

- ☒ Sweep path
- ☐ Pay council tax
- ☒ Book hair appointment
- ☐ Book taxi for Friday
- ☒ Defrost freezer
- ☒ Water plants before they FULLY give up
- ☒ Pick up parcel from next door
- ☐ Sort the spare key situation
- ☐ Get batteries for the remotes
- ☐ Fix the back gate

☐ SORT
CANCER
SCREENING

NHS

Greater Manchester

**TICK
OFF YOUR
CANCER
SCREENING**

When your screening invite or kit arrives, don't let it slip to the bottom of your list.

Cancer screening in Greater Manchester includes:

Cervical screening for women and people with a cervix aged 25 to 64. Invitations sent by post, text or the NHS App every five years.

Breast screening for women and people registered with their GP as female aged 50 to 71. Invitations sent by post, text or the NHS App every three years.

Bowel cancer screening is a test you do at home that checks for signs of bowel cancer. It's offered to people aged 50 to 74, every two years.

If you think you should have been invited, contact your GP surgery.



Search "NHS App" on the App Store or Google Play to download.



Worried about symptoms?

See your GP if you're worried about any potential symptoms of cancer, such as:

- a lump or swelling anywhere on the body
- a cough or breathlessness lasting more than three weeks
- unexplained bleeding (in pee, poo or between periods)
- heartburn that lasts for three weeks or more
- unexplained tiredness, pain, loss of appetite, or weight loss

Even if you've recently had your breast, bowel or cervical screening, contact your GP. **Do not wait for your next cancer screening.**

Most of the time, these symptoms aren't cancer – but catching cancer early makes all the difference.



Get to know the signs and symptoms of cancer.

Screening is the best way to spot changes early and get treatment if you need it.