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**Open**

Mis Gweithredu  
Canser y Geg  
*Os gylfach yn poeni, pawbwrch a'g awch*

Mouth Cancer  
Action Month  
*If in doubt, get checked out*



# BYDDWCH YN GRAFF AM EICH CEG

Gall unrhyw un gael Canser y Geg

## BE MOUTH AWARE

Mouth Cancer can affect anyone

**FFAITH:** Pobol ifanc, pobl hŷf, pobl sy'n ysmegu a'i rhai nad ydynt yn ysmegu, bydd 6500 o bobol yn DU yn cael diagnosis o ganser y geg eleni. Os nad yw'n cael ei ddiagnosis yn gyntaf, bydd hanner ohonynt yn marw.

**FACT:** Young, old, smokers and non-smokers, 6500 people will be diagnosed with mouth cancer this year in the UK. If not early detection had not well do.

**ARCHWILIO:** Mae achwilio eich hun yn broses syml ac mae'n gallu achub bywyd. Chwilio am vektor nad yw'n gwella o fewn tair wythnos, swtyni gwyn neu goch yn y geg, a llempi neu ddiwydd anafael.

**CHECK:** Self-examination is a simple, potentially life-saving process. Look out for ulcers which do not heal within three weeks, red and white patches in the mouth, and unusual lumps or swellings.

**GWEITHREDU:** Gwnewch yn siŵr eich bod yn gylfarwydd di' ffactosau risg ac ewch at eich ddiwydd i gael achwilio ar gyfer arwyddion o ganser.

**ACT:** Know the risk factors and regularly visit your dentist to ensure you are checked for signs of mouth cancer.

Ewch i Visit: [www.mouthcancer.org](http://www.mouthcancer.org)



A British Dental Health Foundation charity campaign  
Belle House, 24-26 Upper Street, Regent, Manchester, M1 2PU  
British Dental Health Foundation  
Registered Charity No. 1012188



# Screening for Colorectal Cancer

It's the Right Choice

Of cancers that affect both men and women, colorectal (colon) cancer is the

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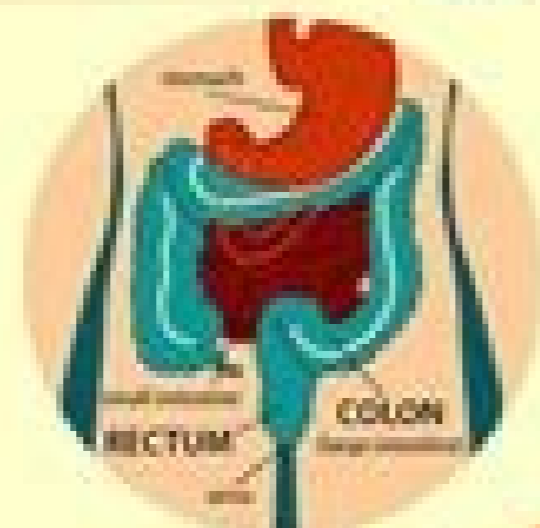
cause of cancer deaths in the U.S.

But it doesn't have to be. Screening tests can find this cancer early, when treatment works best.

**28 million** Americans are not up-to-date on screening.

About **51,000** people die from colorectal cancer each year.

Recommended screening could prevent at least **60%** of these deaths!



Screening can find **polyps** (abnormal growths) so they can be removed before turning into cancer.



Colon Polyps

Screening should start at **50** and continue until age 75 for most men and women.

## There's More Than One Test. You Have a Choice!

Once a year

**High-sensitivity fecal occult blood test (FOBT):** You do this test at home and send stool samples to a doctor's office or lab.

Every 5 years, with FOBT every 3 years

**Flexible sigmoidoscopy:** The doctor looks for polyps or cancer in the rectum and lower third of the colon.

every 10 years

**Colonoscopy:** The doctor looks for polyps or cancer in the rectum and the entire colon.

Colon cancer or polyps may not cause symptoms, especially early on.

**Don't wait for symptoms before you get screened!**

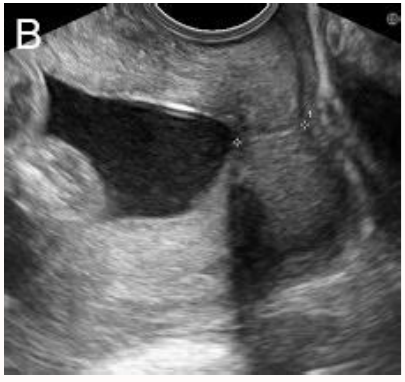
Talk to your doctor if you or a close relative have:

- Inflammatory bowel disease, Crohn's disease, or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.
- A genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

If you have any of these risks, you may need to start screening before age 50 and be tested more often than other people.



For more information:  
[www.cdc.gov/cancer/colorectal/](http://www.cdc.gov/cancer/colorectal/)



New Screening Recommendations  
Primary HPV Testing



The encouraging investigation has shown that the vaccine has led to a 90% reduction in the number of people with precancerous cells. The change to the detection interval has been carried out in accordance with the independent and expert advice of the United Kingdom Evaluation Committee, which made the recommendation for the change of interval in February 2019 after a public consultation. These cellular changes can be resolved on their own, but they can also lead to cancer if it is not treated over a long period of time. The prior test of cervical detection designed to detect unusual changes in the cervix. The new test involves the same proof of taking a sample of the cervix, but the HPV tests first, known as "primary tests of ~ HPV". There are more than 100 different types and around 13 ~ High-risk types are linked to Cancer.8 In 10 people they will become infected with HPV at some time of their lives, but in the Most cases infection will be erased by Sā alone. And they will never know that they had it. However, sometimes these infections are not clear. Since September 2018, CSW has routinely used a more sensitive cervical detection test that searches for the 14 high-risk HPV types that cause 99.8% of cervical waits. This allows the changes to be discussed above. If you notice any change that is not normal for you, talk with your doctor. This is when the DNA can be damaged, which causes changes in the cells of our body. I would like to reiterate that the change has been made because the current detection is more precise than the previous tests and, therefore, a less frequent evaluation is required for those who do not have HPV. Those who identify themselves as HPV will continue carefully, either by referring to an additional review in a clinic hospital colposcopy or by invitation for an additional test within a year if there were no changes in the cells present in your sample. As of January 1, 2022, cervical selection Wales (CSW) has had The routine detection interval for people with a cervical neck of 25 to 49 years of three to five years, if human papillomavirus is not found in their cervical detection test. This declaration is being issued during recreation to keep members informed. If the members wish to make an additional statement or to answer the questions about this when the SENDD returns I would be happy to do so. This is as a result that the current detection is more accurate than the previous detection test. Where HPV is detected, it can be many years before the cells begin to change something sinister. Almost all cervical hazards are caused à €

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