

- Brain & CNS
- Upper gastro-intestinal tract
- Bone and sarcomas
- Breast

- Prevention
- Screening
- Genetics
- Diagnosis

What should you be aware of
When to see a GP

Cancer 11 Commandments

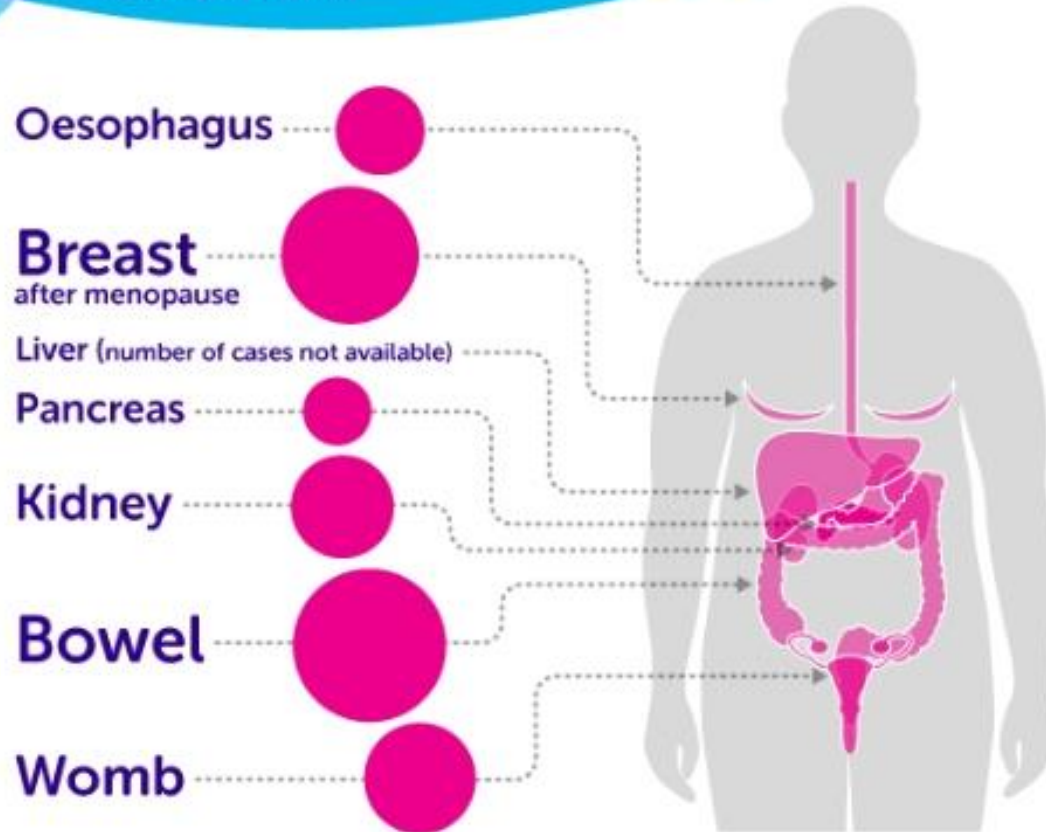
43% cancers are estimated to be preventable

- Do not smoke (& prevent passive smoking)
- Avoid obesity
- Daily physical exercise
- 5 fruit & veg daily
- Minimise alcohol consumption
- Avoid excessive sun exposure (esp kids and adolescents)
- Screening (colorectal, breast, cervical) and HPV vaccination
- Follow specific occupational advice

Don't be upset if we provide opportunistic advice



BEING OVERWEIGHT COULD CAUSE 10 TYPES OF CANCER



Being overweight may also cause **gallbladder, aggressive prostate and ovarian cancer**

 **Larger circles** indicate cancers with more UK cancer cases linked to being overweight or obese

Breast cancer

- 35% improvement in breast mortality in UK since 1980, one of best improvements in Europe
 - Screening, high volume specialist clinics, hormone treatments, better use of chemo and surgery
- Incidence since 2006 has started to reduce
 - Past peak of mammography screening
 - Reduced HRT prescribing
 - Other factors

Risk Factors

- BRCA 1 & 2 are responsible for <5% of all breast cancers
- FH is important (NICE CG 164, 2013)
- Obesity
- Physical activity
- Smoking and alcohol

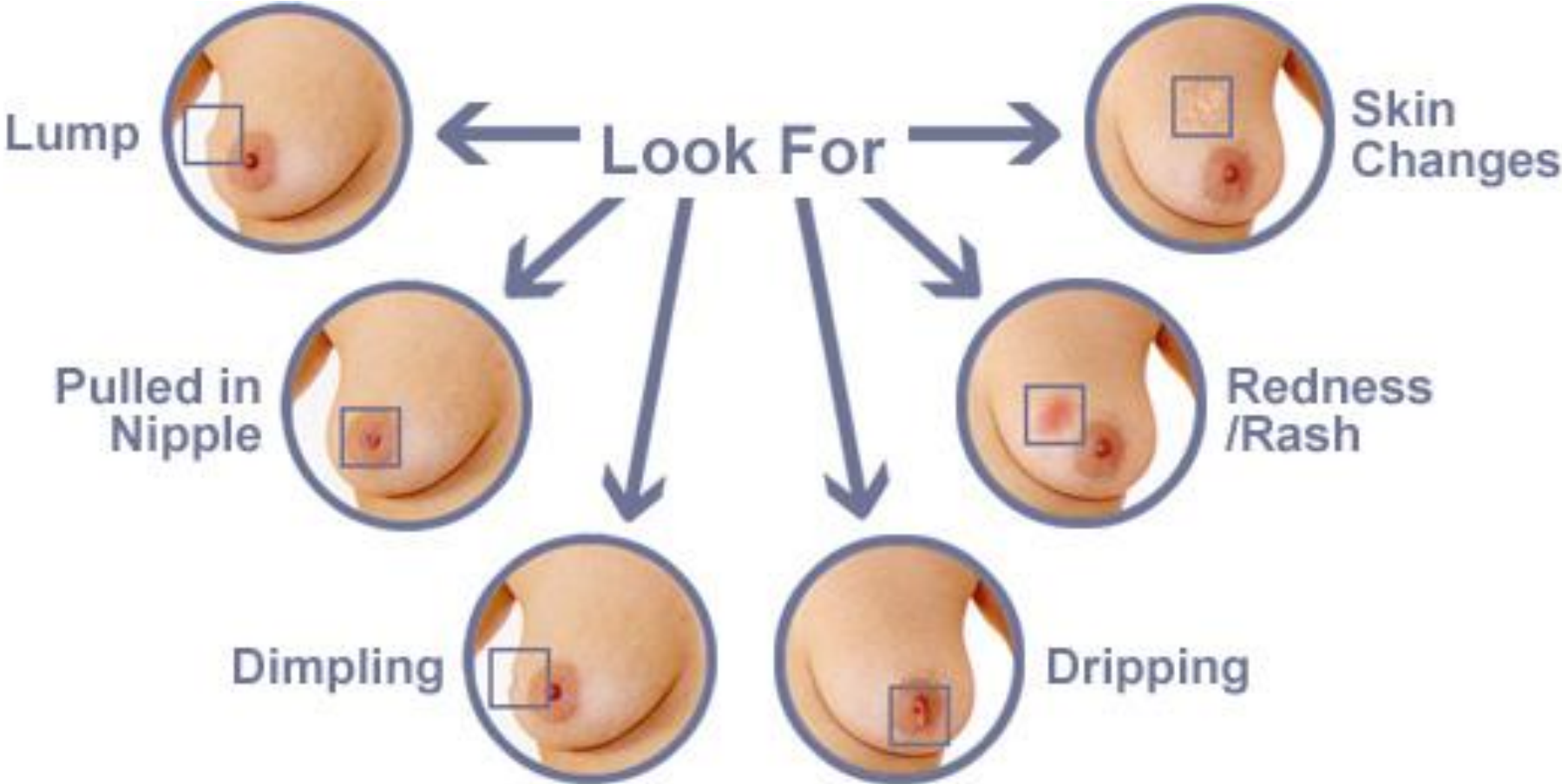
OPERA

(<http://www.macmillan.org.uk/information-and-support/diagnosing/causes-and-risk-factors/genetic-testing-and-counselling/opera.html>)

Breast Cancer: Prevention

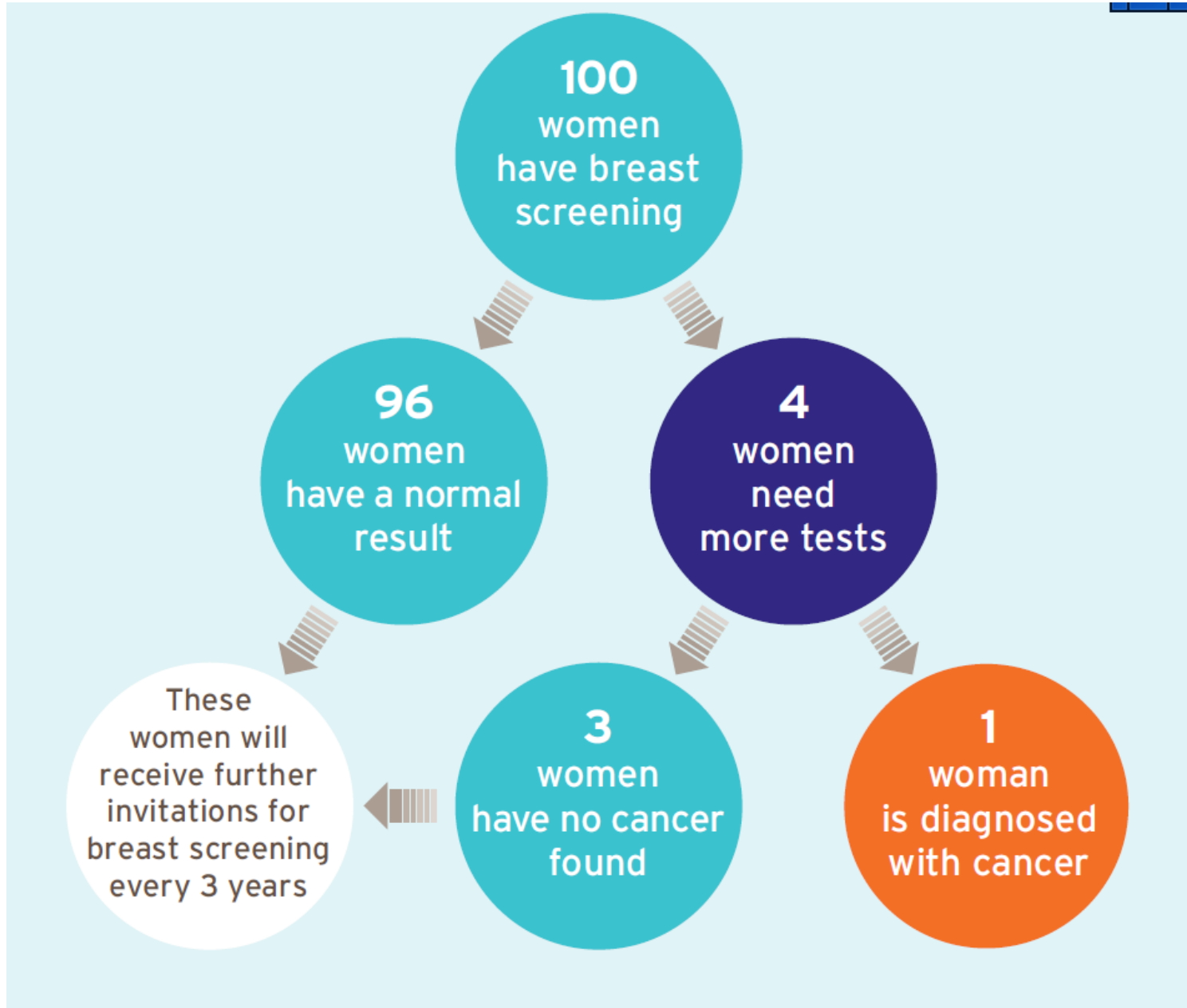
- Optimise weight
 - Putting on 2 kg (4.4 lb) after the age of 50 increases the risk of breast cancer by 30%
 - Putting on 25 kg (55 lb) after the age of 18 increases the risk of breast cancer by 45%
- Regular physical exercise (for every 2 hours vigorous exercise/week the risk is reduced by 5%)
- Stop smoking
- Minimise alcohol consumption (7 units/week)

Breast Cancer (Men & Women)



Breast Cancer: Screening

- NHS Cancer Screening programme
 - Mammography to women aged 50-70
 - Women >70 can ask for 3 yearly screening
- National office of statistics 2011
 - 77% took it up
 - 15,000 cancers detected
 - 40% estimated to be too small to detect at examination
 - Doubling of early case incidence, 8% drop in late presentation
- Average woman: 1 in 8 lifetime risk



Breast Cancer: Screening*

- For 10,000 women invited to screen from age 50 for 20 years:
- 681 cancers discovered of which 129 represent overdiagnosis
- 1 million people over diagnosed since screening introduced
- 43 deaths from cancer will be prevented

*Prof Mike Richards review, more information/research needed

Breast Cancer: referral

- We will need to examine.
- We should ask if you would like a chaperone
- Please feel empowered to ask first
- We will often refer to the breast clinic. Expect the majority to be reassured.
- Sometimes we may review first as many resolve. No guidance for women <30 where cancer rare, false positives high and mammography might increase risk.

Breast Cancer: diagnosis and treatment

- Triple assessment in clinic:
 - Clinical examination
 - Imaging
 - Biopsy
- Early and locally advanced cancer is treated by breast conserving surgery followed by radiotherapy.
- Other options include mastectomy, axillary node assessment, pre-operative chemotherapy, Herceptin (HER 2 gene amplification) and hormone treatment +/- ovarian suppression (ER positive).

Breast Cancer: other considerations

- Family & children
- Persistent pain
- Lymphoedema
- Menopausal symptoms
- Survival and recurrence
 - Local recurrence can occur
 - Long term follow up does NOT improve outcome
 - Metastatic disease risk tails off after 5 years