

# Raising awareness of common types of teenage cancer



If you have any further questions on the different types of cancer throughout the booklet, call the Nurse helpline 0808 800 4040

# Background of the booklet

In March 2020, I stood for the role of member of the youth parliament (MYP) in which I had to create a manifesto that young people would vote for and that would determine if I got elected or not. The main thing on my campaign was to improve cancer care in young people.

I chose this issue as it is something I feel very passionate about and something I think needs to have a huge change for the better. So in March the elections were held and I became a member of the youth parliament for Leicestershire. This shows how important this issue is and shows how passionate young people feel about it.

In September 2020 the MYP annual conference was held in which MYP's put forward their motions to be voted on. I put my motion forward on what was improving cancer care in young people and it was voted on and achieved a huge majority in which 96% MYP's voted for, 4% abstain and 0% against. This was the only motion to receive 0% of MYP's against throughout the whole weekend. So once again young people have spoken out and stressed the importance of the motion and the urgent need for change.

We have completed this booklet in hope young people can read this if they are worried about cancer or feel under the weather. They can also use this booklet to see the common types of cancer and if they experience any of the symptoms and if they do they can go straight to the GP for some more direct information and a professional examination. The likelihood is they won't have cancer, however if they do, hopefully they would have spotted it early and it can be treated effectively. This will result in saving young people's lives that are so important to everyone.

# Personal Statements

## Harry

My name is Harry, I am a Member of the UK Youth Parliament for Leicestershire and I am the founder and creator of the campaign 'Improving cancer care for Young People'.

The reason for the campaign is because I, along with two other CYCLe Youth Council members are working together with passion and determination to improve cancer care for Young People.

Our campaign group are proud of producing this leaflet, which we hope will the start to bring about a positive and noticeable change for Young People.

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## Guy

My name is Guy, I am 16 years old and a member of CYCLe, the County Youth Council for Leicestershire.

I chose to join the campaign because I understand how important it is to spread awareness about cancer and if my involvement helps at least one person then it was worthwhile.

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## Ellie

I am Ellie I am sixteen years old and am currently in six form studying Alevels. I am a member of the county youth council for Leicestershire. I chose to join this campaign as I feel that the campaign focused on an area which is so important to so many young people I want to use my voice as a young person to make a difference to such an important issue. This campaign is important to me as there have been a couple of individuals in my life who have suffered through cancer and I feel that any way we can help to find symptoms early or help those who are already seeking care for cancer is so important in preventing and treating cancer.

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# Hodgkin & Non-Hodgkin Lymphoma

## What is Lymphoma?

Lymphoma is a form of cancer that affects the lymphocytes, a type of white blood cell that plays an important role in the immune system. With two similar-sounding names, Hodgkin lymphoma and non-Hodgkin lymphoma can easily be confused. The difference between these two categories of lymphatic cancer is the type of lymphocyte that is affected.

## What is the difference between Hodgkin & Non-Hodgkin Lymphoma?

- Non-Hodgkin lymphoma is more common than Hodgkin lymphoma.
- Non-Hodgkin lymphoma may arise in lymph nodes anywhere in the body, whereas Hodgkin lymphoma typically begins in the upper body, such as the neck, chest or armpits.
- Hodgkin lymphoma is often diagnosed at an early stage and is therefore considered one of the most treatable cancers. Non-Hodgkin lymphoma is typically not diagnosed until it has reached a more advanced stage.

## What are the symptoms of Hodgkin & Non-Hodgkin Lymphoma?

Despite the many differences between these two types of lymphatic cancer, both have similar symptoms such as painless swollen lymph nodes in your neck, armpits or groin, abdominal pain or swelling, chest pain, coughing or trouble breathing, persistent fatigue, fever, night sweats and unexplained weight loss. If you notice any of these symptoms, it is important to contact your doctor.

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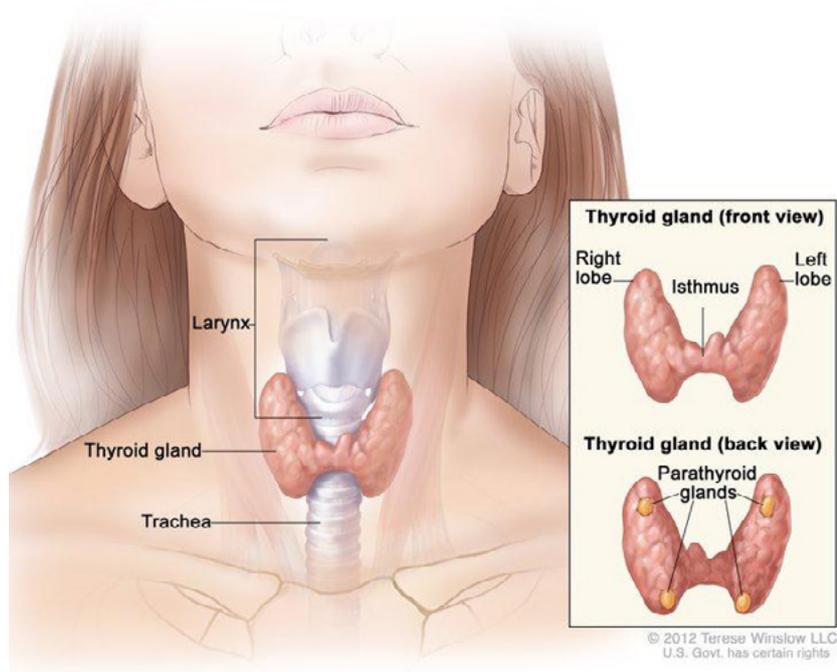
# Thyroid cancer

## What is thyroid cancer?

Thyroid cancer is a rare type of cancer that develops at the base of the neck. The thyroid gland produces hormones which help the body to regulate your metabolism, heart rate, blood pressure and body temperature. The thyroid gland has two main types of cell (follicular cells and c-cells) these both have specialised roles and help regulate different functions

in the body. The different types of cells are important in determining the severity of this type of cancer. Most types of thyroid cancer are curable.

Anatomy of the Thyroid and Parathyroid Glands



## What are the symptoms of thyroid cancer?

There are many symptoms of thyroid cancer. The most common symptom includes a painless lump or swelling in the front of the neck where the thyroid gland is. Only 1 in 20 neck lumps are cancer. Other symptoms can include a sore throat that does not get better over a long period of time difficulty swallowing and swollen glands.

## When to see a doctor?

You should see a doctor if you have any symptoms of thyroid cancer as these conditions can often be caused by less serious conditions, so it is important to get them checked. A doctor will examine your neck and often take a blood sample in order to see how well your thyroid is working.

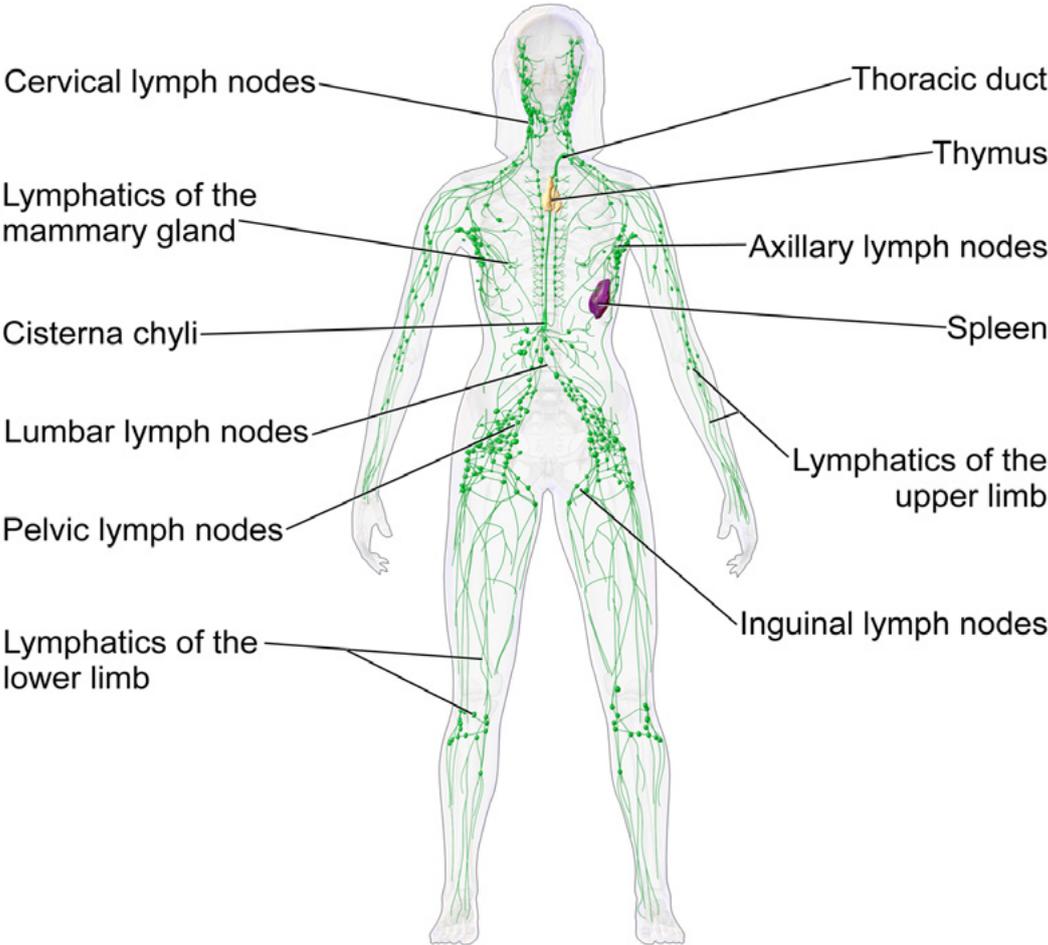
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# What is leukaemia

## What is leukaemia:

Leukaemia is a cancer in the body's blood forming tissues, including the bone marrow and the lymphatic system. Leukaemia involves the white blood cells. White blood cells are used to fight infection and normally grow and divide in the way a person needs them to. Leukaemia means that the bone marrow produces an excessive amount of abnormal white blood cells which do not function properly. These white blood cells then crowd out the red blood cells and platelets that your body needs to be healthy.

The two most common forms of leukaemia in young adults and children is acute lymphocytic leukaemia. This is the most common form of childhood leukaemia and can spread to your lymph nodes and central nervous system. The second most common type of childhood leukaemia is acute myelogenous Leukaemia.



## What are the symptoms of leukaemia:

There are many symptoms of leukaemia. These can include things such as weakness or tiredness, bruising and bleeding easily, fever or chills, infections that are severe or keep coming back, pain in your bones or joints, headaches, vomiting, sudden weight loss, shortness of breath. These symptoms can vary depending on what type of leukaemia you have.

## When to see a doctor:

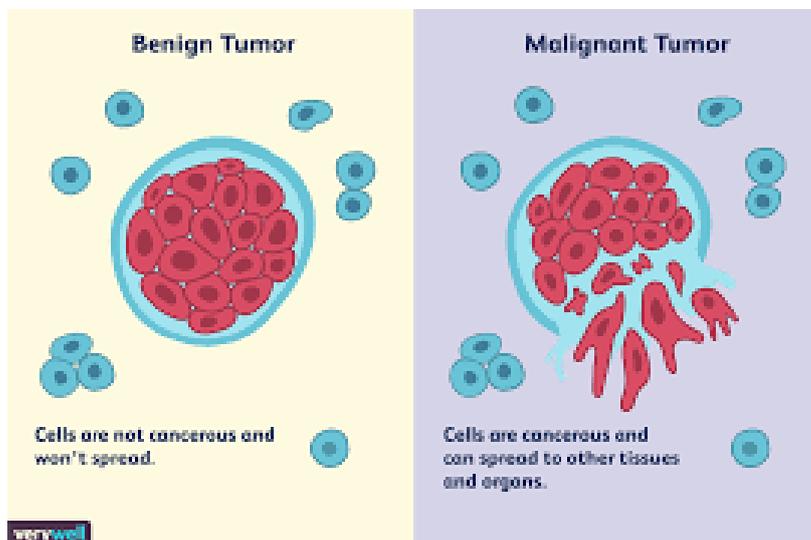
You should see a doctor if you have any of these symptoms although it is unlikely to be leukaemia the symptoms should be investigated. If your doctor is concerned, they will perform a blood test to check your blood production if there are any further concerns you may be referred to a haematologist (a blood specialist).

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# Brain tumours

## What are brain tumours:

A brain tumour is an abnormal growth of cells in the brain that multiply in an abnormal, uncontrollable way. There are two main types of brain tumours which include non-cancerous (benign) tumours; these tumours grow slowly and are less likely to return after they are removed. The second types of brain tumours include cancerous (malignant) brain



tumours; these tumours can be primary tumours (start in the brain) or secondary tumours (started somewhere else and spread to the brain) these are cancerous and are more likely to come back after treatment.

## What are the symptoms of brain tumours?

There are many symptoms of brain tumours. These can include headaches, these headaches can come on quickly or over time. Seizures, persistently feeling sick or being sick. Mental or behavioural changes such as changes in personality or memory. Vision or speech problems, progressive weakness or paralysis in one side of the body.

## When to see a doctor?

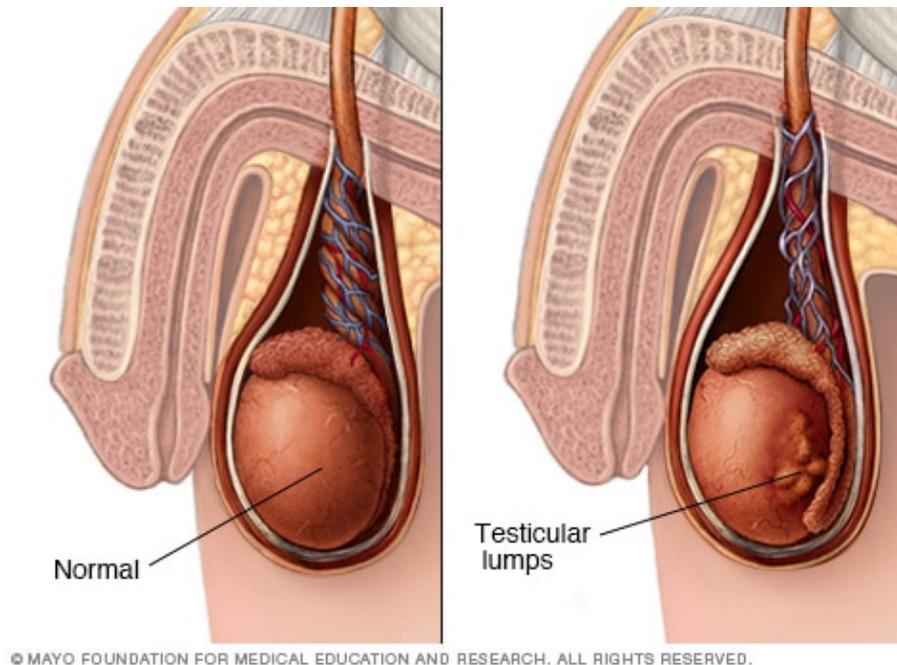
You should see a doctor if you have these types of symptoms particularly when you have a headache that feels different to the ones you may normally have or if you are having more persistent more painful headaches. You may not have a brain tumour but the symptoms should be monitored and checked. If the doctor cannot identify the more likely cause of your symptoms you may be referred to a neurologist (someone who specialises in the brain and nervous system) for further tests.

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# Testicular Cancer

## What is Testicular Cancer?

Testicular cancer occurs in the testicles. Testicular cancer is the most common cancer in British males between the ages of 15 and 35. Testicular cancer is highly treatable, even when cancer has spread beyond the testicle. Depending on the type and stage of testicular cancer, you may receive one of several treatments, or a combination.



## What are the symptoms of Testicular Cancer?

A lump or enlargement in either testicle, a feeling of heaviness in the scrotum, a dull ache in the abdomen or groin, a sudden collection of fluid in the scrotum, pain or discomfort in a testicle or the scrotum enlargement or tenderness of the breasts and back pain.

## When to see a Doctor?

See your doctor if you detect any pain, swelling or lumps in your testicles or groin area, especially if these signs and symptoms last longer than two weeks.

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# Ovarian Cancer

## What is Ovarian Cancer?

Ovarian cancer is a type of cancer that begins in the ovaries. The female reproductive system contains two ovaries, one on each side of the uterus. The ovaries are about the size of an almond that produces eggs. Ovarian cancer often goes undetected until it has spread within the pelvis and abdomen. At this late stage, ovarian cancer is more difficult to treat. Early-stage ovarian cancer, in which the disease is confined to the ovary, is more likely to be treated successfully.



## What are the symptoms of Ovarian Cancer?

Early-stage ovarian cancer rarely causes any symptoms. Advanced-stage ovarian cancer may cause the following: abdominal bloating or swelling, quickly feeling full when eating, weight loss, discomfort in the pelvis area, changes in bowel habits, such as constipation and a frequent need to urinate.

## When to see a Doctor?

Make an appointment with your doctor if you have any signs or symptoms that worry you. If you have a family history of ovarian cancer or breast cancer, talk to your doctor about your risk of ovarian cancer. Your doctor may refer you to a genetic counsellor to discuss testing for certain gene mutations that increase your risk of breast and ovarian cancers.

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# Bowel cancer

## What is bowel cancer

Bowel cancer is a general term for cancer that begins in the large bowel. Depending on where the cancer starts, bowel cancer is sometimes called colon or rectal cancer.

## Symptoms of bowel cancer

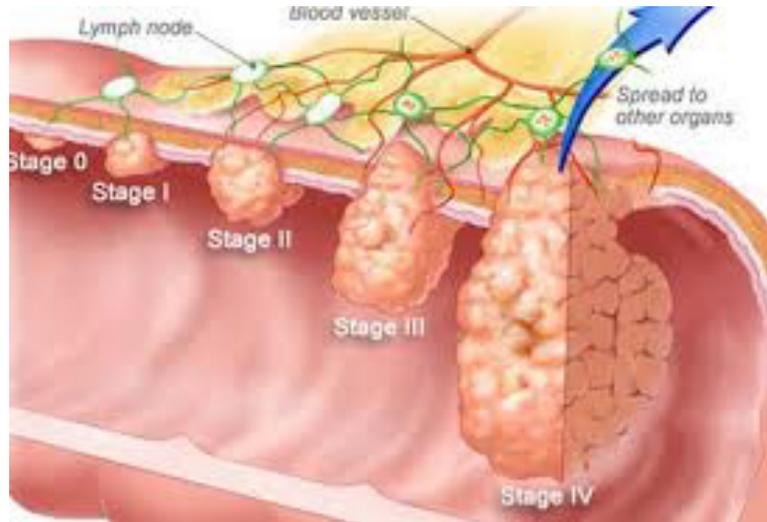
The 3 main symptoms of bowel cancer are:

- Persistent blood in your poo – that happens for no obvious reason or is associated with a change in bowel habit.
- A persistent change in your bowel habit – which is usually having to poo more, and your poo may also become more runny
- Persistent lower abdominal (tummy) pain, bloating or discomfort – that's always caused by eating and may be associated with loss of appetite or significant unintentional weight loss

## When to get medical advice

See a GP if you have any of the symptoms of bowel cancer for 3 weeks or more.

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# Melanoma

## Signs and symptoms of melanoma

The most common sign of melanoma is the appearance of a new mole or a change in an existing mole. This can happen anywhere on the body, but the most commonly affected areas are the back in men and the legs in women. Melanomas are uncommon in areas that are protected from sun exposure, such as the buttocks and the scalp. In most cases, melanomas have an irregular shape and are more than one colour. Look out for a mole that gradually changes shape, size or colour.

## What causes melanoma?

Melanoma is caused by skin cells that begin to develop abnormally. Exposure to ultraviolet (UV) light from the sun is thought to cause most melanomas, but there's evidence to suggest that some may result from sunbed exposure. The type of sun exposure that causes melanoma is sudden intense exposure. Certain things can increase your chance of developing melanoma, such as having:

- lots of moles or freckles
- pale skin that burns easily
- red or blonde hair
- a close family member who's had melanoma

Melanoma skin cancer is the 5th most common cancer in the UK. Around 16,000 new cases of melanoma are diagnosed each year.

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# Bone cancer

## Signs and symptoms of bone cancer

Bone cancer can affect any bone, but most cases develop in the long bones of the legs or upper arms.

### The main symptoms include:

- persistent bone pain that gets worse over time and continues into the night
- swelling and redness (inflammation) over a bone, which can make movement difficult if the affected bone is near a joint
- a noticeable lump over a bone
- a weak bone that breaks (fractures) more easily than normal

If you are experiencing persistent, severe or worsening bone pain, visit your GP. While it's highly unlikely to be the result of bone cancer, it does require further investigation.

## What causes bone cancer?

You're more at risk of developing it if you:

- have had previous exposure to radiation during radiotherapy
- have a condition known as Paget's disease of the bone – however, only a very small number of people with Paget's disease will actually develop bone cancer
- have a rare genetic condition called Li-Fraumeni syndrome – people with this condition have a faulty version of a gene that normally helps stop the growth of cancerous cells

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