



Do Now

Cancer screening, prevention, risks and self- examination



Bernie is concerned. She's always had a mole on her arm, but she's just noticed it seems to be a little bigger, a little darker and a slightly different shape.

'It's probably nothing.' She tells herself, 'but then again, maybe I should get it checked by a doctor.'

Discuss: Is Bernie right? What do you think she should do?



What is cancer? Why is it important that we learn about it, do you think?

Cancer is...

It's important we learn about it because...

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Learning outcomes:

Correctly describe how to take increased personal responsibility for maintaining and monitoring health including cancer prevention, screening and self-examination.

Explain how cancer develops in the body, how and how genetic and environmental factors can affect our levels of risk.

Cancer – A disease caused by an uncontrolled division of abnormal cells in a part of the body.

Genetic predisposition – increased likeliness relating to genes or heredity. A person may be more genetically predisposed to certain cancers due to the genes they inherited from their parents.

Year 10 PD Health & Wellbeing Entry/Exit Quiz

1. I understand how adopting a growth mindset can help me improve and overcome challenges.
2. I can describe the difference between healthy and unhealthy social media use.
3. I feel confident in identifying how digital content (like deepfakes) can impact someone's mental health and reputation.
4. I understand what social anxiety is and can identify strategies to manage it.
5. I feel confident explaining how loneliness can affect both physical and mental health.
6. I can critically assess online content related to health, body image, and self-worth.
7. I can explain what is meant by the 'health at every size' movement and the potential debates surrounding it.
8. I understand how to check for symptoms of common cancers and how lifestyle choices affect cancer risk.
9. I know what practical steps I can take to build emotional resilience and manage stress.
10. I know where to seek support if I or someone I know is struggling with their wellbeing.



Yr10 Health and Wellbeing Autumn
1 Entry and Exit Knowledge Check



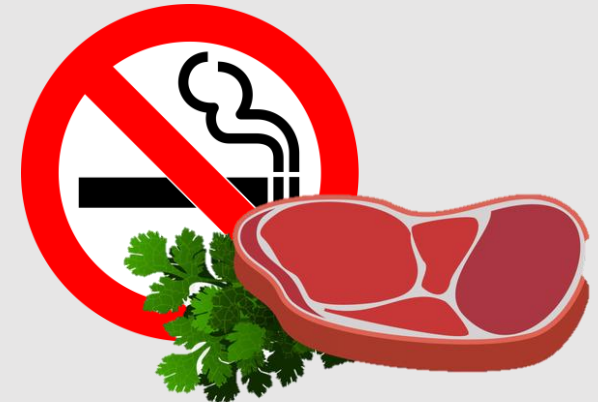
Cancer screening, prevention, risks and self-examination



We will now find out more about what exactly cancer is and the preventative measures that healthcare experts currently believe we can do to cut the risks of certain cancers. Remember though, cancer can strike the healthiest of people, so these will never eliminate all the risks.

THORNDEN THREE GUIDED READING

Follow the text in your booklet. You will need this information for the next task and keep your answers to hand for later in the lesson.

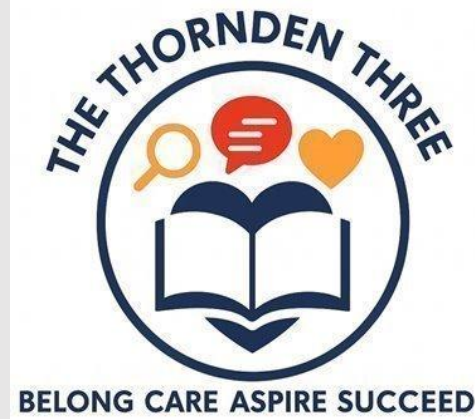


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What is cancer?

Cancer is the name used to refer to a range of different diseases. The common factor in all of these diseases is that the cells in the body divide without stopping. These cells can develop into tumours and can also spread into other parts of the body. Unlike other cells in the body, cancer cells are not specialised, which means that they don't have a specific function. Also unlike other cells, they are immune to the body's signals to stop dividing. Cancer cells can avoid the body's immune system and are even able to co-opt other cells in the body to feed a tumour.

What are the different types of cancer?

There are more than 200 different types of cancer, some very rare, others very common. In the UK, over half of all cancers diagnosed are one of just four types: breast, bowel, lung, and prostate. Less common cancers, including ovarian, bladder, and melanoma, account for around 27% of diagnoses.

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There are 198 rare kinds of cancer, including thyroid and mouth cancer. These can take longer to diagnose and may result in the patient needing to travel further in order to receive specialist care. Cancers are sometimes categorised into 5 different groups according to the cell type that they started from. These 5 groups are: carcinomas, lymphomas, leukaemia, brain tumours, and sarcomas.

How is cancer treated?

There are a range of treatments for cancer, according to the different type and stage of the cancer as well as the wishes of the patient. Localised treatments focus on the area of the body affected by the cancer. This might include surgery, radiation therapy or laser therapy. Systemic treatments are used to treat the whole body: they travel through the bloodstream. These include chemotherapy, which is the use of medication to kill cancer cells. Systemic treatments like chemotherapy can be used in conjunction with localised treatments as part of a patient's care plan.

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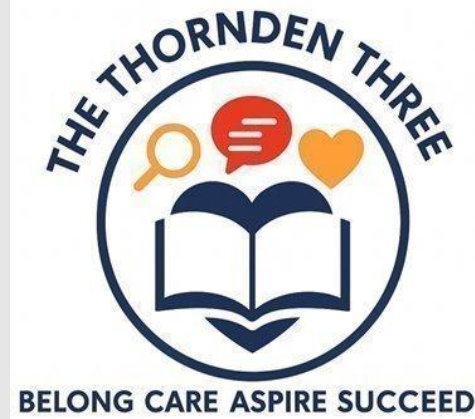
Who's at risk of cancer?

Cancer is an extremely common disease: according to Cancer Research UK, 1 in 2 people will get cancer in their lifetime. That's HALF of all people. Most cancers are caused by changes in a person's genes over their lifetime, when their DNA is damaged. If a cell has too much DNA damage, it may start to multiply out of control, which is how cancer starts.

Although there may be genetic factors, and in some cases no clear cause at all, there are some risk factors which cause cancer that we can control. According to Cancer Research UK, as many as 4 in 10 cancers are preventable.

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There are lifestyle changes which can be made in order to help prevent cancer. These include:

- Not smoking (smoking is a proven cause lung cancer and other cancers)
- Keeping a healthy body weight (obesity is linked to several cancers)
- Eating a balanced, healthy diet, including 5 fruits and vegetables per day
- Reduce alcohol consumption (there is a link between alcohol and 7 different types of cancer)
- Protect your skin in the sun, by using shade and clothing as well as sunscreen
- Get regular exercise (this can help reduce the risk of at least 13 types of cancer)
- Work in a safe environment (avoid exposure to harmful materials like asbestos or dangerous levels of UV radiation)

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What is Cancer?

Cancer is the name given to a group of diseases where cells in the body begin to grow and divide uncontrollably. Normally, cells grow, repair themselves and eventually die when they are no longer needed. Cancer cells do not follow these normal rules. They continue to divide, which can lead to the formation of tumours and, in some cases, spread to other parts of the body.

There are more than 200 different types of cancer. In the UK, some of the most common include:

1. Breast cancer
2. Lung cancer
3. Bowel cancer
4. Prostate cancer

How Common Is Cancer?

Cancer is one of the most common diseases in the world.

According to Cancer Research UK:

1 in 2 people will develop cancer at some point during their lifetime.

However, many cancers can be successfully treated, especially when they are detected early.

Discussion Question

Why do you think it is important for people to understand cancer, even when they are young and healthy?

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Who Is at Risk?

Cancer can affect anyone. Some cancers are linked to genetics, age or factors outside of our control. However, research suggests that around **4 in 10 cancers may be preventable** through healthy lifestyle choices.

What Can We Do?

Although there are no guarantees, people can reduce their risk by:

-  Not smoking
-  Eating a healthy, balanced diet
-  Being physically active
-  Maintaining a healthy weight
-  Protecting their skin from excessive sun exposure
-  Limiting alcohol consumption
-  Following health and safety guidance around harmful substances

Most people know someone who has been affected by cancer. Whilst it can be a serious illness, treatments continue to improve and survival rates are increasing.

The most important message is that looking after your physical health now can have a positive impact on your future health and wellbeing.

Which healthy habit do you think has the biggest impact on reducing the risk of disease later in life?

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How will we be checked and how do we self-examine?

<https://www.youtube.com/watch?v=il6VSceMWfM>
<https://www.youtube.com/watch?v=jRuBBg5-HI>
https://www.youtube.com/watch?v=RCSTCusc_tE

How do you know when the NHS feel it's time for you to do a bowel cancer screening check?

What will the lab check for, once you send your sample back

How long does it take to receive the results of your bowel test?

How do you check yourself for symptoms of testicular cancer?

How do you check yourself for symptoms of breast cancer?



Watch the clips and complete these questions. We will then go through the answers together so you can fill in any you've missed.



1) How do you know when the NHS feel it's time for you to do a bowel cancer screening check?

They will send you a kit in the post.

2) What will the lab check for, once you send your sample back
Blood in the poo (which may not be visible to the eye)

3) How long does it take to receive the results of your bowel test?
2 weeks

4) How do you check yourself for symptoms of testicular cancer?
You feel yourself (in the shower is convenient) for lumps and bumps or changes. You thoroughly feel the whole surface and do it once a month.

5) How do you check yourself for symptoms of breast cancer?
Feel for lumps and bumps, discharge, in the armpit, chest/breast, around your neck. It only takes a few seconds, using three fingers follow all around the area.

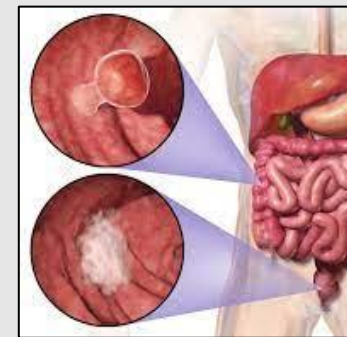
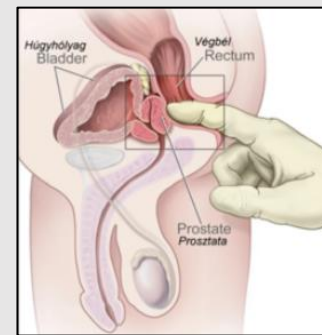
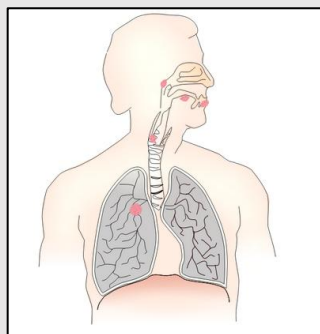


Most common cancers and symptoms match-up

With your partner, match up the common cancers together with their most common symptoms (not all cancers will have these symptoms, but these are useful ones to know).



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Breast Cancer

Prostate
Cancer

Lung Cancer

Bowel Cancer

Skin Cancer

Change of shape, colour, symmetry or size of moles or new moles.

Persistent cough, wheezing, coughing up blood, chest pain, tired all the time, weight loss.

Discoloured poo, changes in stools, blood in poo, bleeding, bloating, weight loss, fatigue, pain.

Difficulty urinating. An increase in frequency of urinating, pain or burning, blood in urine or semen.

Lump in breast or armpit. Thickening, swelling or dimpling. Pain or discharge.

Most common cancers and symptoms match-up answers:

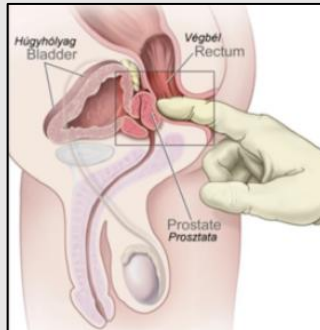


BELONG CARE ASPIRE SUCCEED



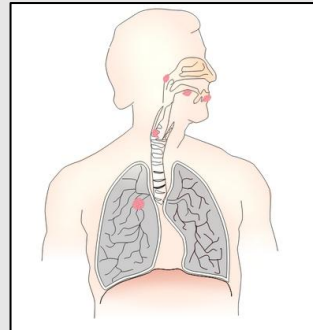
Breast Cancer

Lump in breast or armpit.
Thickening, swelling or dimpling. Pain or discharge.



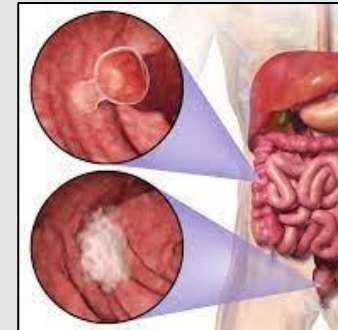
Prostate Cancer

Difficulty urinating.
An increase in frequency of urinating, pain or burning, blood in urine or semen.



Lung Cancer

Persistent cough, wheezing, coughing up blood, chest pain, tired all the time, weight loss.



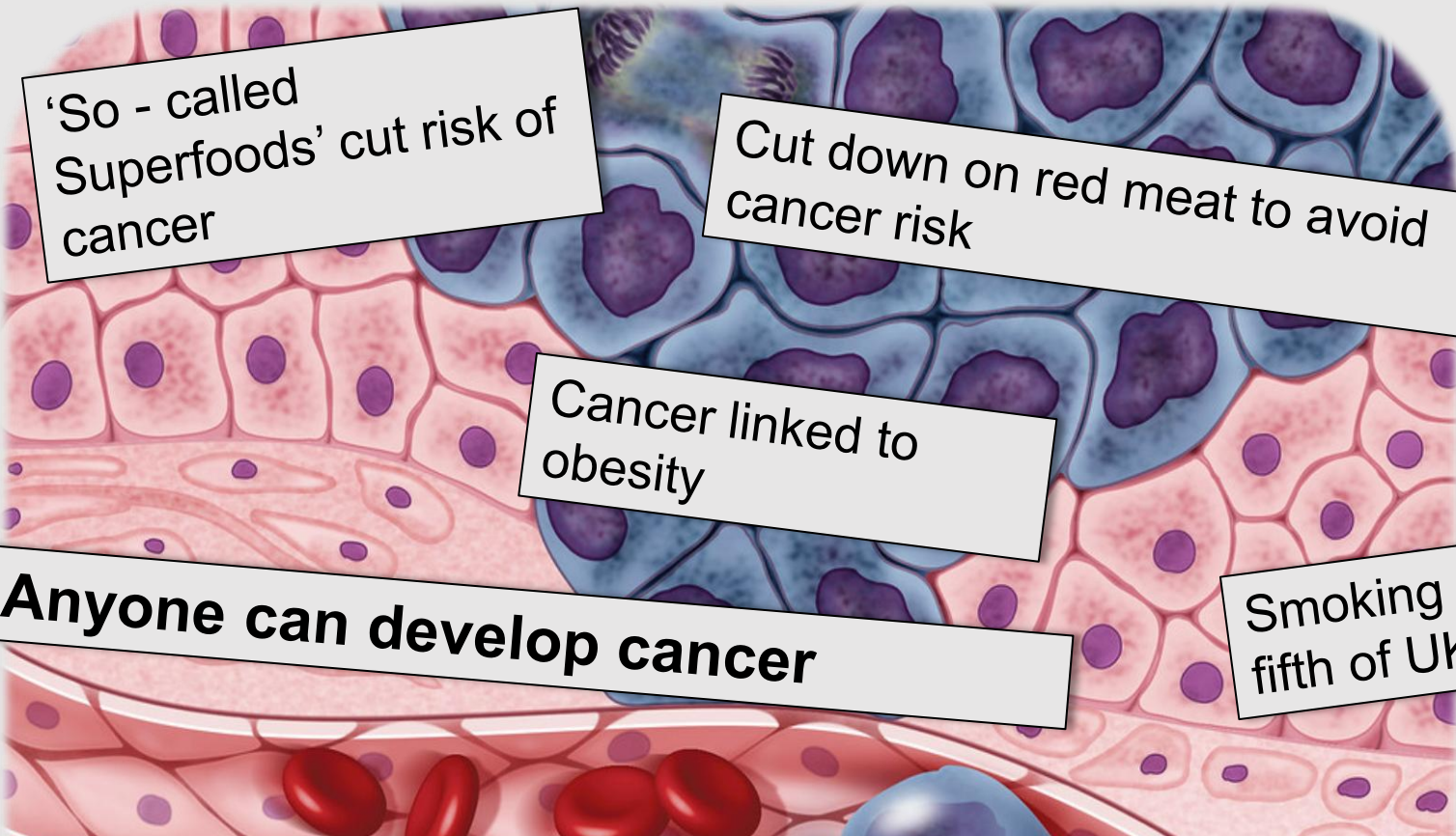
Bowel Cancer

Discoloured poo, changes in stools, blood in poo, bleeding, bloating, weight loss, fatigue, pain.



Skin Cancer

Change of shape, colour, symmetry or size of moles or new moles.



'So - called
Superfoods' cut risk of
cancer

Cut down on red meat to avoid
cancer risk

Cancer linked to
obesity

Anyone can develop cancer

Smoking linked to one
fifth of UK cancers



Anyone can develop cancer. Yet there are things that can statistically put a person at more risk, for example, smoking puts a person at more risk of lung cancer. Yet some people who never smoke also die of lung cancer. It's certainly not a black and white issue.

Watch the clip on the next slide and note what cancer is and what causes it, how it spreads and how it damages the body and why it can be hard to treat and cure. We will go through the answers together shortly afterwards.

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As you watch the clip, explain **what** cancer is and what causes it, **how** it spreads and how it damages the body and finally, **why** it can be hard to treat and cure.

<https://www.youtube.com/watch?v=WPgJafGz4fg>



What?

How?

Why?

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Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>
Kooth – <https://www.kooth.com>
Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.
Wellbeing Team and School Nurse
Report a Concern on Satchel
Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>
Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.
Headspace – Meditation and stress relief.
Clear Fear – Manage anxiety (designed for young people).
MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –
<https://www.beateatingdisorders.org.uk>
NHS Live Well – Eating Disorders –
<https://www.nhs.uk/mental-health/conditions/eating-disorders/>