

# Stay healthy - Eat a healthy diet

Symptoms, Screening and Staying Healthy



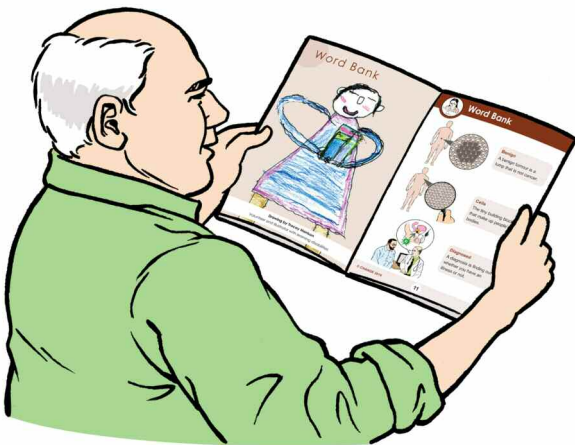
# Introduction

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.





# Stay healthy - Eat a healthy diet

Making **changes** in your life to help you stay **healthy**



You can make changes to your life that will help you to stay healthy.



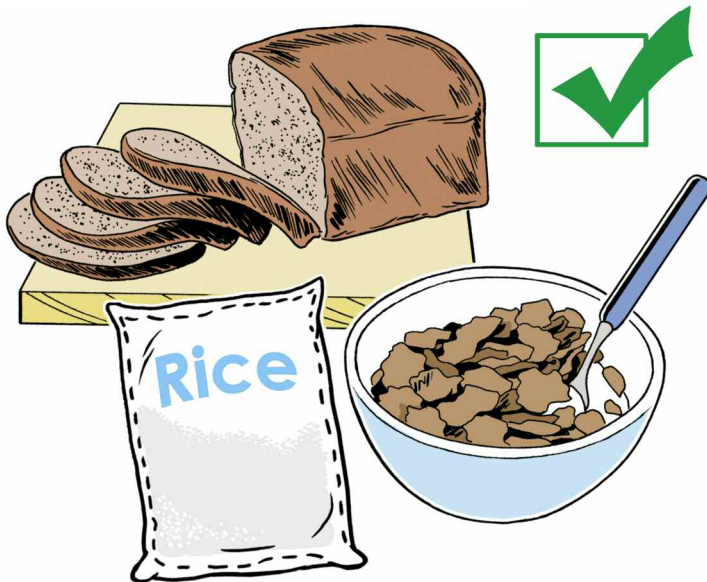
Having a healthy diet is one good thing you can do.



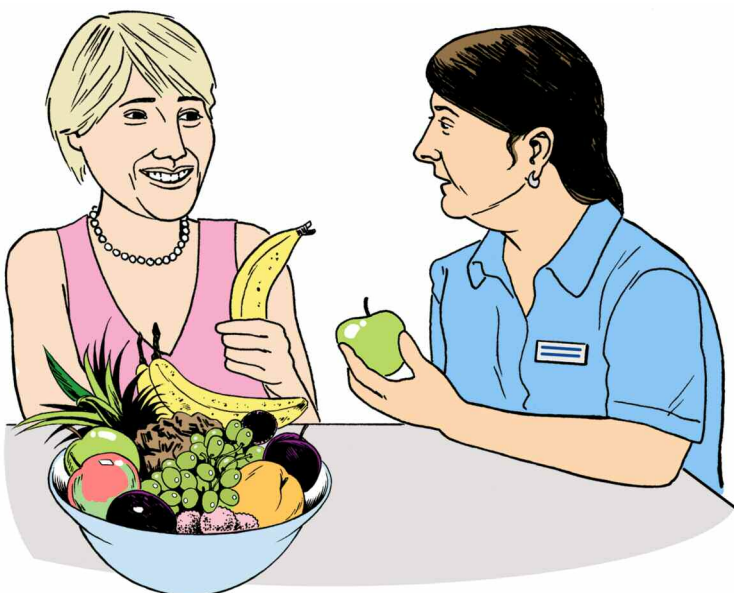
# Stay healthy - Eat a healthy diet



Eating a healthy diet can also help to lower your risk of getting cancer.



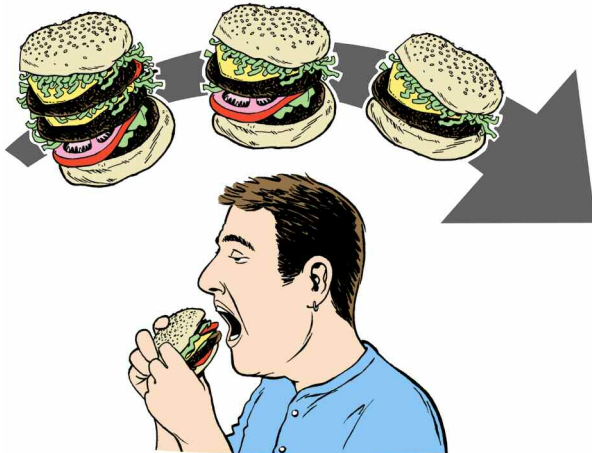
It is important to eat lots of fibre. Fibre is in foods like brown bread, bran cereals and rice.



Eat lots of vegetables and fruit too.



# Stay healthy - Eat a healthy diet



Eat less red meat. This includes beef, lamb and pork.



Eat less foods with lots of fat, salt and sugar in them. For example:

- fried food
- take away food
- sweets, cakes, crisps
- pies, chips
- sugary soft drinks
- cheese, butter, lard



Ask your doctor if you need more support about eating a healthy diet.

# Word Bank

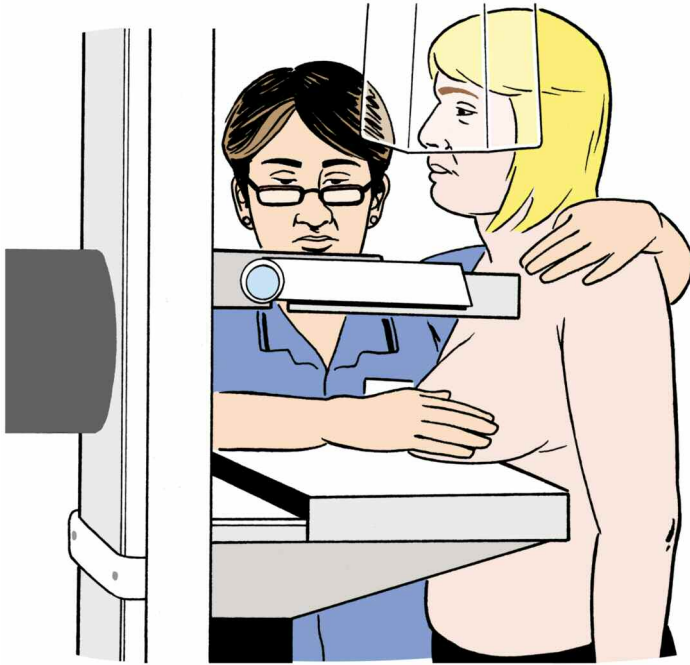


**Drawing by Tracey Harrison**

Volunteer and Illustrator with learning disabilities



# Word Bank



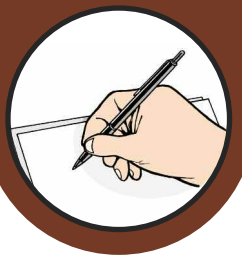
## Screening

These are special tests that can sometimes find cancer early.



## Symptoms

Signs in your body that tell you something is wrong, like feeling tired all the time.



# Notes

A series of horizontal dotted lines for writing notes.



# Useful contacts



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# Useful contacts

## Helpful organisations

### **Brook**

Brook gives young people free, confidential information about health, sex and relationships. Find your local Brook centre on their website.

**Web:** [www.brook.org.uk](http://www.brook.org.uk)

### **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](http://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](http://www.macmillan.org.uk)





# Useful contacts

## 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](http://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](http://www.paulscancersupportcentre.org.uk)**

## 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](http://www.respond.org.uk)**





# Useful contacts

## 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](http://www.booksbeyondwords.co.uk)

**Phone:** 020 8877 9799

**Email:** [admin@booksbeyondwords.co.uk](mailto: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](mailto:fair@fairadvice.org.uk)

**Phone:** 0131 662 1962

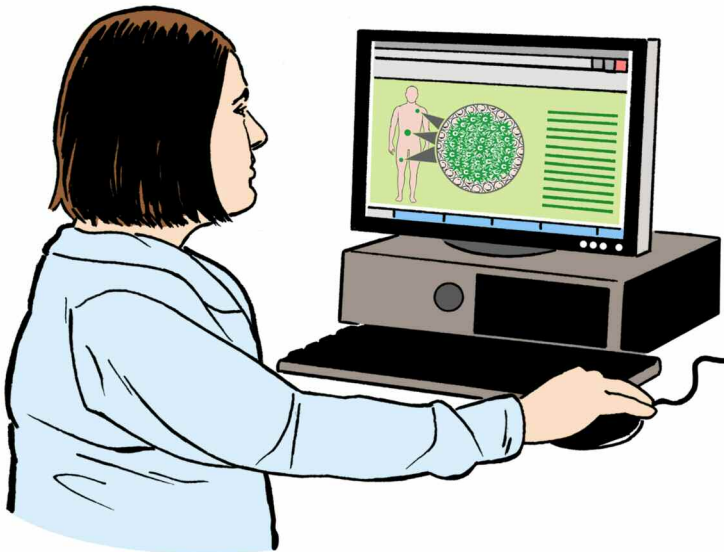
**Web:** [www.fairadvice.org.uk/health-publications.php](http://www.fairadvice.org.uk/health-publications.php)





# Useful contacts

## Online help



### [www.easyhealth.org.uk](http://www.easyhealth.org.uk)

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

### [www.macmillan.org.uk](http://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.

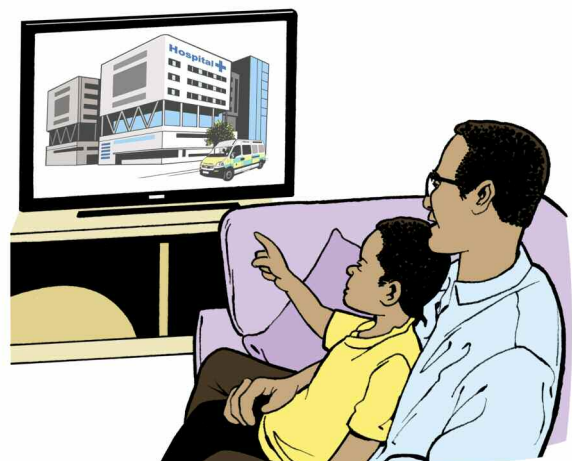
**Phone: 0113 248 4997**

**Web: [www.leedsanimation.org.uk/index.html](http://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](http://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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