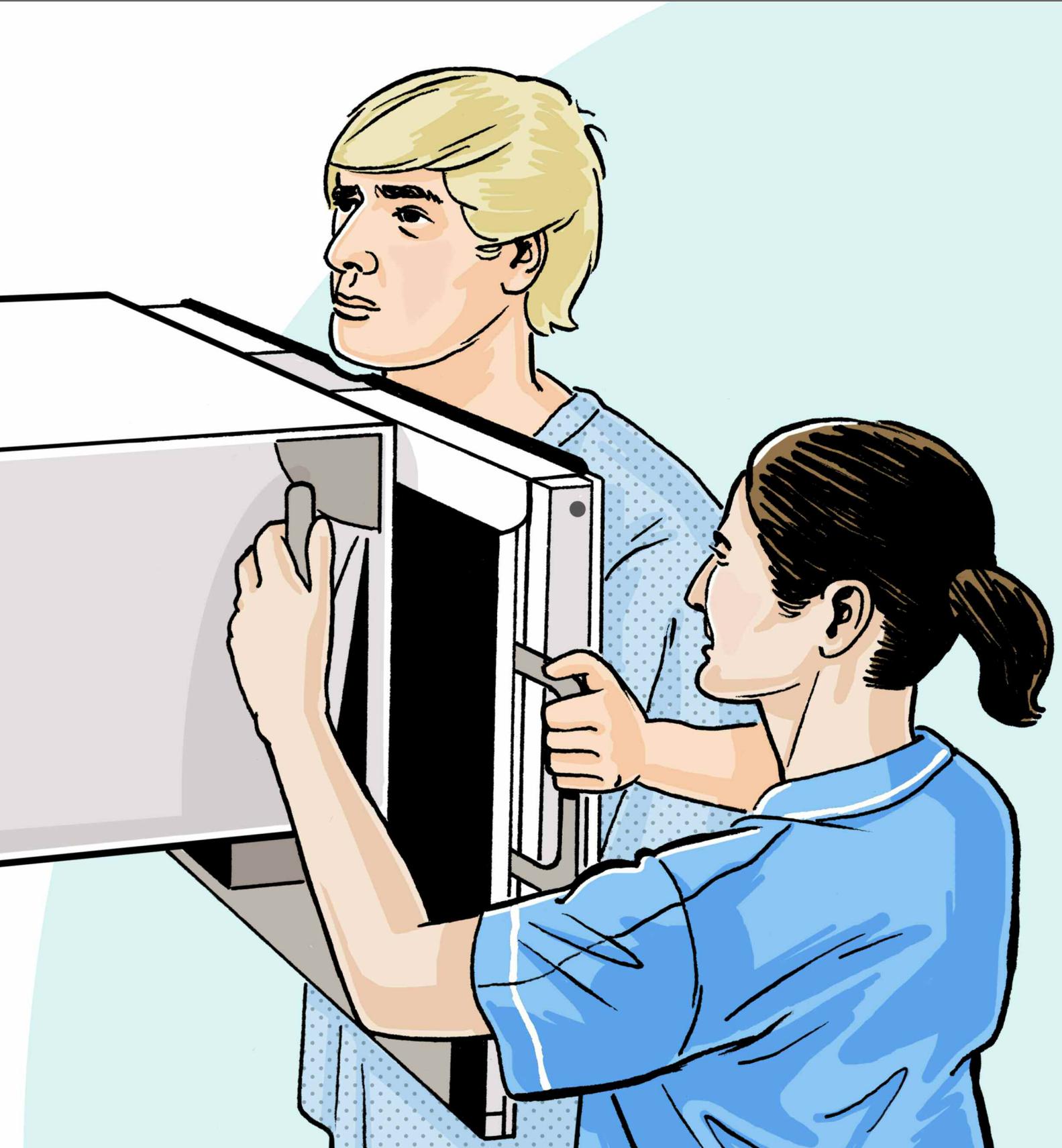


Scans and x-rays

Diagnosis and Treatment



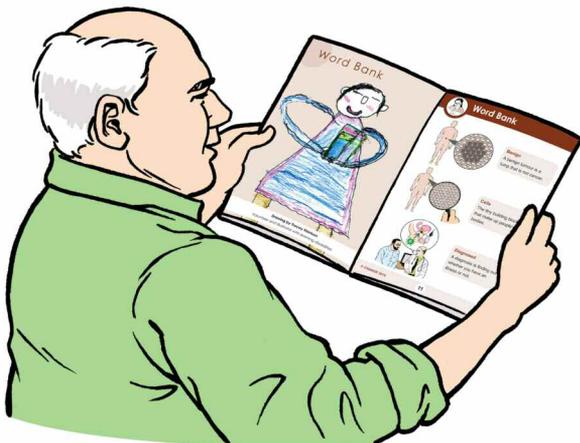
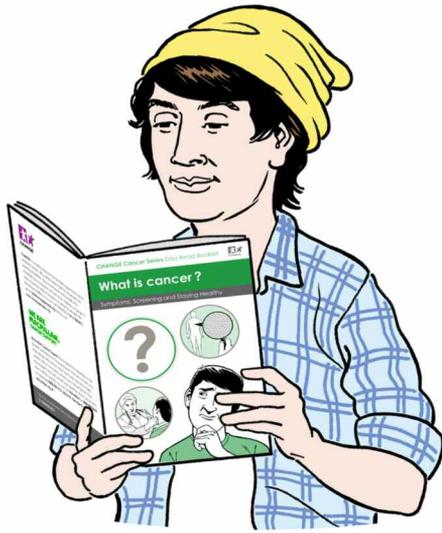
Introduction

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.

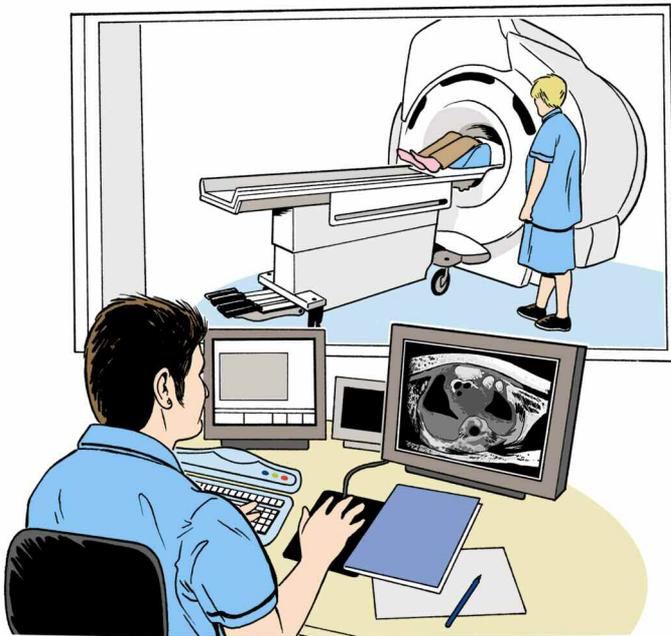
There is a Word Bank at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank.

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.

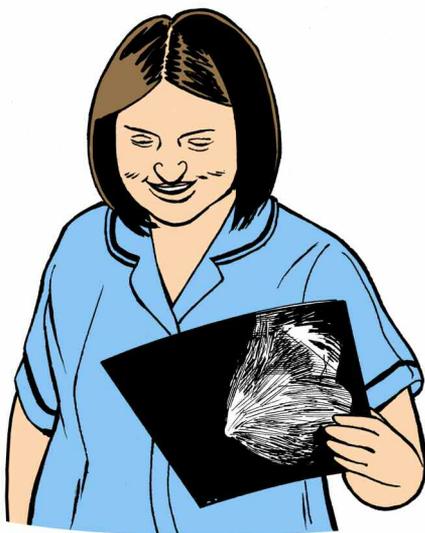




Scans and x-rays



Scans and **x-rays** are ways of taking photos of the inside of the body. This helps the doctor check if everything is OK, or find out what is causing a health problem.



Scans and x-rays are done in hospital by people called **radiographers**.



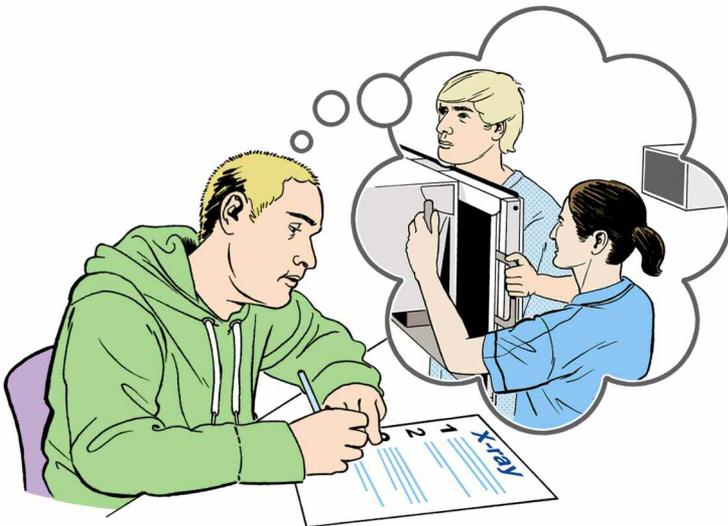
Scans and x-rays do not hurt. Tell the doctor if you have any pain.



Scans and x-rays



If you are pregnant some scans and x-rays can hurt the baby. So before you go for a scan you must tell the doctor if you think you might be pregnant.



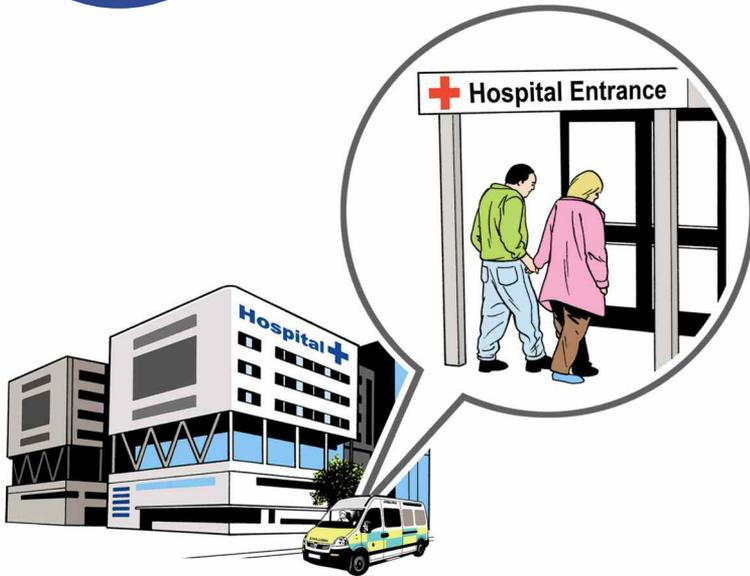
Here are some things that you might want to do if you need to have a scan or x-ray.



- Ask the radiographer, x-ray nurse or your supporter to tell you what they are going to do before they do it.

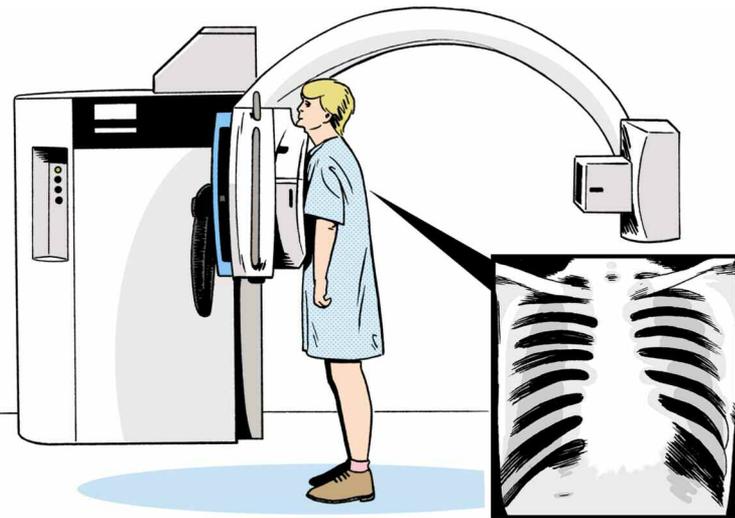


Scans and x-rays



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

Main types of scan:



X-rays - can quickly take a picture of the inside of your body.



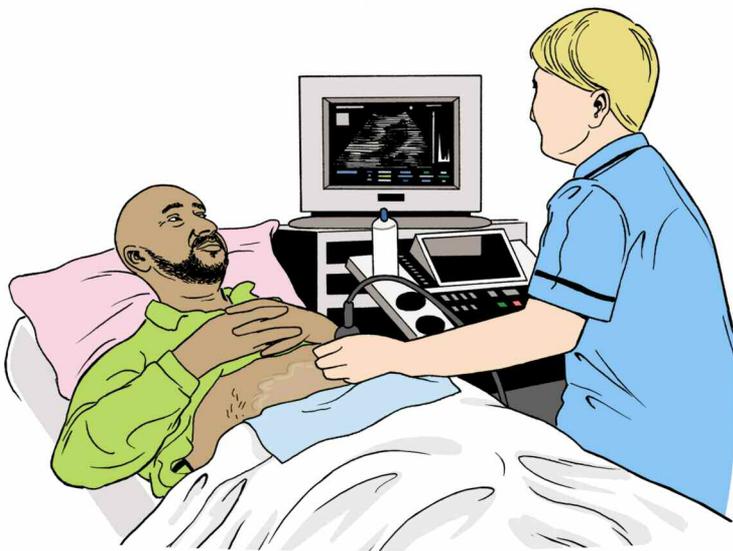
CT scans - use a type of x-ray to make a picture of the inside of your body.



Scans and x-rays



MRI scans - use magnets to make a picture of the inside of your body.

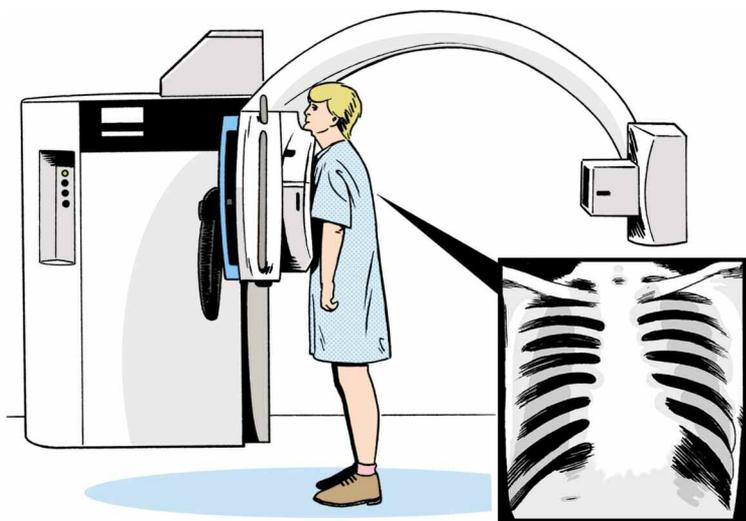


Ultrasound scans - use sound waves to make a picture of the inside of your body.

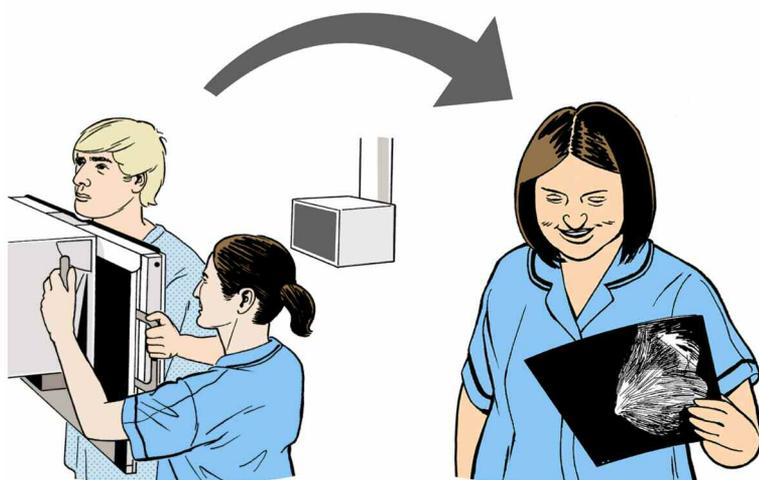


Scans and x-rays

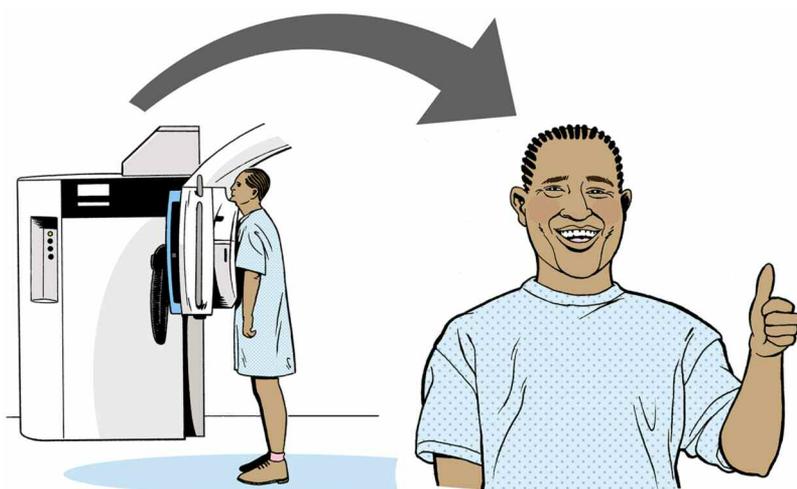
Having an x-ray:



X-rays are photos of the inside of your body. They let doctors see what may be wrong.



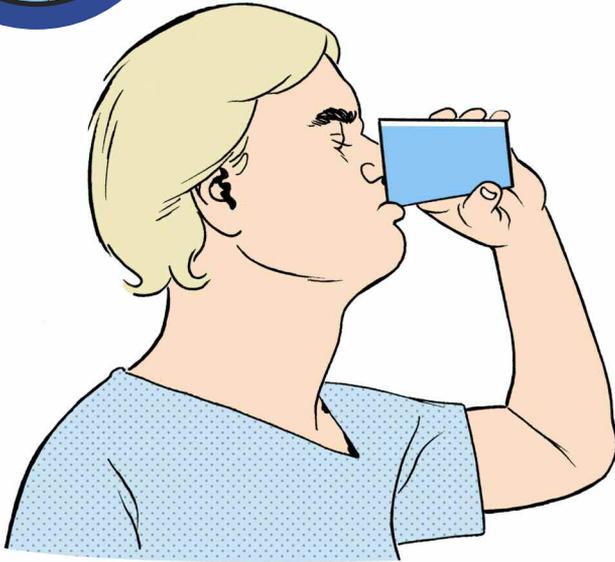
X-rays do not take long. The pictures can be seen straight away if needed.



X-rays do not hurt you.



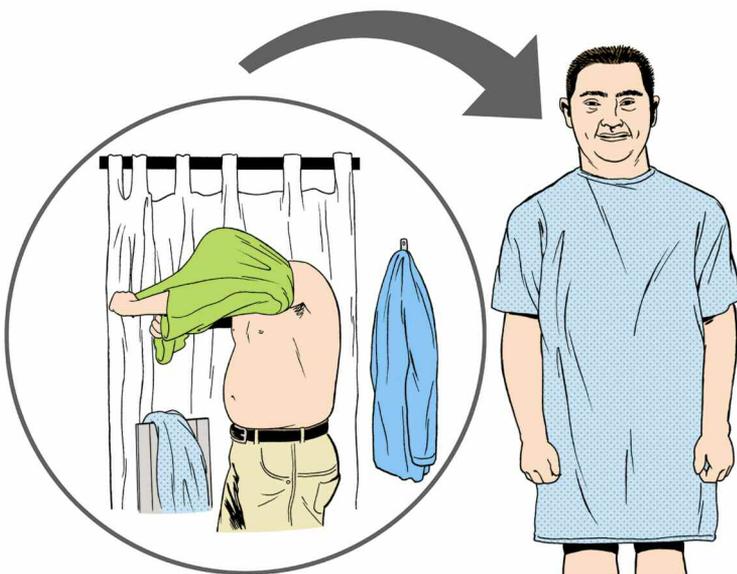
Scans and x-rays



Before or while you are having an x-ray you may be asked to have a special drink.



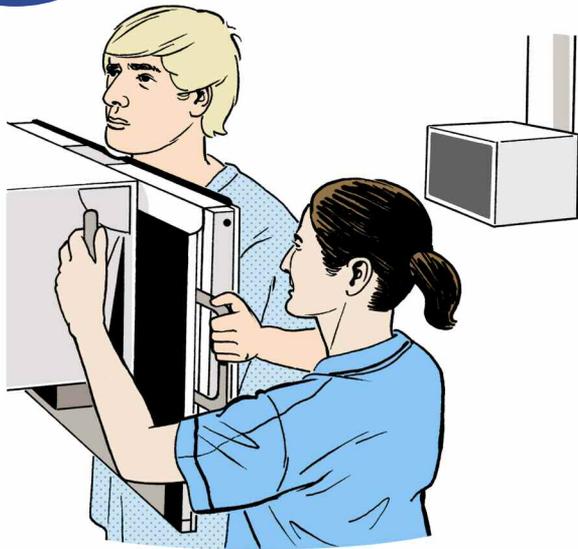
This shows up on the x-ray and helps the doctor to see where the problem is.



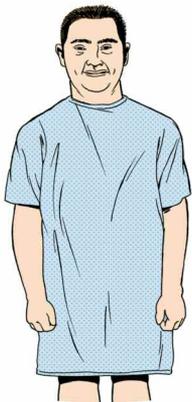
When you come for your test you may be asked to take off your clothes and put on a hospital gown.



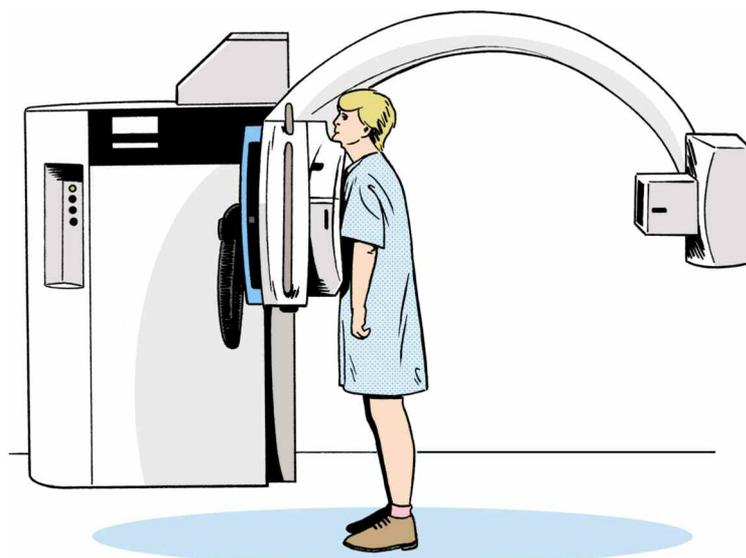
Scans and x-rays



Then you will be asked to sit, stand or lie down for the x-ray to be taken. You may hear some clicks and noises during the x-ray.



You will have to keep still during the x-ray, just the same as when you have your photo taken.



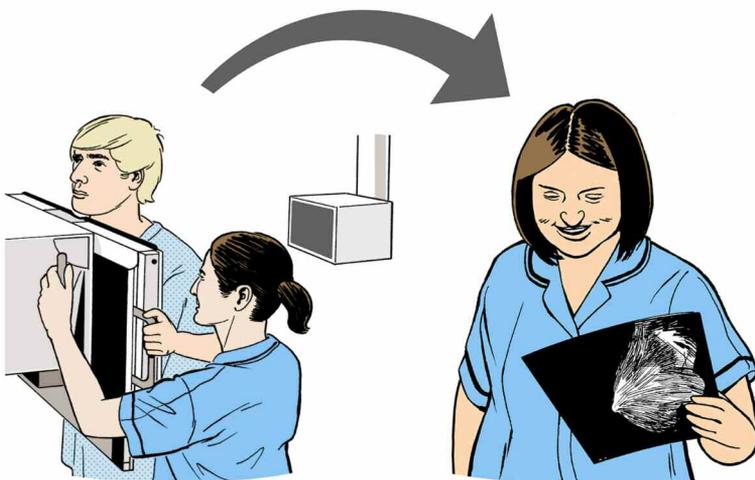
The radiographer and your supporter will have to leave the room during the x-ray.



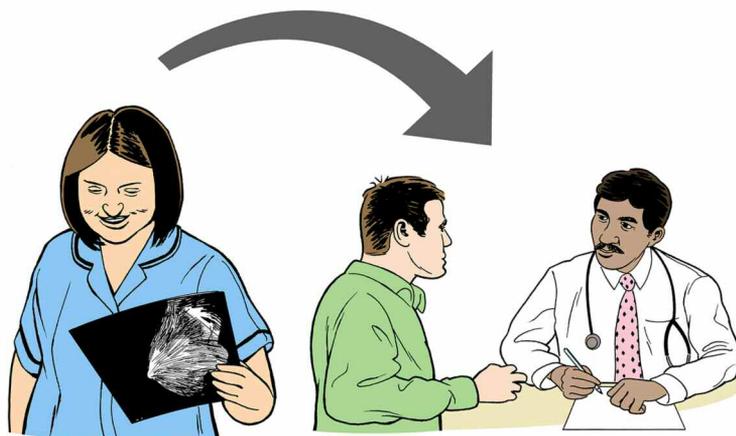
Scans and x-rays



They go into a small room with a glass window where they are protected from the x-rays, but can still see you.



It doesn't take long to do the x-ray and then you can get dressed again and go home.



Your x-ray results will be sent to your doctor within two weeks.

Word Bank

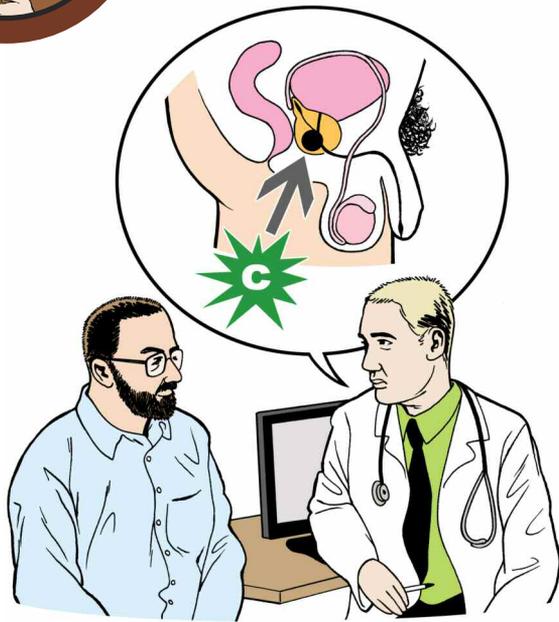


Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities

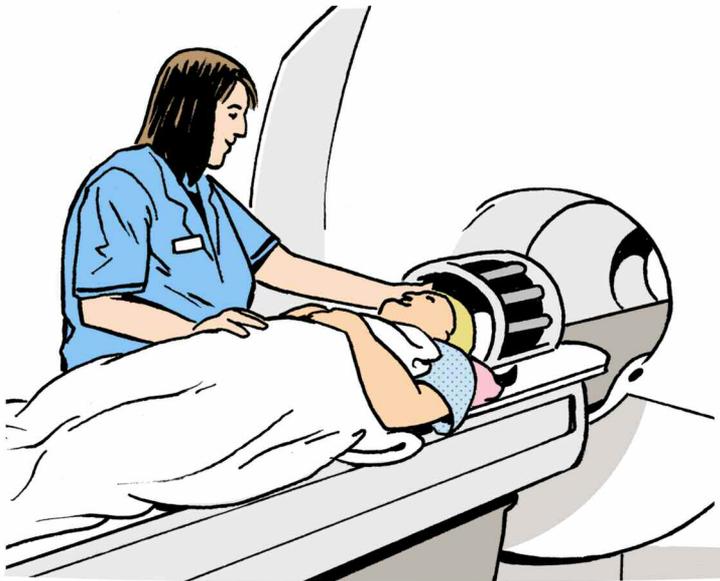


Word Bank



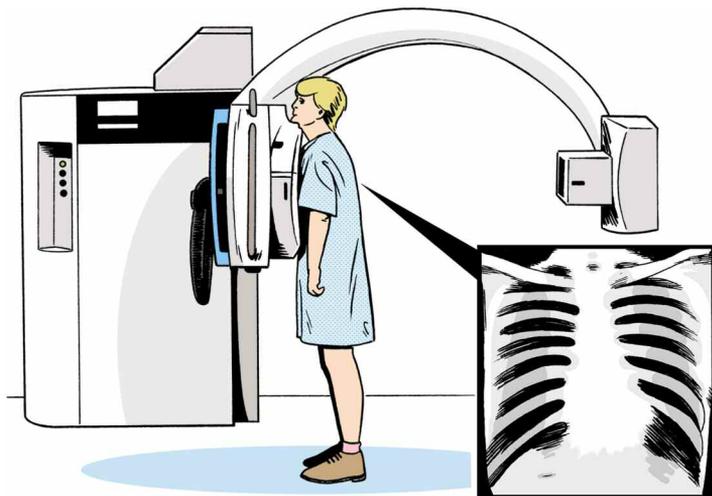
Diagnosis

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



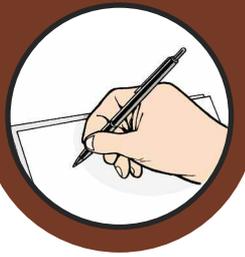
Radiographer

A person who takes scans and x-rays of your body.



X-ray

This is a picture taken of the inside of your body.



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

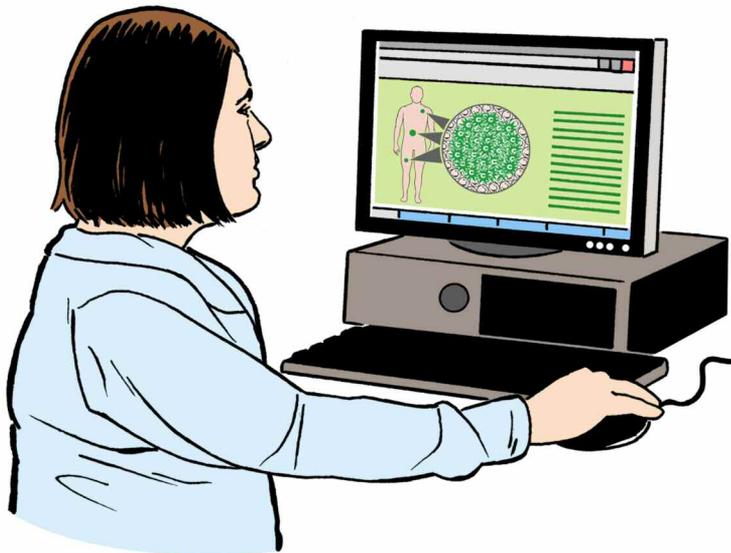
Phone: 0131 662 1962

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.

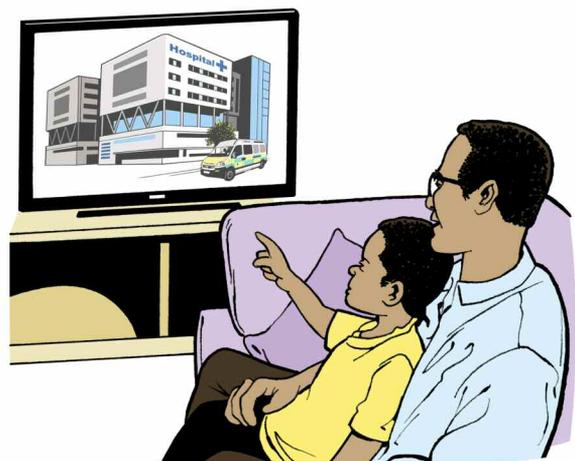
Phone: 0113 248 4997

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

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