



As we get older, our chances of getting Cancer increase.

The earlier we find it...

- the easier it is to treat
- the chances of it spreading are decreased
- survival rates are improved

What we can all do to live longer and better:

- Do not ignore any changes in your body: new lumps, blood in urine, coughs that do not go away can all be symptoms
- Do speak to your GP if you have any concerns
- Do take up any invites to screening appointments or tests
- Do talk about any concerns or fears

Bowel cancer is the 4th most common type of cancer. The sooner you find it, the easier it is to treat. Screening is every two years from 54-74 with a test kit in the post.

Aged 75+ or lost your test kit? Call 0800 707 6060 to request a test.

Breast cancer screening is every 3 years from the age of 50-71. You will be invited to attend a screening appointment.

Aged 71+? Call 020 3758 2024 to request an appointment.

Prostate cancer affects 1 in 8 men. This can be 1 in 4 for black ethnic communities. To check your prostate health, see <https://prostatecanceruk.org/risk-checker>; or request a blood test via your GP.

Lung Cancer is highest risk for those with a history of smoking. If you are aged 55 – 74 **and have ever smoked**, you can request a free NHS lung health check. Ask your GP or call: 020 7351 8607. **This programme is available from April 2024.**

If you have any concerns about your health speak to your GP.

Age UK Kensington & Chelsea and Age UK Westminster can provide help with transport for residents aged 50+ who would not otherwise be able to attend their screening appointments.

If you live in Kensington & Chelsea, call **020 8969 9105** - Option 0, Mon to Fri, 9.30am – 1pm and 2 - 4.30pm

If you live in Westminster, call **0203 092 9914**, Mon to Fri, 9.30am - 2.30pm

