

EngageGM

In this issue:

- November= Movember: let's talk men's health
- Answer Cancer goes pink: highlights from October
- Men Talk Cancer Event
- Having a MO-ment your way
- Your questions answered

What's On>>>

November = Movember: let's talk men's health

Movember is an annual event held during the month of November to raise awareness of men's health issues. Over the years the focus has been around common cancers in men and suicide prevention. The charity that leads this awareness event in the UK, "Movember" has creative suggestions and resources for everyone who wants to support this wonderful cause. You can visit the website by clicking on the [link here](#).

Answer Cancer is joining the many Mo-Sistas and Mo-Bros this November to shed light on the three most common cancers in men which account for more than 50% of all new cases: prostate, lung and bowel cancer. Here are the key things you need know about each of these cancers.

Prostate cancer

- Most common cancer in men in the UK, usually affecting the over 40s.
- Black men and those with a family history of prostate or breast cancer have a greater risk.
- In most cases early prostate cancer has no signs or symptoms, but as it advances urinary changes may occur.
- There is no screening available for prostate cancer so you need to discuss any concerns with your GP. They can provide you with more information and tests.

Lung cancer

- Tobacco use is the biggest cause of lung cancer with over 70% of cases related to smoking. Passive-smoking can also increase your risk.
- It is rare in under 40s.
- There are no signs in its early stages but later symptoms include a persistent bloody cough or breathlessness.
- Although there's no screening programme, if you live in Manchester you may be able to receive an NHS lung health check: [click here for more information](#).

Bowel cancer

- The second biggest cancer killer in the UK, most common in over 50s.
- A high diet of red and processed meat increases your risk.
- Changes in bowel movement and bleeding from the bottom can be a sign, but check with your GP if unsure.
- Those aged between 60-74yrs will receive a screening kit through the post every three years. A camera test (colonoscopy) is another way of detecting bowel cancer.

We are also encouraging our brothers, husbands, fathers, grandfathers and friends to take care of their mental health, to prevent suicide. [Click here](#) for more information.

We are in this together, so let us do it together!

Update >>>

ANSWER goes pink: **CANCER** highlights from October

Wear it pink:

There was no better way to start the month of October, than the Answer Cancer board wearing pink during one of their meetings. This was their own way of reminding everyone in Manchester to prioritise breast cancer screening appointments.



BooBee Bus tour:

Answer Cancer joined Prevent Breast Cancer Charity, and Nabila Farooq (the NHS breast cancer lead in Manchester) on the BooBee bus this October. The main objective was to raise breast cancer awareness and encourage screening. The Answer Cancer team took the opportunity to engage shoppers on bowel and cervical cancer as well. Over 1,000 people were engaged during the 2-week period at Asda Hulme & Eastlands, Tesco Gorton, Manchester Fort retail park, Longsight and Wythenshawe markets.



This is what one shopper who hasn't been attending her breast screening for years said:

"I feel really embarrassed seeing you lot out here reminding people like me to go for screening despite the cold weather and COVID... I am going to look for my invitation letter and get a new appointment."

"Answer Cancer goes Pink" event:

An event was held on the 23rd of October to provide a platform for community champions to share their stories around breast cancer. Two cancer survivors, Jean Langford and Dr Julie Wray, shared their inspirational stories of dealing with breast cancer.

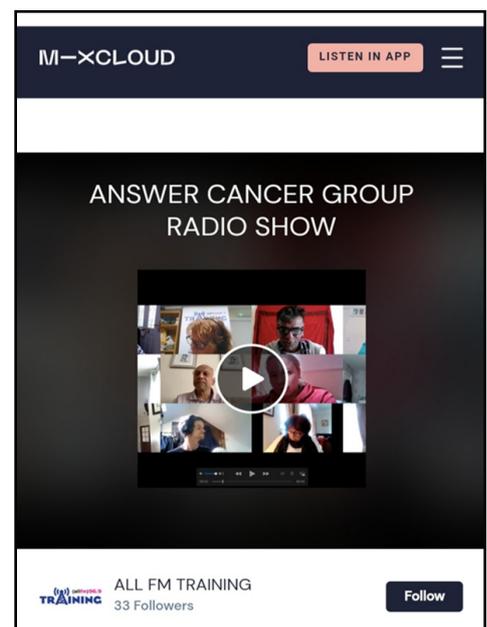
Radio skills training:

During October the last batch of Answer Cancer Champions finished their radio training with allFM 96.9, Manchester based community radio. The 3-day training saw persons of different backgrounds utilise their talents and skills in sharing their stories in a programme titled "Kicking out Cancer". The amateur presenters included a storyteller, former GP, a locum pharmacist, a comedian, a breast cancer survivor, a carer and the engagement team of Answer Cancer. One trainee who was initially nervous and apprehensive about the whole idea had this to say after the production was aired:

"Really pleased and great feeling of satisfaction. Needed it at such difficult times. A special thanks to Kirit to get us on... and being there for me from day one. Good guidance and support from Suzi and allFM team."

Congratulations to the trainers and trainees for the incredible job done.

You can listen to their presentation [here](#).



Men Talk Cancer Event: Monday 23rd November, 2-3pm

A conversation with men for men about the Big 'C' - and it's not about Covid!

This men only event will focus on exploring the impact of cancer on men and their mental health, and is in partnership with Dean of Manchester, Sangha Connections Manchester and Answer Cancer.

This event will take place on Zoom. To join click this link:

<https://tinyurl.com/MenTalkCancer23Nov>

Hot Topics>>>

Having a MO-ment your way

Growing a moustache may not be every man's thing or every woman's delight. Thankfully, there are other ways you can do something amazing for your community in support of Movember. All that is needed is to start a conversation around men's health.

Answer cancer invites everyone living in Greater Manchester to share social media graphics, blogs and vlogs on issues affecting men. It can be anything relating to cancer or mental health. We particularly welcome people who have had to make major lifestyle changes to reduce their cancer risk, people with lived experience of cancer, or male carers of a cancer patient.

Send your piece to: engagement@answercancergm.org.uk or tag us in your social media handles.

If you are interested in doing a bit more, simply [register to become an Answer Cancer Champion](#) and we will train you for free!



Your Questions Answered >>>

Q: Can a transwoman have prostate cancer?

A: Yes, anybody who was assigned male at birth can have prostate cancer. As well as transwomen, this also includes non-binary and some inter-sex people.

The prostate is not removed as part of gender re-assignment/ reconstructive surgery. Even if you're taking hormones, testosterone blockers or have had the testicles removed, you can still get prostate cancer.

Possible symptoms are similar to those experienced by cis-men, such as pain or difficulty when urinating. However, these can also occur post-surgery so it's important that you speak to your doctor immediately if you have concerns.

[Click here for more information.](#)

Final Thoughts...

If we detect cancer early it can be treated. You can find signs and symptoms of common cancers in community languages [here](#).

Eat well, live well, and get checked!

About us >>>

Answer Cancer is a partnership of four VCSE organisations: Unique Improvements, Voluntary Sector North West, BHA for Equality, and Salford CVS. Our work is funded by the Greater Manchester Health and Social care partnership.

Our aim is to address the cultural, social and systemic barriers that prevent people from taking up cancer screening.

How do we do it?

1. We work with community and faith groups across Greater Manchester, so they know what causes cancer & why screening is important.
2. We offer free information sessions on breast, bowel and cervical cancer screening.
3. We train individuals as Answer Cancer Champions.
4. We support community groups with grants so they can increase awareness about cancer screening.

For more information please contact:

Email: engagement@answercancergm.org.uk **Phone:** 0161 883 3037

**ANSWER
CANCER**

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