

**Our next online Zoom
First Friday Focus
meeting**

UK Bowel Cancer Awareness Month April 2023

Guest speaker

Joanne Barlow

Outreach & Information Support Officer
Information & Support Services Palliative Care
& End of Life

**Information and a chance to share
Friday April 14th
from 10am till 11.30am**

To Join Zoom Meeting: <https://tinyurl.com/36h83btc>
Dial in to meeting by phone: 0203 481 5240

healthwatch
Walsall

Info@healthwatchwalsall.co.uk
or call 0800 470 1660

Or scan QR code



healthwatch
Walsall

Welcome to our First Friday Focus meeting

14th April 2023

MEETING OUTLINE

- Introduction and welcome
- Meeting Etiquette
- Presentation
- How to get involved
- Share your services experiences
- Information and signposting
- How to contact us

MEETING ETIQUETTE



- Please put your microphones on mute to avoid any feedback or background noise
- Please save your questions till we come to the Q&A part of the meeting
- Comments and questions can be made in the chat facility
- Please respect each others views and allow people to ask a question or make a comment

Outreach Support Officer

Joanne Barlow

Caring for Walsall together



Raising Awareness

1 in 15 men and 1 in 18 women will be diagnosed with bowel cancer during their lifetime.

Bowel cancer is the second leading cause of cancer deaths in the UK.

Screening is vital, as it can help detect early signs of cancer, which caught early enough is easier to treat.



Raising Awareness

Symptoms

- 👁️ Bleeding from your bottom & or blood in your poo.
- 👁️ A persistent and unexplained change in bowel habit.
- 👁️ Unexplained weight loss.
- 👁️ Extreme tiredness for no obvious reason.
- 👁️ A pain or lump in your tummy.

If you have any concerns or if things just don't feel right, go and see your doctor.

Risk Factors

You are more at risk if.....

- 👤 Have a strong family history of bowel cancer.
- 👤 History of non-cancerous growths (polyps) in your bowel.
- 👤 Are over 50 (can affect anyone of any age)
- 👤 Have type 2 Diabetes.
- 👤 Have an unhealthy lifestyle.

You can reduce risk by.....

- 👤 Be a healthy body weight.
- 👤 Be more physically active in everyday life.
- 👤 Drink less alcohol.
- 👤 Stopping Smoking.
- 👤 Avoid processed meat and limiting red meats.
- 👤 Eating plenty of fiber, including wholegrains, vegetables and fruit.

**USING YOUR BOWEL CANCER SCREENING KIT.
DON'T IGNORE IT....**



Home Test – Faecal Immunochemical Test (FIT)

What is a home test?

- 💩 Bowel cancer screening test for those aged 60 – 74.
- 💩 Sophisticated and reliable test that uses an antibody that binds to blood and indicates how much blood is contained within the sample.
- 💩 More accurate and reliable than previous FOB tests.
- 💩 User friendly so more people are likely to take part in the screening programme. Hopefully raise participation by 10%.
- 💩 Opportunity to detect more cancers and pre-cancers.
- 💩 Simple way to see if more tests will be needed.
- 💩 Results given in around two weeks.

Home Test Bowel Cancer Screening Kit.

“I have received a Home Test Bowel Cancer Screening Kit in the post. I am unsure how to use the Kit. Would you be able to Help?”



“Of course, I would be happy to explain this to you!”



Faecal Immunochemical Test (FIT)

Before you start be prepared – You will need

- 👤 The FIT Test Kit
- 👤 Plastic gloves (If Preferred)
- 👤 Black or Blue pen
- 👤 Clean empty container to collect sample



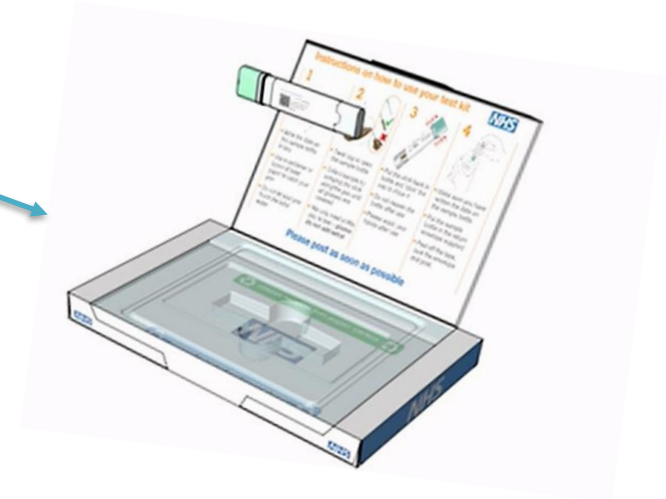
This is what you'd receive in the post!

Using your Bowel Cancer Screening Kit

Take your sample bottle



Clearly add the date sample was taken
e.g. 03/09/2020



How to Catch your Stool/Poo

You could use some of the ideas below

- 💩 Grape Container
- 💩 Ice cream or margarine container
- 💩 Cling film over the toilet (leave a dip)
- 💩 Takeaway container

Top Tips

- 💩 Containers must be **clean** and **dry**
- 💩 Line container with toilet paper so you can easily tip away after

The sample must not touch the water in the toilet!

Taking a sample of your Stool/Poo

Step One

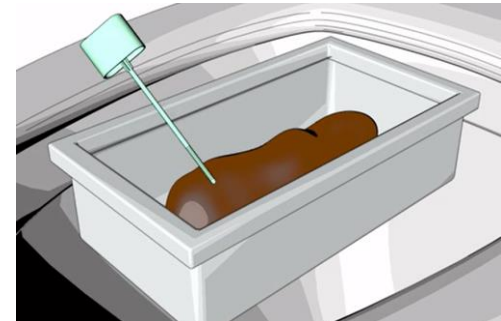
💩 Take stick from the tube



Step Two

💩 Scrape end of stick along the Stool/Poo

💩 Only a very small amount of the stool is needed



Step Three

💩 Place the stick in the sample tube until it clicks.



Wash your hands!



Note:

Check you have added date correctly before sealing your test.

Post it back to us



Step Four

👁️ Put the sample bottle in the pre-paid envelope/box provided

Step Five

👁️ Post the test as soon as possible.

👁️ Results will be back in two weeks.

👁️ Don't be concerned, **98 in 100 (98%)** of results return normal.



Faecal Immunochemical Test (FIT)

- 💩 With this Kit you will collect a stool/poo sample.
- 💩 Place it in a small plastic sample bottle.
- 💩 Post it back to the laboratory for testing.
- 💩 Results back in two weeks.
- 💩 Relax for two years.



Thank you

“Thank you, I feel so much more confident! It’s so much easier than I thought, I’ll be doing it as soon as I can!”



Feedback & stats

Data from Cancer research February 2020

- 👤 Currently only 58% of those eligible complete the test.
- 👤 The independent cancer taskforce has an ambition of 75% uptake by 2020
- 👤 Every half an hour, someone dies from Bowel Cancer.
- 👤 If diagnosed early, 90% of cases can be treated effectively.
- 👤 Someone is diagnosed every 15 minutes with Bowel Cancer in the UK.

2015-2017 UK Statistics

Cases – 42,317 Deaths – 16,272 Survival 53% Prevention 54%

Walsall Place (Formerly Walsall CCG) February 2020

51.7% of those aged between 60-74 completed the home test

57.7% is the national average of those aged between 60-74 completing the home test.

Any Questions?



GET INVOLVED



There are a number of ways:

- Tell people about Healthwatch Walsall in your local community. Spread the word
- Share your experiences and views of health and social care services in Walsall. Go to our 'Have Your Say' on our website.
- Volunteer with us in one or more of our volunteer roles available. Recruiting volunteers and to our growing Youth Healthwatch volunteer team.

SHARE YOUR
SERVICES
EXPERIENCES

healthwatch
Walsall

Share your health and social care services experiences by going on our online 'Have Your Say' platform on our website.

Or call: 0800 470 1660



INFORMATION AND SIGNPOSTING

healthwatch
Walsall

We provide an information and signposting service so that people can get the support or access to services and information when they need it.



HOW TO CONTACT US



By Telephone: 0800 470 1600

By Email: info@healthwatchwalsall.co.uk

Via our Have Your Say experience section
<https://www.healthwatchwalsall.co.uk/share-your-views>

Social Media

- Facebook : @HealthwatchWSL
- Twitter: @HWWalsall
- Instagram: hwwls
- YouTube: Healthwatch Walsall 2020