

# Small changes can make a **big difference!**

## Cancer screening saves thousands of lives in England each year

**Small changes in your lifestyle and health care routines make the biggest difference later in life. One small change you can make that can make a big difference is choosing to get screened regularly.**

Screening can detect cancer at an early stage and saves thousands of lives in England each year. If cancer is picked up early, it means that treatment is more likely to work and more people survive. In the UK there are national screening programmes for bowel, breast and cervical cancer.

**For more information on cancer screening please visit:**

[www.gov.uk/topic/population-screeningprogrammes](http://www.gov.uk/topic/population-screeningprogrammes)

[www.nhs.uk/conditions/nhs-screening](http://www.nhs.uk/conditions/nhs-screening)

### Small changes you can make are...



Screening is for healthy people who want to stay healthy. Saying yes to screening can help you get more out of life.



Eating your five a day can help reduce your risk of heart disease.



After just two weeks of not smoking your circulation can improve.



A brisk 30-minute walk will burn around 100-300 calories.



Having more alcohol-free days can help you sleep better, and wake up more easily.



Keep in touch with friends and family. Catching up with someone close has real mental health benefits.

# Giving you a healthy **steer**



**Early Detect. Early Protect.**

CHESHIRE AND MERSEYSIDE CANCER SCREENING



# Simple changes to help you get more out of **life**



## 1 Say 'YES' To Screening!

Screening is for healthy people who want to stay healthy. Saying yes to screening can help you get more out of life. If you feel well and have no symptoms, screening is for you!

### Tips to help you get screened:

1. **Ask for more information** from your GP before you make the choice to be screened
2. **Speak to your GP** about what screening options are available
3. **Read up on the screening process** before your appointment. The NHS website has a wealth of resources to help you

## 2 Eat Well

Eating well is better for your waistline, and it helps to make sure you're getting the nutrients you need to live and feel your best.



### Tips to eat well:

1. **Fruit and veg** can be fresh, dried, frozen or canned
2. **Ditch the salt** – reducing salty foods helps prevent heart disease and strokes
3. **Go light** – switch to lower fat options, such as light mayonnaise
4. **Watch out** for high sugars in 'low fat' products, like breakfast cereals



## 3 Stop Smoking

Quitting smoking is one of the best things you can do for your health and wellbeing. It will save you money, and possibly improve your sense of taste and smell too.

### Tips to stop smoking:

1. You're **four times** more likely to quit permanently with support
2. **Keep what matters to you in mind** – like your kids or long-term health
3. Most people who quit save **£250 a month!**
4. **Avoid your 'triggers'** – when are you most likely to want to smoke?

For information and advice to help stop smoking, visit [www.nhs.uk/live-well/quit-smoking/](http://www.nhs.uk/live-well/quit-smoking/)



## 4 Be Active

Start living a more active life by moving more – and enjoy the many health benefits, from feeling better to losing weight.

### Tips to get more active:

1. **Start small** – if you can only do 10 minutes for now, do that
2. **What about a walk?** Walking is a great way to get active and it's free!
3. **Can you sing while you're exercising?** If not, you've got your level about right
4. **Forget what others do** – just stay active in the way that works for you

## 5 Drink Less

Lots of us enjoy alcohol now and then to relax, but cutting back a bit can have all kinds of benefits to your health, mood and sleep.



### Tips to reduce alcohol:

1. **Try having one or two more drinks** – free days every week
2. **Have one or two less drinks** than you normally would
3. **Downsize your drink**, for instance swap pints for bottles
4. **Try a mixer** – it reduces the calories too

Try downloading the FREE 'Lower My Drinking' app to help you cut down from the Google Play or Apple stores.



## 6 Mental Wellbeing

Daily stress and other factors can easily lead to a low mood or something more serious. But there are lots of small things you can do to look after your mental wellbeing.

### Tips to benefit mental wellbeing:

1. **Get plenty of sleep** – it helps start the day more energised and positive
2. **Do things that make you happy** – make time for you
3. **Get outside** – sunlight has extremely positive effects on our mood
4. **Ask for help** – there's no need to suffer in silence

Get expert advice and practical tips to help you look after your mental health at [www.nhs.uk/every-mind-matters/](http://www.nhs.uk/every-mind-matters/)

**We all make lots of lifestyle choices every day, often without thinking about them. It's easy to treat ourselves and worry about the consequences later. But all these choices add up and can increase the likelihood of being unwell later in life. Small changes can make a really big difference in making you feel better and avoiding preventable illnesses. So let us point you in the right direction.**