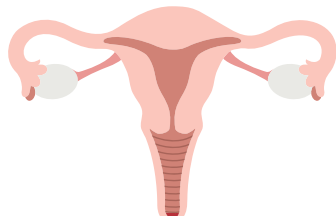


Cancer screening programmes for adults

The NHS cancer screening programmes can help to diagnose cancer or the risk of cancer earlier, when it's easier to treat.

In England, there are four free national cancer screening programmes: breast, bowel, cervical and lung. To be automatically invited to the NHS screening programmes when you're eligible, you need to be registered with a GP practice.

You can talk to your GP or health professional about any of the screening programmes.



Cervical screening

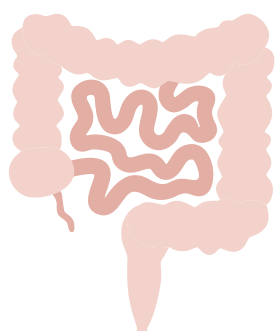
Cervical screening tests for a virus called human papillomavirus (HPV). HPV can cause changes to cells in the cervix which may develop into cervical cancer, so it's important to go to screenings when invited.

Who is it for? Anyone with a cervix aged 25-64, including women, trans men and non-binary people assigned female at birth.

How often? Every five years.

How to take part? Anyone registered with a GP practice as female aged 25-64 will automatically get an invitation letter by post. If you think you should have a cervical screening, talk to your GP.

Visit nhs.uk/conditions/cervical-screening for more information.



Bowel cancer screening

Bowel cancer screening is a test you do at home that looks for traces of blood in your poo, which could be a sign of bowel cancer. Screening can help to prevent bowel cancer or find it early when it's easier to treat.

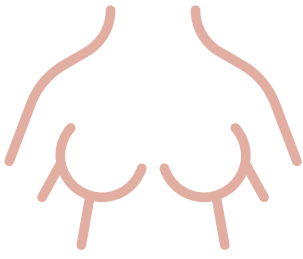
Who is it for? Everyone aged 50 to 74.

How often? Every two years.

How to take part? Anyone registered with a GP practice aged 50 to 74 will get a bowel cancer screening home test kit called FIT (faecal immunochemical test) by post.

If you're aged 75 or over, you can ask for a home test kit every two years by calling the bowel cancer screening helpline on **0800 707 6060**.

Visit nhs.uk/conditions/bowel-cancer-screening for more information.



Breast screening

Breast screening can find breast cancer before signs or symptoms appear. Breast screening uses X-rays, called mammograms, to look for cancers that are too small to see or feel.

Who is it for? Anyone aged 50 to 70 who has breasts, including women, trans men, trans women and non-binary people.

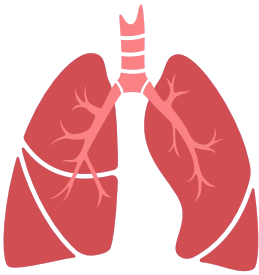
How often? Every three years. You will get your first invite between the ages of 50 and 53.

How to take part? Anyone registered with a GP practice as female aged 50 to 70 will automatically receive an invitation letter by post.

If you are over the age of 71 or think you should have a breast screening, you can call the London Breast Screening Service on **020 3758 2024** to book an appointment.

Visit nhs.uk/conditions/breast-screening-mammogram for more information.

Lung cancer screening



Lung cancer screening can help diagnose lung cancer early, before you have symptoms. A lung health check involves a phone questionnaire and if needed, you may be offered a CT scan.

Who is it for? People aged 55 to 74 who smoke or used to smoke.

How often? Every two years.

How to take part? If you're aged 55 to 74 and your GP records show that you smoke or used to smoke, you will get an invitation letter by post.

If you think you should have a lung screening, but do not get a letter, call the Lung Cancer Screening service on **0800 652 9589**.

Visit nhs.uk/conditions/lung-cancer-screening for more information.

If you notice changes in your body, even if you are not eligible for a cancer screening test, or have recently had a cancer screening test, talk to your GP.

