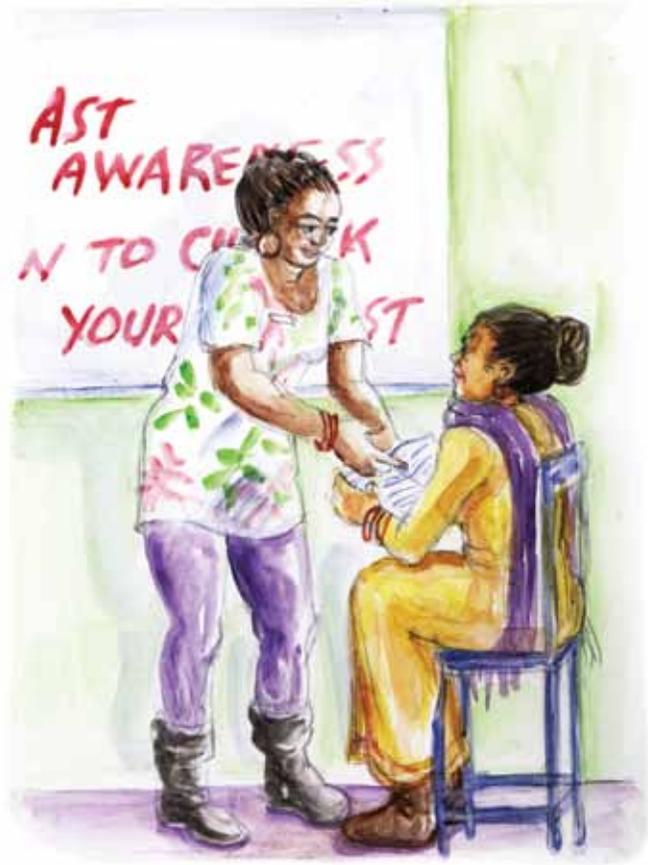
Sofia gets a letter inviting her to attend cervical screening. It explains that cancer can develop in the neck of the womb or cervix. Smear tests are done every 3 years from the age of 25 to 49 and then every 5 years up to the age of 64.



Sofia is worried about getting cervical cancer because it often has no symptoms until it has reached an advanced stage, when there can be vaginal bleeding. Most cancers can be cured if they are caught early enough. She knows it is very important to have the test.



A health trainer visits Sofia's ESOL class to talk about breast screening. Sofia learns that it is done between the ages of 50 to 70. You get a letter inviting you to attend screening every 3 years. "How can you tell if you've got breast cancer?" asks Sofia.



The health trainer explains that the most common symptom of breast cancer is a lump in the breast, but that 90% of lumps are not cancer. "If you get anything unusual like discharge from the nipple or a lump, you should visit your GP," she says.



Sofia decides to go for breast screening as soon as she receives an invitation to attend the clinic. She also decides to follow the advice of the health trainer and check her breasts every month for lumps.



Sofia goes to visit her friend Salima and tells her what she's learnt. "I'm sure I've got cancer," Salima says. "I think I've got prostate cancer." Sofia laughs. "Don't be so silly," she says, "you can't have prostate cancer. That's something men get. You haven't got a prostate!"



Sofia's husband, Nadir, smokes. "I wish you would give it up," she says. "I'm really worried you'll get lung cancer or I'll get it from passive smoking. You'll make your father's asthma much worse. In the future, I think you should smoke outside."



Sofia goes to see her GP. "I'm worried I might have lung cancer," she says. "My husband smokes at home." "Have you got a bad cough and do you cough up blood?" asks the doctor. Sofia shakes her head. The doctor checks her chest. "You're as fit as a fiddle. There's nothing wrong with you. You're one of my healthiest patients!"

Comprehension Questions

Put the words in the correct order:

1. lung / can / you / cancer / smoking / give

2. lumps / not / are / cancer / of / 90% / breast

3. at / cancer / starts / 60 / bowel / age / screening

4. cancer / only / get / prostate / can / men

5. caught / be / early / cancer / if / cured / can

Telephone Dialogue

- ☞ Hello, is that the Bowel Cancer Helpline?
- ☞ Yes, Jane speaking. How can I help?
- ☞ I'd like to get some information.
- ☞ Go ahead
- ☞ Can you tell me how old you have to be to have bowel cancer screening?
- ☞ We offer people screening from the age of 60.
- ☞ Do I have to ask my GP for a test?
- ☞ No, you will automatically be sent a letter.
- ☞ Where do I go for the test?
- ☞ You do the test yourself at home.
We send you a kit. Then you post it back to us.
- ☞ How long does it take to get the result?
- ☞ Usually about two weeks.

Glossary

- asthma** a medical condition that makes breathing difficult
- cancer** a serious disease of the cells of the body
- carer** someone who looks after another person
- cured** to be better from an illness
- discharge** liquid, often infected, that comes from a part of the body
- leaflet** a piece of paper with information on it
- lump** a hard piece of tissue under the skin
- nipple** a darker area of skin in the middle of the breast
- passive smoking** breathing in someone else's smoke
- prostate** an organ found inside a man's body
- screening** testing to find out if people have an illness
- stools** solid waste from the body
- symptom** something that shows you are ill
- vaginal** to do with the vagina, the passage leading to the womb
- womb** the organ inside a woman's body where a baby grows

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