



## Health & Wellbeing Bulletin

### Cancer Screening

#### What is Cancer Screening?

Cancer screening is used by health care professionals to help find cancer at an early stage before symptoms appear. When cancer is found early it can often be easier to treat or cure.

Unfortunately there is not specific cancer screening for all types of cancer but this bulletin hopes to raise awareness of the cancer screening that is available and cancer screening that is planned to be available in the future in Ireland.

#### Breast Screening

Screening of Breast Cancer involves a mammogram x-ray of the breasts. Research has shown that Breast Cancer can be very treatable if detected early. Breastcheck the National Breast Screening Programme began offering free mammograms to women aged between 50 to 64 in 2000. Eligible women are invited every 2 years for free screening. For more information visit the website [www.breastcheck.ie](http://www.breastcheck.ie)

#### Prostate Cancer Detection

Currently there is no screening programme in Ireland for prostate cancer.

Prostate cancer can be detected early by your GP by obtaining a blood test called a PSA.

The difficulty around this is that the blood test is not specific to prostate cancer, it can only indicate that a man may have a problem with his prostate gland which needs further investigation.

Up to two thirds of men with a raised PSA do not have prostate cancer, and therefore routine testing could lead to anxiety. For more information on this please contact your GP.

#### Cervical Screening

CervicalCheck is the national cervical screening programme that was made available to women aged between 25 to 60 in 2008.

This programme provides free smear tests every 3 years to women aged 25 to 44. Following 2 consecutive "no abnormality detected" results women aged 45 to 60 are screened every 5 years. This smear can be taken at your GP provided that they are registered with CervicalCheck. To check this visit the website [www.cervicalcheck.ie](http://www.cervicalcheck.ie)

#### Colorectal Screening

In January 2012 there are plans to introduce a programme for Colorectal (Bowel) cancer screening in Ireland.

It will begin on a phased basis starting with men and women aged 60-69, over time it will be extended on a phased basis until the full 55-74 age group is reached. For more information on this visit the website [www.cancerscreening.ie](http://www.cancerscreening.ie)

If you or a loved one is concerned about any type of cancer or the screening mentioned in this bulletin, go to the websites mentioned throughout the bulletin, the Irish Cancer Society or you can speak with your GP.

**Remember the earlier that cancer is detected the more treatable it can be.**

**For further information on QUINN-healthcare's Health@Work Services please call 1890 907 088 or email [och@quinn-healthcare.com](mailto:och@quinn-healthcare.com)**

### More cancers will be cured if detected early:

#### See a doctor if you notice:

- a lump,
- a change in a mole
- any abnormal bleeding

#### See a doctor if you have persistent problems, such as:

- persistent cough,
- persistent hoarseness
- a change in bowel habits
- unexpected weight loss.