Do you know how many calories are in your drinks?

YOUR VIEWS

CHEERS TO HEALTH AND HAPPINESS

TOP TIPS FOR A HEALTHY AND HAPPY WINTER

NAILED IT! Are you getting your nails done for the festive season?

CERVICAL CANCER: HOW IT AFFECTS US ALL

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REAL LIFE STORIES

Drop-in x-ray clinics open in Middlesbrough

Open Screening Clinic for James Cook University Hospital Staff

NHS

Middlesbrough moving forward

#BeautifulInsideAndOut
Welcome to the winter edition of Beautiful Inside and Out.
Winter’s officially here and it gives us a great excuse to indulge – hot chocolates, nights out, curling up in front of the TV with a box of chocolates. Heaven! But will we regret over-indulging come January? We have some great tips for how you can enjoy those winter wonders while staying happy and healthy.
Our last issue showcased some stories of local people who have had experiences with cervical cancer. We had a really positive response from readers who related to these stories so we thought we’d talk to some more local people – you can see their inspirational stories on pages 6 and 7.
We hope you enjoy the festive season and the time you spend with loved ones. Look out for those around you who may be spending the season alone and let’s make sure we all enjoy a happy and healthy new year.
All the best,

Katrina Jackson and Becky James
South Tees Tackling Cancer Together Group

OPEN SCREENING CLINIC FOR JAMES COOK UNIVERSITY HOSPITAL STAFF
The staff at James Cook University Hospital can now go along to a dedicated staff clinic for their cervical screening appointment. The clinic aims to save staff time, allowing them to have an appointment on site rather than spend time visiting their GP. It’s easy, free and available at times to suit everyone. The clinic is open to all Hospital Trust and Carillion staff, so if you know someone who works at the hospital, spread the word!

DROP-IN X-RAY CLINICS OPEN IN MIDDLESBROUGH
As part of a new trial, drop-in clinics have been set up to make it easier for people who have the signs and symptoms of lung problems to get the help and treatment they need early. The clinics will offer chest x-rays to smokers over 50 who have one or more of the following symptoms; cough lasting for more than three weeks, chest pain lasting for more than three weeks or coughing up blood. The sessions are held at James Cook University Hospital and the One Life Centre (Linthorpe) at a variety of times over the week. There is no need for an appointment or a referral from a GP or healthcare professional.
See opening times and full details at www.reduce-your-risk.co.uk

#BeautifulInsideAndOut
See the latest on social media and help us spread the message and raise awareness of the importance of cervical screening.
www.screeningsaveslives.co.uk
www.reduce-your-risk.co.uk

Join the Conversation!

Want to share your story with us or pledge your support to the campaign?

Go to www.screeningsaveslives.co.uk to find out more and help inspire others.

Salons For Screening

Facebook: facebook.com/tacklingcancersouthtees
CHEERS TO HEALTH AND HAPPINESS

TOP TIPS FOR A HEALTHY AND HAPPY WINTER

We share our top tips for enjoying the festive period in a happy and healthy way...

**Have your flu vaccine:**
Flu occurs every year and is a highly infectious disease with symptoms that come on very quickly. People aged over 65, pregnant women, people with long-term health conditions and main carers can receive free flu vaccinations from their GP or pharmacy. The risks to vulnerable people who catch the flu are serious and can lead to hospitalisation and even death, so it is important that vulnerable people get their flu vaccination. About 800 people in England are admitted to intensive care with complications of flu every winter and even more shocking, nearly one in ten women who die during pregnancy are killed needlessly by flu because they have not taken up a free vaccine. Children aged between 2 and 4, and those in school years 1 and 2 are also now eligible for free flu vaccinations. For everyone else, the flu vaccine is also available for a small fee from supermarkets, chemists and your GP.

**Stay warm in the cold weather:**
Keep warm both indoors and outdoors! Try to keep your home at least 18°C (65°F) and wear several light layers of warm clothes rather than one chunky layer. If you’re heading out, make sure you wrap up warm.

**Feeling ill:**
At the first sign of illness seek advice and help from your GP or pharmacist and make sure you stock up on any prescribed medicines before pharmacies close for Christmas.

**Drink more milk:**
You’re 80% more likely to get a cold in winter, so it’s important to make sure your immune system is in good condition. Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of protein, calcium and vitamins A and B12.

**Stock up on fruit and veg:**
It’s tempting to eat unhealthy foods so make sure you have plenty of fresh fruit and veg in. Winter soups are excellent comfort food and can be made in batches and frozen really easily.

**Keep active:**
Check out what events are on locally. Ice skating, winter fairs, walks in the woods – they’re all great ways of getting out and about.

**Don’t wash the bird:**
Washing your turkey before cooking it significantly increases the risk of food poisoning by splashing germs around the kitchen. Don’t wash your bird, because it will only spread germs. Thorough cooking kills any bacteria that might be present.

**Wash your veg:**
Most of the bacteria on vegetables is in the soil attached to them. When you wash your vegetables, don’t just hold them under the running tap. Rub them under water, for example in a bowl of fresh water.

**Know your dates:**
Food with a ‘use by’ date goes off quite quickly and it can be dangerous to eat after this date. Food with a ‘best before’ date is longer-lasting. It may not be at its best quality after this date but should be safe to eat.

**Prepare healthy snacks:**
It’s easy to grab something unhealthy to eat when you’re busy, but take the time to prepare some healthy treats and you’ll feel great for it. Dried fruit, baked crisps, veg sticks, home-made popcorn, rice cakes and pitta with low-fat dips are all great choices.
ALCOHOL & CANCER:

**HOW REAL IS THE RISK?**

With the party season upon us, lots of us will be in a position where we’re drinking with friends and family over the festive period. Alcohol is one of the most well-established causes of cancer and is responsible for around 12,800 cases each year in the UK - shocking but true. Alcohol has been linked to breast, mouth and bowel cancers, among others and unfortunately the more alcohol a person consumes, the higher the risk of developing cancer.

In today’s world, more and more people are affected by cancer at some point in their lives. But thanks to modern science and research we know more than ever that there are things we can do to reduce the risk of cancer. One of the ways we can do that is to cut down on the amount of alcohol we drink.

There are so many benefits of reducing our alcohol intake. Cutting down reduces your risk of cancer, accidents and injuries, stroke, high blood pressure, liver disease and pancreatitis. On top of this, it helps avoid hangovers, saves money, cuts calories and helps you sleep better.

I love a good party but I know what too much drinking can do to my body and my health. I try to stick to drinks that are lower in sugar, like a spirit and diet mixer. That way it’s easy to cut your calorie count and you can still have a great night.

Emma
27, Eston

I’m not much of a drinker, though you’d never know it – I go out with my friends and have a great time laughing and dancing. You make your own fun – drinking doesn’t make or break a good time.

Sam
32, Redcar

**OVER TO YOU**

The research is there and the benefits of reducing the amount of alcohol we drink are clear. What do real people think? We took to the streets of Middlesbrough to get your opinions.
When I was younger, I waited all week for my big night out on a weekend! Now when I look back all I think of is wasted Sundays spent with a hangover and spending my hard earned money on nights I didn’t remember half the time. Now I meet my friends for a drink or two and it’s fun. I don’t need to go overboard to enjoy myself.

Louise
36, Hemlington

I used to love nights out, getting together with the lads and letting go after a long week at work. But when my father got liver disease it really changed how I looked at things. I saw him deteriorate in front of my eyes. Everything changed for my family – our routine, how we spent our time, how we interacted with each other. Suddenly going out drinking every weekend wasn’t a positive thing for me. It was the beginning of a journey that has no happy ending.

Dave
30, Middlesbrough

For advice and help on alcohol related issues visit www.drinkaware.co.uk

Alternate alcoholic drinks with soft drinks or water – it’s healthier, saves calories and best of all you’ll feel amazing the next day!

Nailed it!

We love getting our nails done! There’s loads of great designs out there for the festive season from sparkle to snowflakes.

Images courtesy of All Dressed Up in Normanby

www.screeningsaveslives.co.uk | Winter 2016 | Beautiful Inside And Out | 05
In the last issue we printed the real life local stories of Rachel Kershaw, Steven Fletcher and Joanne Dunn. We had a great response to the article, with many women telling us they were committed to attending their cervical screening appointment.

Cervical screening, which is also known as a smear test, isn’t a test for cancer - it’s a test for abnormal cells which if left untreated could lead to cancer. It is a simple test which involves taking a small sample of cells from the surface of the cervix to check everything is normal and healthy. Women aged 25-64 are most at risk, so it’s essential to attend appointments to keep healthy. Women aged 25-49 are invited for screening every three years, and every five years from aged 50-64.

Screening for cervical cancer is so effective that it prevents an estimated 1,827 deaths a year in England alone.

We want to get the message out to the women of South Tees, so please help to spread the word to your mother, daughter, sisters, aunts and friends!

If you haven’t received your appointment letter or you’ve missed an appointment, please contact your GP to book one straight away.

As Rachel Kershaw says, “no fear, go smear.”

DID YOU KNOW...

A recent study found that 350 extra lives could be saved every year if all women aged between 25 and 64 attended their regular screening appointment.

Every day in the UK, 9 women are given the news that they have cervical cancer.

Debbie Crosby
Owner, U Beauty, Eston

“If I hadn’t gone to my check up when I did, I wouldn’t be here now.

My experience with cervical screening happened 10 years ago. I always went for my 3-year check up. I never missed an appointment. At one of these checks they found abnormal cells.

I was sent straight to the hospital – they made me an appointment within a week. The doctor told me my abnormal cells could have turned cancerous if they were left. At the hospital they used dye that shows up on camera to see where the abnormal cells are. They burned off these cells and I could see on the screen they’d all gone.

After that they kept a close eye on me – I had checks at 3 months, 6 months and yearly. Everything has been fine and now I’m back to 3 yearly checks like everyone else.

I’d tell people in the same situation that there’s absolutely nothing to be scared of. If anything came back abnormal for me again I wouldn’t be scared at all, there’s nothing to it.

If you miss your 3-year check up it could be a waste of life for 5 minutes of your time.”

Cervical screening saves lives
Don’t be the one missing out...
“Two of my clients had a friend who lost her life to cervical cancer.

Paula Hewitt lost her battle with cervical cancer earlier this year, at 32 years old. It was after going for her routine smear test in September 2014 that Paula received the shocking news that she had cervical cancer.

She underwent brachytherapy, a radiation treatment, but unfortunately the cancer spread to her lymph nodes. She then went through chemotherapy which stopped the spread for a short time, but it eventually reached her sternum, lung and her liver.

Paula’s friends tell me her attitude was truly inspirational. She stayed positive as she battled the cancer and always kept her sense of humour.

I have Psoriatic Arthritis. After a year of restricted mobility and pain, my new medication had started to work...and then I found out about Paula’s death. I was getting better while this girl lost her life – it seemed very poignant and I wanted to do something to help.

I decided to do some fundraising for Maggie’s Centres. My client Louise was a good friend of Paula’s and she told me how much the charity had helped Paula, as well as supporting her friends and family after she died.

I set up a dry bar at the salon to raise money. Myself and my team, Gaby and Lauren, styled customers’ hair from dry in 30 minutes, in exchange for a minimum donation of £10. We had a tombola running as well, and got lots of support from clients who kindly donated prizes.

Word spread about the fundraising and so far we have raised over £900 for Maggie’s Centres.

In this industry I meet a lot of people and I have a few clients who have been affected by cervical cancer. One client found out she had it and needed a minor operation. Thankfully the cancer has now gone and she has the rest of her life to look forward to.

The message is just go to your screening appointment.”

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Tony Munroe, Paula Hewitt’s fiancé and partner of 10 years, says: “I want to tell everyone to go to their screening appointment, I can’t emphasise how important it is.

If you get checked and it’s all clear, great. If it’s not, go and get it sorted. The time factor is so important. Paula was diagnosed and 2 weeks later she saw a consultant, it really is that quick. If you leave it for a few months you could end up in a serious situation.

We’re still fundraising for Maggie’s Centres. In November we handed them a cheque for £5,000 which they’re very appreciative of. We’re still fundraising and we’ve almost reached £6,000 now.

I’m doing all I can to raise awareness and getting the word out is a massive thing. As Paula used to say, if it makes a difference to one person, then crack on doing what we have to do.”

Visit www.justgiving.com/remember/389503/Paula-Hewitt
Cervical screening saves lives
Don’t be the one missing out...

For more information see your GP or visit screeningsaveslives.co.uk