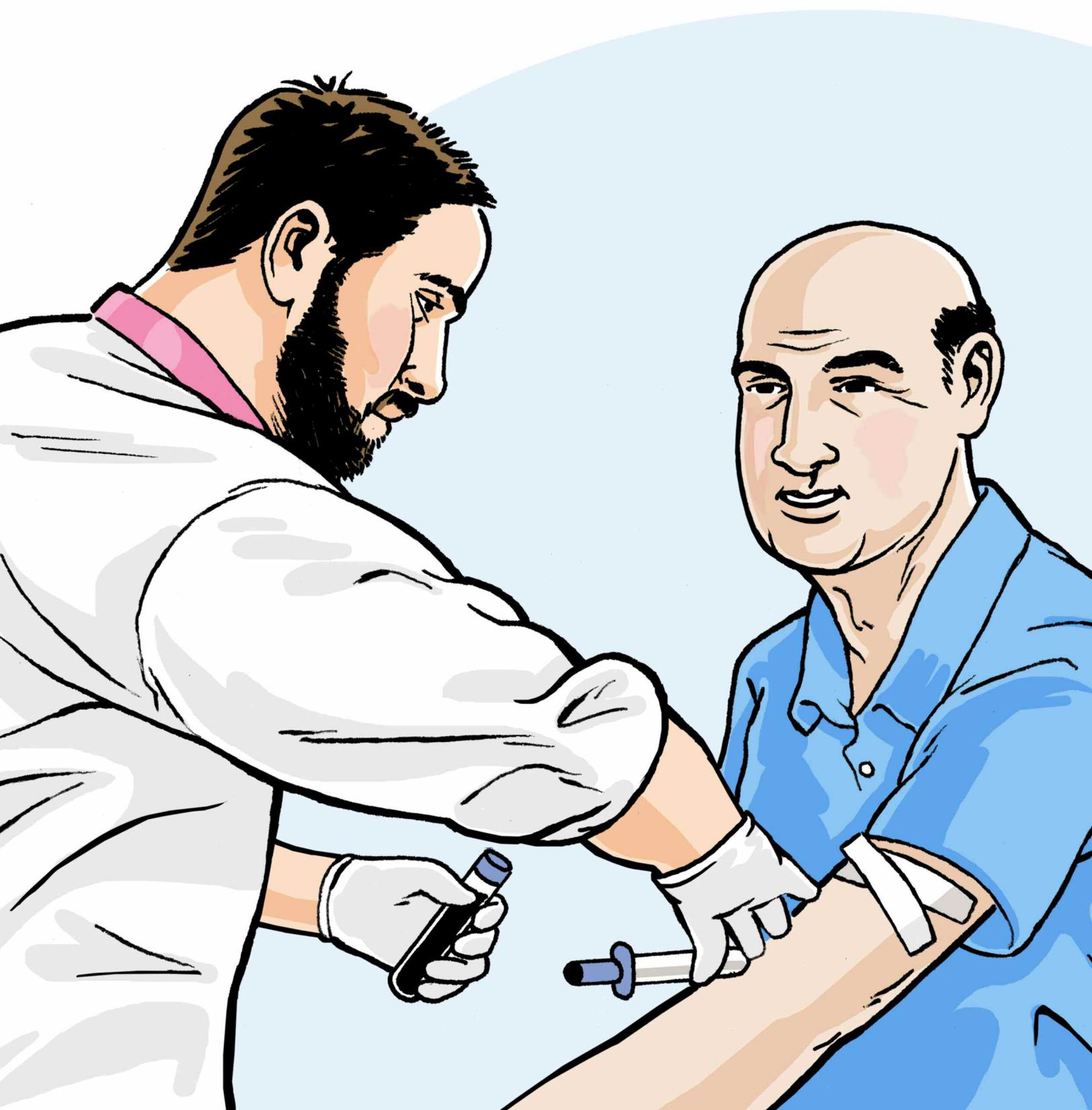


Having examinations and blood tests

Diagnosis and Treatment



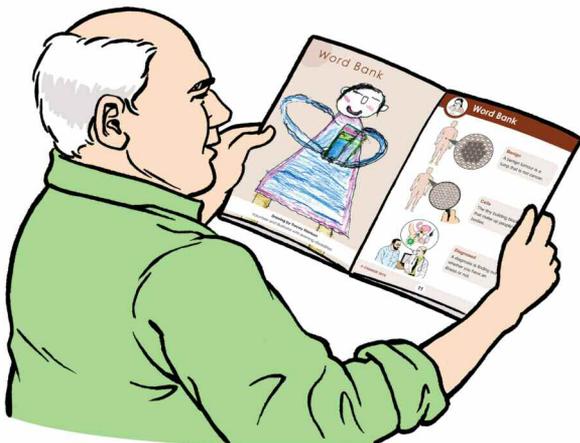
Introduction

This booklet uses easy words and pictures to help you get information about cancer.

You might want someone to help you look at the booklet so you can talk about it.

There is a Word Bank at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank.

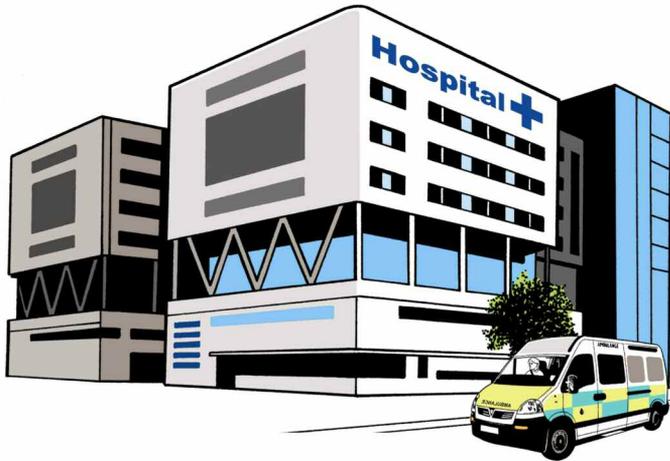
This booklet can help you learn about cancer. But this is not the same as talking to your doctor. If you are worried about your health, you should talk to a doctor or nurse.



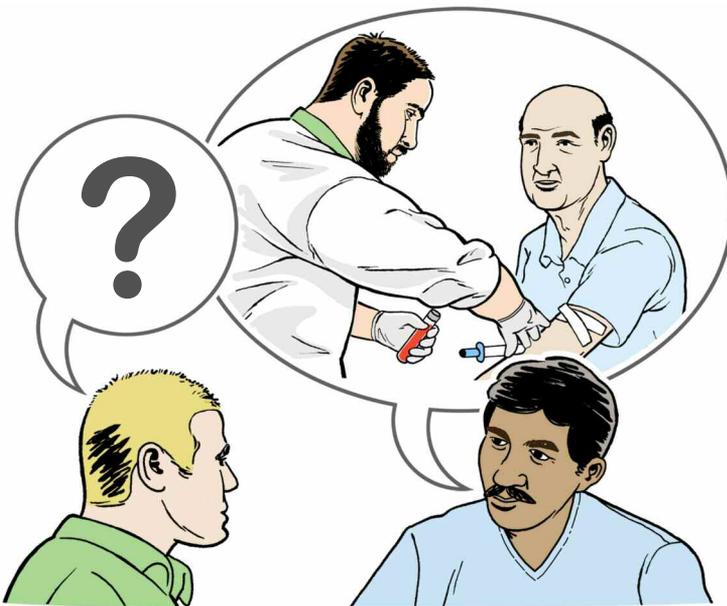


Having examinations and blood tests

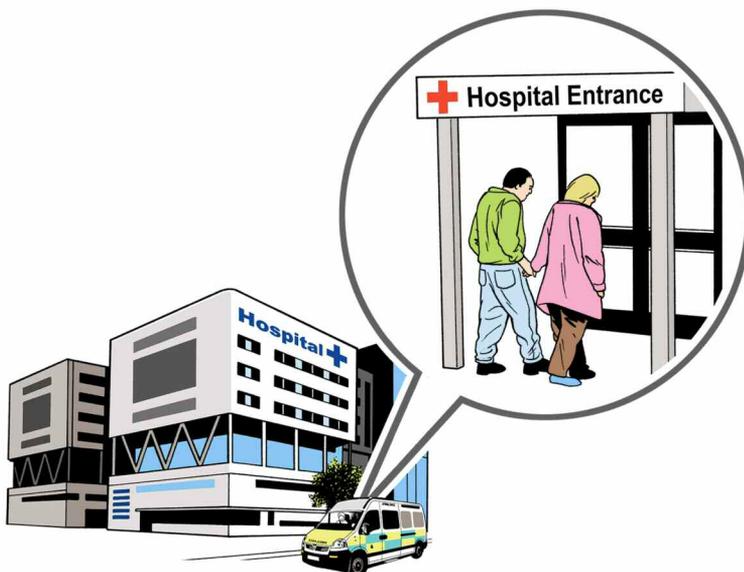
Having tests at the hospital



Here are some things you might want to do if you need to have tests at the hospital.



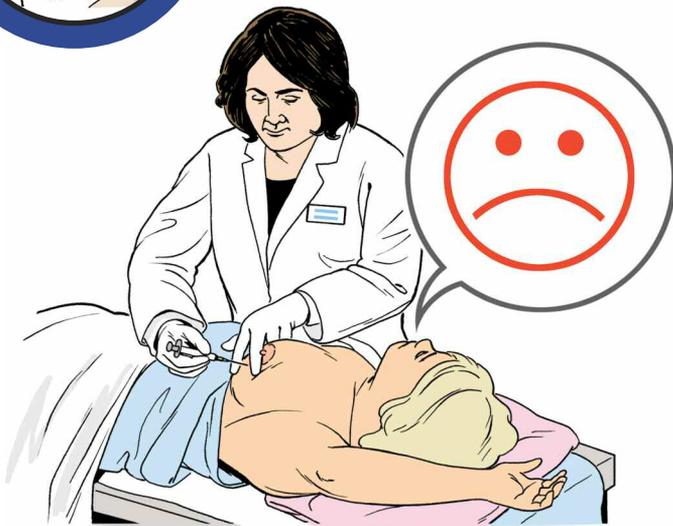
- Ask the nurse, doctor or your supporter to explain everything they are going to do before they do it.



- It could be a good idea to visit the hospital with your supporter before you go for the tests. Then you will know what it is like.



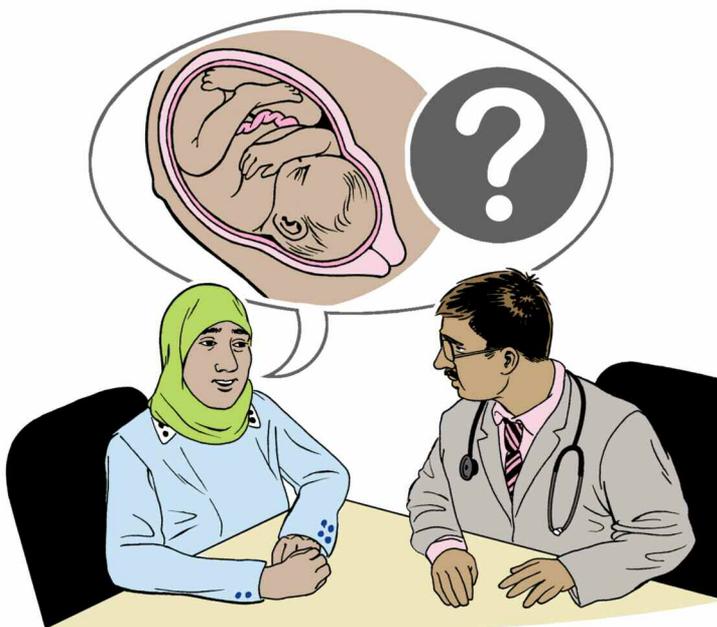
Having examinations and blood tests



- Tests can be uncomfortable but should not be painful. Tell the doctor, nurse or your supporter if you have any pain.



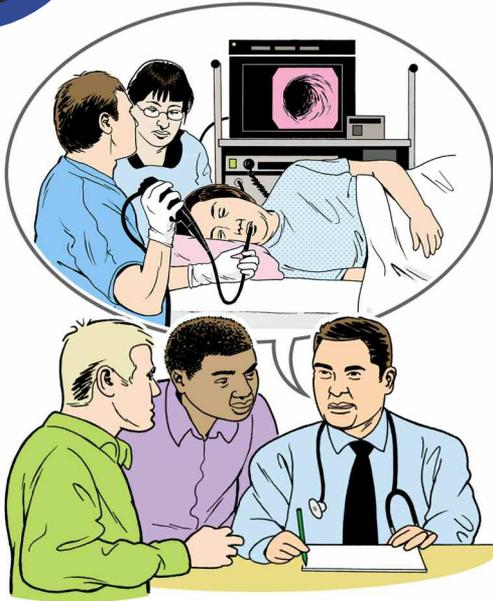
- Some tests can hurt your baby if you are pregnant. So it is very important to tell the nurse, doctor or person who is supporting you if you are pregnant.



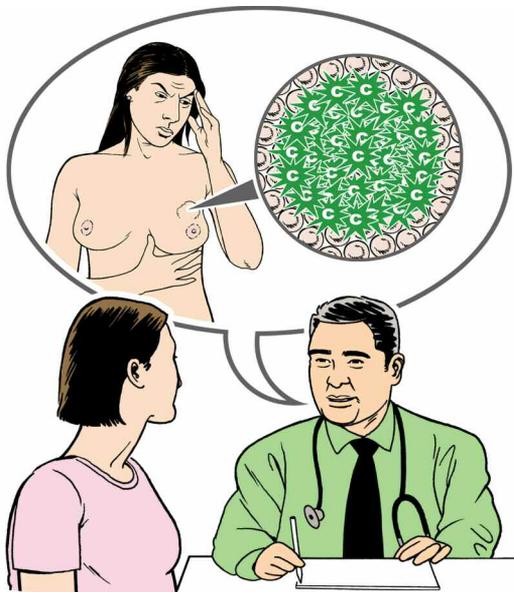
Also tell them if you think you might be pregnant - even if you are not sure.



Having examinations and blood tests

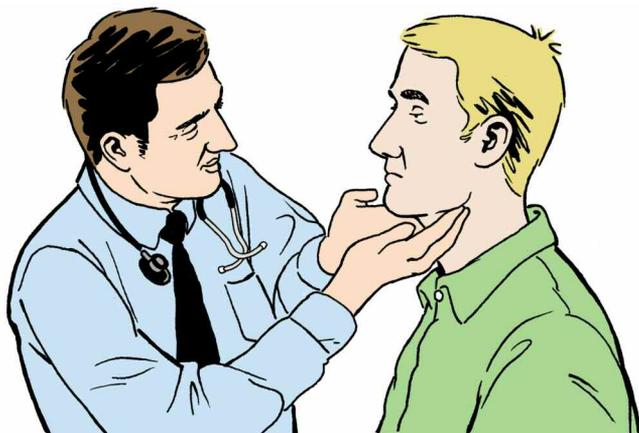


There are different tests that you may have to have. Usually you will need more than one test to find out what is wrong.



Finding out if anything is wrong or if everything is OK is called a **diagnosis**.

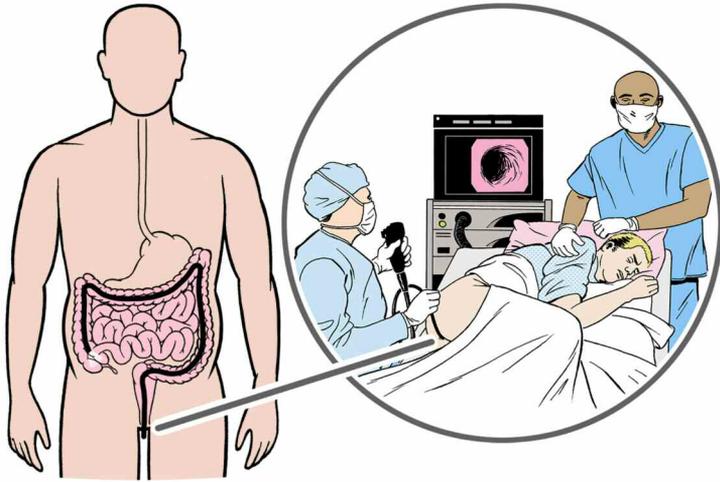
Examinations



Sometimes a doctor will have to look more closely at your body. This is called an **examination**.

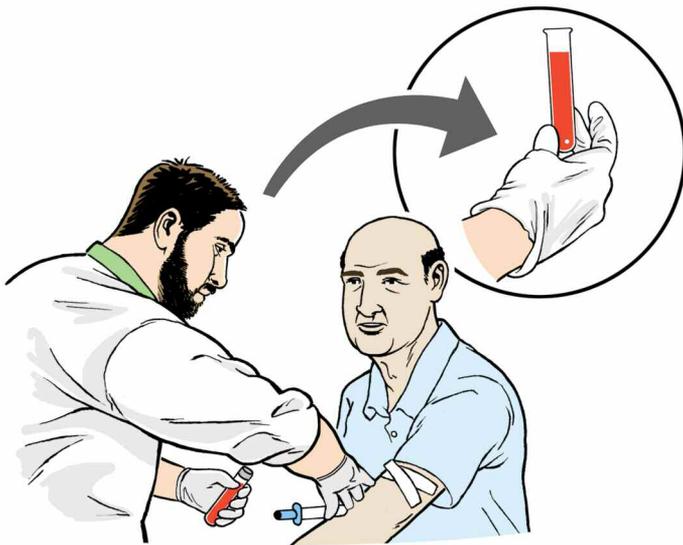


Having examinations and blood tests

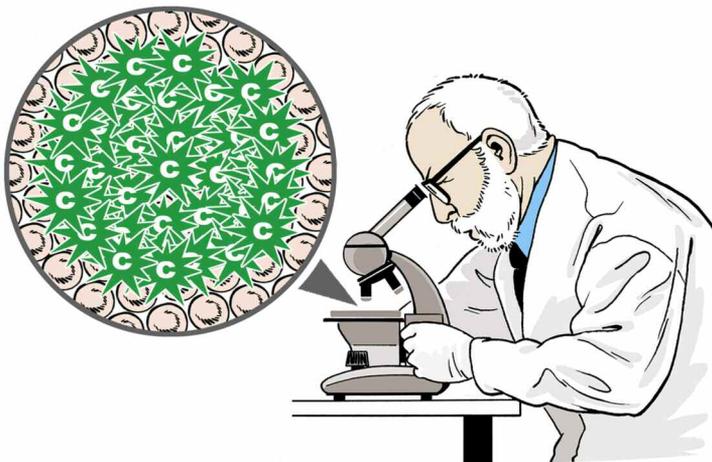


Sometimes they will need to look inside your body. How they do this will depend on what part of your body is having a problem.

Blood tests



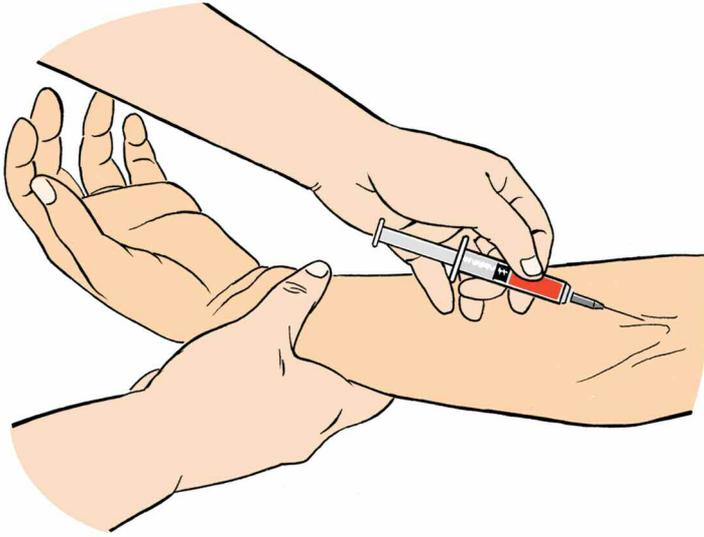
Blood tests are done to check if your body is healthy or not.



Sometimes cancer makes changes in your body that can be seen in your blood.



Having examinations and blood tests



A doctor or nurse will take a small bit of blood from your arm with a needle. This might hurt a little bit but it does not take long. You may have a small bruise afterwards.

Word Bank

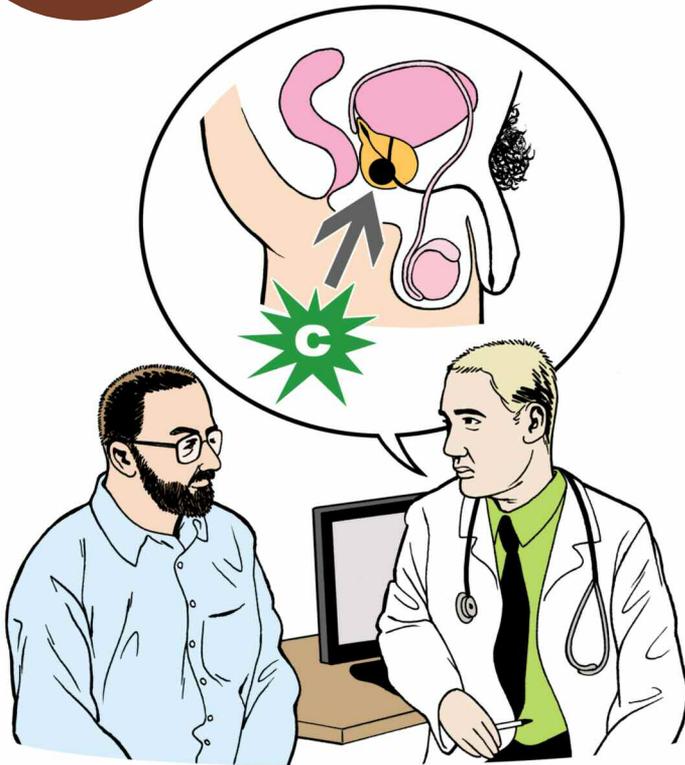


Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities



Word Bank



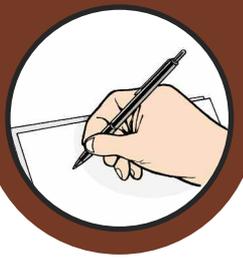
Diagnosis

A diagnosis is finding out whether you have an illness or not.



Examination

When a doctor or a nurse looks at you closely to check that you are OK. They might need to touch you as well.



Notes

A series of horizontal dotted lines for writing notes.

Useful contacts



Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities



Useful contacts

Helpful organisations

Cancer Research UK

A charity that is researching treatments for cancer. Its website has lots of information about cancer.

Phone: 0808 800 4040

Web: www.cancerresearchuk.org



Macmillan Cancer Support

A charity that helps people who have cancer. They give practical, medical and financial support. They try to make cancer care in the UK better.

Phone: 0808 808 00 00

Web: www.macmillan.org.uk

NHS Contacts

These contacts give you information about your health and health services:

England and Scotland **Phone: 111**

Wales **Phone: 0845 46 47**

Northern Ireland **Web: www.hscni.net**

Paul's Cancer Support Centre

Gives help, information and complementary therapies to people with cancer.

Phone: 0207 924 3924

Web: www.paulscancersupportcentre.org.uk



Useful contacts

RESPOND

Gives therapy to people with learning disabilities after trauma or abuse. They also offer training and support to carers.

Phone: 0808 808 07 00

Web: www.respond.org.uk

Written and audio material

Books Beyond Words

A series of picture books for people with learning disabilities. The books talk about cancer, health and bereavement.

Web: www.booksbeyondwords.co.uk

Phone: 020 8877 9799

Email: admin@booksbeyondwords.co.uk

FAIR Multimedia

Publishes a range of health leaflets, audio discs and CDs for people with learning disabilities. This includes a series on cancer.

Email: fair@fairadvice.org.uk

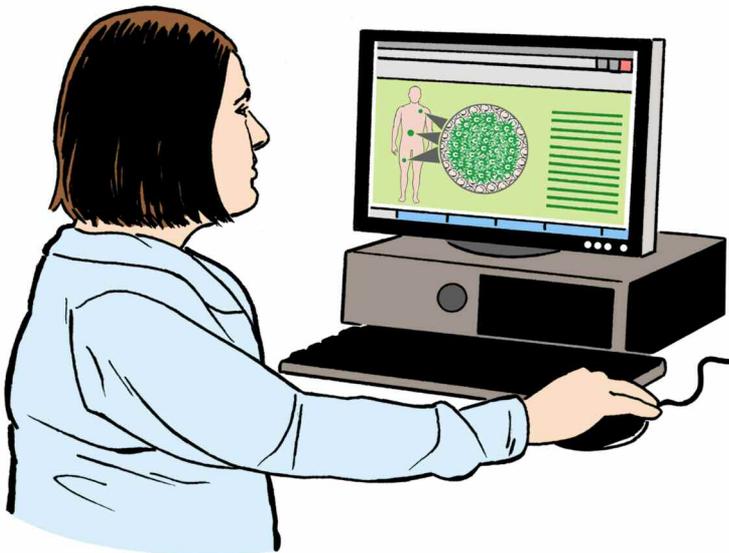
Phone: 0131 662 1962

Web: www.fairadvice.org.uk/health-publications.php



Useful contacts

Online help



www.easyhealth.org.uk

Has lots of online health information that is easy to understand.

www.macmillan.org.uk

Has lots of information about cancer and where to get help. You can also talk to other people with cancer in the online community.

Videos and DVDs

Leeds Animation Workshop

Has animated films on social issues for people with learning disabilities. There is one called 'Getting Better' about going to the doctor and the health clinic.

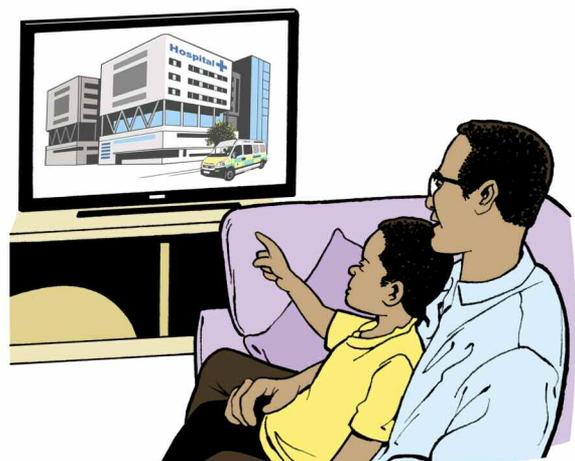
Phone: 0113 248 4997

Web: www.leedsanimation.org.uk/index.html

Speak Up Self Advocacy

Has DVDs and booklets for people with learning disabilities about health and illness.

Web: www.speakup.org.uk





CHANGE is a leading national Human Rights organisation led by disabled people. We work for equal rights for all people with learning disabilities. The cancer books and booklets that CHANGE have produced are part of an ongoing campaign to raise awareness about the issues of cancer for people with learning disabilities. You can call CHANGE on **0113 242 6619**, email **info@changepeople.org** or find us at **www.changepeople.org**

WE ARE MACMILLAN. CANCER SUPPORT

Macmillan Cancer Support has reviewed the information in this booklet and paid for it to be produced. They are a charity who help people with cancer. They have nurses and other health workers. They try to make cancer care in the UK better. They have experts who can answer your questions about cancer and how it affects your life. You can call **Macmillan** on **0808 808 00 00** or textphone **0808 808 0121 (Mon–Fri, 9am–8pm)**. Or go to **macmillan.org.uk**

This easy read booklet was produced by CHANGE

© **CHANGE 2016**