

Issue 22

March 2010



TOP TIPS

Symptoms of ovarian cancer

If you experience any of the following key symptoms on most days of the month, then ask your doctor if they have considered ovarian cancer:

- Persistent pelvic and stomach pain
- Increased stomach size / persistent bloating – not bloating that comes and goes
- Difficulty eating and feeling full quickly

Research shows that these symptoms, when frequent, can help a doctor distinguish between ovarian cancer and other less serious conditions e.g. irritable bowel syndrome.

Any other sudden onset, frequently recurring or numerous symptoms should also be reported to your doctor. Other symptoms of ovarian cancer can include:

- Needing to wee suddenly or more often
- Change in bowel habits
- Excessive tiredness
- Back pain

Ovarian Cancer Awareness Month – March 2010

Ovarian Cancer Action are using this month to promote that if detected early, survival rates for ovarian cancer are high.

Although women can develop ovarian cancer at any age, it is common in those who have gone through the menopause. There are around 6,600 new cases in the UK each year.

Most women do not know any of the symptoms of ovarian cancer, and often mistakenly believe a smear test will detect it (this is for cervical cancer).

Ovarian cancer is easiest to treat when it has not spread beyond the ovaries, so it is important women visit their doctor if they experience any of the common symptoms on most days. If you are experiencing any of the symptoms of ovarian cancer, remember it is unlikely to be ovarian cancer, however if symptoms persist it is important that you consult your doctor.

If you are worried about symptoms, then why not use a symptom diary to help describe to your doctor, what is happening to you. Remember these symptoms can occur for many reasons, and your doctor is unlikely to want to refer you for unnecessary tests. Your doctor will only see around one case of ovarian cancer every five years, so it's not

surprising that it can sometimes go overlooked. Download a symptom diary from

www.ovarian.org.uk/pdf/SymptomDiary.pdf

or call 020 8238 7605 for a copy.

Reducing your risk

It is important to develop and maintain a healthy lifestyle, by eating plenty of fresh fruit and vegetables, and taking regular exercise. Suppressing ovulation can reduce risk, but must be discussed with a doctor. Methods can include long term use of the contraceptive pill, several pregnancies and breast feeding, or removal of the ovaries (oophorectomy).

Find more out what every woman should know, by visiting

www.ovarian.org.uk

020 8238 7605

info@ovarian.org.uk



Events

Down's Syndrome Association Week

15/th—21st March 2010

www.downs-syndrome.org.uk

Mental Health Action Week

4th—10th April 2010

www.mhf.org.uk/campaigns/mhaw/

Parkinson's Awareness Week

19th—25th April 2010

www.parkinsons.org.uk

A HEALTHY ROUND-UP



This was launched by Burnley Council's Environmental Health Team working in partnership with Burnley Football Club. The competition was supported by funding from the Food Standards Agency.

Following a tense taste-off, year two pupils from Brunshaw Primary School were crowned the winners, producing a vegetarian broth that got everybody's tummies rumbling for more!



The young winners later returned to Turf Moor to serve up their broth to the club's new manager, Brian Laws, and some of the players. The broth was such a success that it's now been incorporated into the players' healthy eating menu.

And it didn't stop there. Over a thousand hungry claret fans tasted Burnley's Best Broth at the team's home game against West Ham on 6 Feb. The supporters really enjoyed the broth and thought it was a tasty winter warmer on a cold day.



If you're ready to break free and give up smoking this year, then you can visit www.nosmokingday.org.uk and sign up. You'll have access to all the support, resources and information you need to succeed and it's all free!

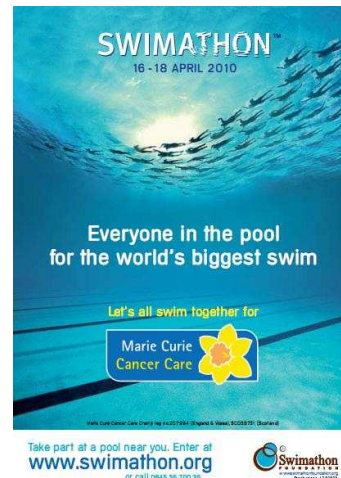
There are many steps you can take towards a smoke free lifestyle. Whether it's cutting down, giving up for No Smoking Day on Wednesday 10th March, giving up for the week or taking a giant leap towards quitting for good, www.nosmokingday.org.uk, and the No Smoking Day team are here to help.

How about getting help and support from your family, friends and colleagues? Why not get them to sponsor you? That way you can also support your favourite charity and help them to help others. If you're up for the challenge of a smoke free week or you're ready to quit for good, you can raise money to support a charity of your choice.



If you're not ready to commit to a quit just yet you can also just visit the website to check out the resources page.

Take on the swim of your life for Marie Curie Cancer Care



Join thousands of swimmers around the UK in the pool, for the world's biggest fundraising swim.

Challenge yourself and your friends to swim further, faster or for longer than ever before to help raise money for Marie Curie cancer care.

Your money will help fund the work of more than 2,000 Marie Curie Nurses across the UK and will mean that more terminally ill people will have the chance to die at home.

Enter online: www.swimathon.org
Swimathon support line: 0845 36 700 36

Jane's Recipe Card

Quick vegetable soup (Serves 6)

- 1 medium potato, peeled and cubed**
- 2 leeks, finely chopped, washed**
- 2 carrots, washed, diced**
- 1 onion, finely chopped**
- 2 courgettes, diced**
- 1 tin of chopped tomatoes (400g)**
- 2 reduced salt stock cubes – chicken or vegetable**
- 1.5 litres boiling water**
- Optional – 50g frozen peas and ground black pepper**

Place all the ingredients in a pan. Gently bring to the boil and then simmer for 20 minutes or until the vegetables are tender. To



make a chunky soup, remove all the liquid and half the vegetables, and blend. Then return the puree to the pan and add the peas and pepper (optional). Heat thoroughly before serving.

Tips

Use shredded cabbage, green beans, or swede if you haven't got all the ingredients. If using cooked vegetables just add before heating thoroughly.



Visit www.burnleymechanics.co.uk/

to download the latest brochure and to find out what's on at your town centre venue



Mini health checks are available at Contact Burnley on Parker Lane:
Wed 3rd March
10:00 – 12:30

For more information and subsequent dates call Healthy Lifestyles on

01282 664420

Contact Jane Summers

For more information regarding the Workfit programme

Workfit@burnley.gov.uk
01282 425011 Ext 2544