

Living Well

Cancer

Revised: 30/08/2017

Introduction

On average, one in three people will develop cancer and one in four will die from cancer in the [UK](#). In England, more than 250,000 people are diagnosed with [cancer](#) every year and around 130,000 die from it. Currently, about 1.8 million people are living with and beyond a cancer diagnosis. Over 200 types of cancer are known to exist today and approximately 30% of these can be [prevented](#) through specific lifestyle changes such as stopping smoking, reducing obesity, reducing alcohol intake, and safe exposure to the sun.

Public Health England and the NHS continue to drive improvements in health through protection, prevention, and the promotion of healthy lifestyles. If England was to achieve cancer survival rates at the European average, 5,000 lives would be saved every year. There is continued effort for significant focus on rapid treatment and early diagnosis to improve the following indicators:

- Vaccination of the population for each national vaccination programme
- Prevalence of healthy weight in adults and children
- Significant reduction in smoking in adults
- Reduced hospital admissions for alcohol related harm
- Increased cancer screening uptake with cancer patients at stage 1 and 2
- Reduced cancer mortality in persons aged 75 and less.

What do we know?

Incidence: New cases of cancer each year: Cancer incidence is the number of people who are diagnosed with cancer during a given time period. As the number of people diagnosed with cancer in an area will be influenced by the age and gender of the population these factors are controlled through standardisation and presented as a rate per 100,000. This allows for a more direct comparison between areas which have different population structures.

The National and Local trends of cancer incidence are on the rise; however the latest evidence suggests that mortality rates are decreasing whilst the survival rates across the UK are improving. In West Berkshire, early deaths due to cancer have significantly fallen over the last decade, with specialist cancer services available in close proximity to residents. However, around 391 residents per 100,000 in West Berkshire will be [diagnosed](#) with cancer each year, similar to the national average.

Cancer incidence is the number of people who are diagnosed with cancer during a given time period. As the number of people diagnosed with cancer in an area will be influenced by the age and gender of the population these factors are controlled for through standardisation and presented as a rate per 100,000. This allows for a more direct comparison between areas which have different population structures.

A total of 292,680 people in the UK were diagnosed with cancer in 2013, approximately 801 people every day. Cancers of the breast, lung, prostate and bowel account for over half (53%) of all new cancer cases in the UK in 2013 and around 600 people per 100,000 of the population will be diagnosed with cancer in the UK. The rate of diagnoses has increased year on year.

A summary of the incidence of specific cancers in England from 1995 to 2013 are given below with a description of how the incidence have changed over the past seventeen years.

- Breast cancer – 169 per 100,000 with a slight increase since 1995.
- Colorectal cancer – 74 per 100,000 with a slight increase since 1995.
- Lung cancer – 76 per 100,000 with a decrease since 1995.
- Malignant melanoma – 24 per 100,000 with an increase since 1995.
- Prostate cancer – 185 per 100,000 with a slight increase since 1995.

Source: Health and Social Care Information Centre (March 2016)

Approximately 391 per 100,000 people in West Berkshire will be diagnosed with cancer every year. The rate of diagnosis is slightly higher than the England average and has seen a slight increase over the past seventeen years. Below is a description of how the incidence rates per 100,000 have changed since 1995.

- Breast cancer – 215 per 100,000 with an increase since 1995.
- Colorectal cancer – 62 per 100,000 remaining constant since 1995.
- Lung cancer – 54 per 100,000 with a decrease since 1995.
- Malignant cancer – 33 per 100,000 with an increase since 1995.
- Prostate cancer – 199 per 100,000 with a slight increase since 1995.

Source: Health and Social Care Information Centre (March 2016)

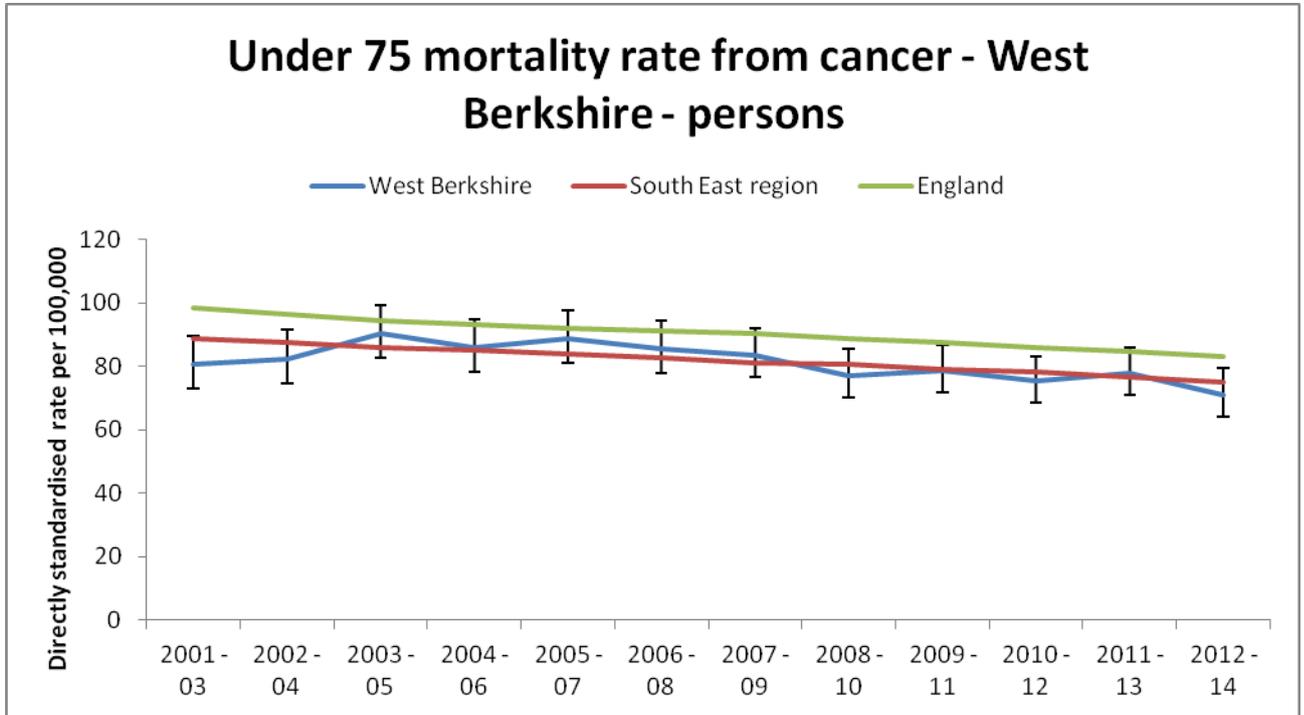
Mortality - How many people die from cancer: In the UK, cancer death rates have begun to fall since the 1980s, dropping by more than 17%. More people than ever before are [surviving cancer](#) and those surviving beyond 5 years has increased from 28% to 50% since the 1970's.

Early deaths due to cancer are a shared indicator between the Public Health Outcomes Framework and the NHS Outcomes Framework. Early death rates from Cancer in West Berkshire have fallen over the last decade. This is similar to the England average. However, over the same period, there are more early deaths from cancer than there have been deaths from heart disease and strokes. *Source: Public Health England Health Profile 2013: West Berkshire.*

One year survival: One year cancer survival is 69% in Newbury and District CCG and 68% in North and West Reading CCG. This is similar to the England average of 68%.

Five year survival: Five year cancer survival is 50% in the Thames Valley Area. The England average is 48%.

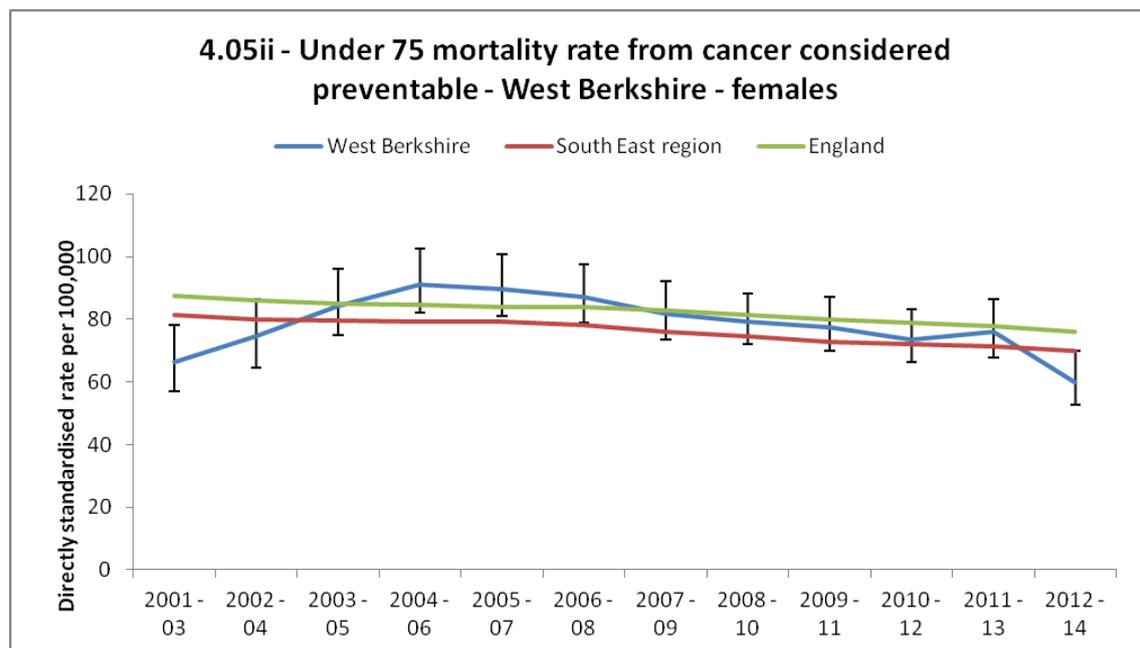
Figure 1: Under 75 mortality rate from cancer in West Berkshire per 100,000 (Persons)



Source: Public Health Outcomes Framework (November 2015)

Figure 1 illustrates the under 75 mortality rate per 100,000 population of West Berkshire and in England. West Berkshire exhibits a similar but lower rate of under 75 mortality rates from cancer when compared against the England average. There is a downward trend in under 75 mortality rates across West Berkshire, the South East region and England.

Figure 2: Under 75 mortality rate from cancer considered preventable in West Berkshire per 100,000 (Female)

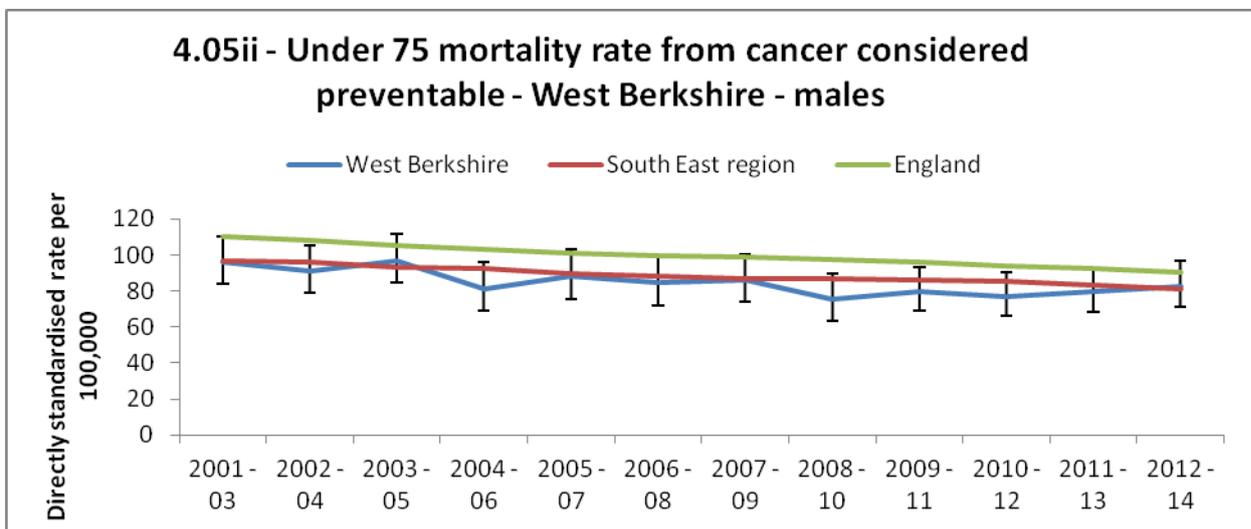


Source: Public Health Outcomes Framework (November 2015)

Preventable mortality is defined as “A death is preventable if, in the light of understanding of the determinants of health at the time of death, all or most deaths from that cause (subject to age limits if appropriate) could be avoided by public health interventions in the broadest sense” *Source: The Office for National Statistics, 2012.* In West Berkshire, approximately 59% of deaths from cancer amongst people aged less than 75 were considered preventable.

Figure 2 illustrates the under 75 female mortality rate from cancer considered preventable in West Berkshire per 100,000. Approximately 65 females in every 100,000 aged less than 75 years in West Berkshire will die from cancer. West Berkshire exhibits a similar but lower rate of under 75 mortality rates from cancer when compared against England whilst portraying a similar but lower rate than the south east region.

Figure 3: Under 75 mortality rate from cancer considered preventable in West Berkshire per 100,000 (Male)



Source: Public Health Outcomes Framework (November 2015)

Figure 3 illustrates the under 75 male mortality rate from cancer considered preventable in West Berkshire per 100,000. Approximately 90 males in every 100,000 aged less than 75 years in West Berkshire will die from cancer. West Berkshire exhibits a similar but lower rate of under 75 mortality rates from cancer when compared against England whilst portraying a similar rate than the south east region.

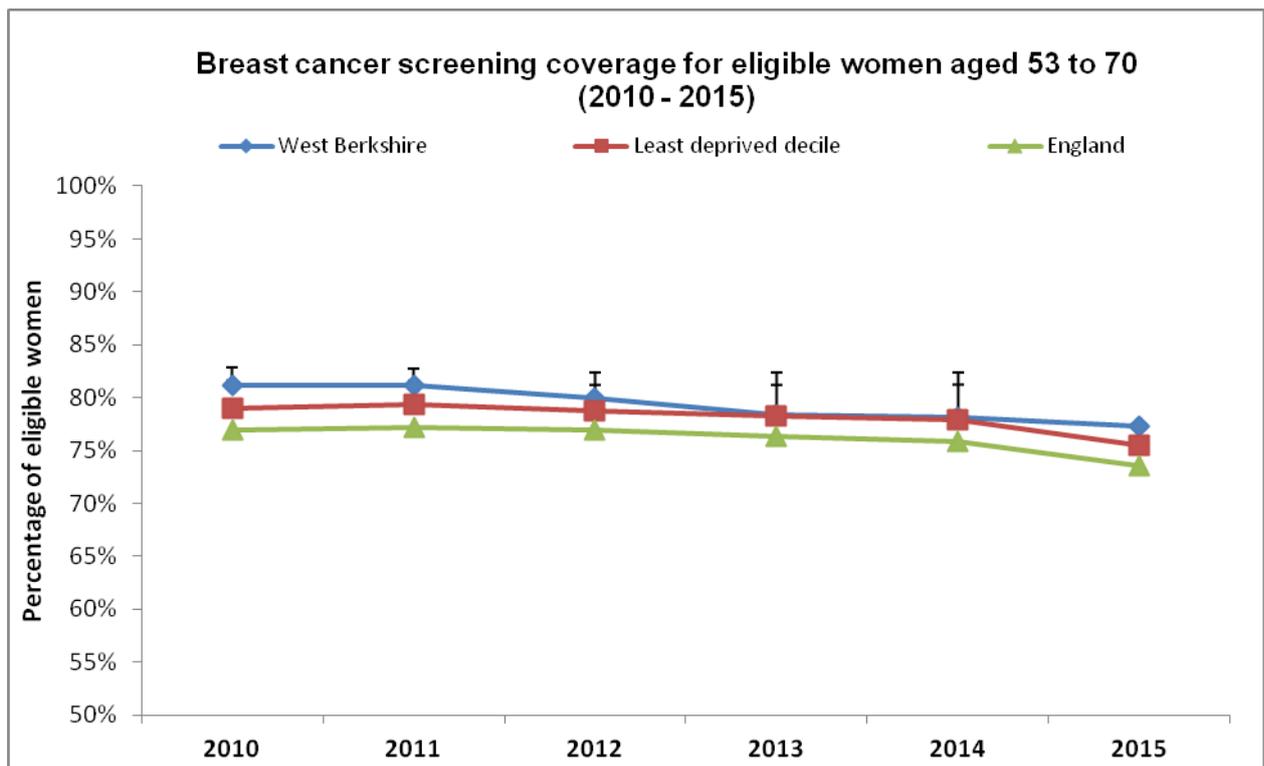
Breast cancer screening: Breast cancer is the most common cancer in the UK. The risk of breast cancer increases with age, though the exact causes of breast cancer are not yet fully understood. The uptake of breast cancer screening is important to maximise detection of early abnormalities. Therefore under the NHS Screening programme, women between the ages of 50 and 70 are invited for breast cancer screening every 3 years to detect any early stages of breast cancer.

Screening coverage is the percentage of women in a population who are eligible for breast screening who have an adequate screening result in the previous three years.

Screening coverage of women aged 53-70 was 75.4 per cent at 31 March 2015, compared with 75.9 per cent at the same point in 2014, and a peak of 77.2 per cent in 2011. Although coverage has fallen for the fourth year running, it remains above the NHS Cancer Screening Programmes' minimum standard of 70 per cent. A total of 2.11 million women aged 45 and over were screened within the NHS Breast Cancer screening programme in 2014-15. This compares with 2.02 million in 2013-14. *Source: Health and Social Care Information Centre; Breast Screening Programme, 2013/2014.*

Data from the breast cancer screening programmes across England is measured in the Public Health Outcome Framework. It is a measure of the percentage of women in a population who are eligible for breast screening who have an adequate screening result in the previous three years. Uptake of routine invitations amongst women aged 50-70 has fallen for the third successive year. Nationally, a total of 17,961 women aged 45 and over had cancers detected by the screening programme in 2013-14, a rate of 8.6 cases per 1,000 women screened.

Figure 4: Breast cancer screening coverage for eligible women aged 53 to 70 (2010 – 2015)



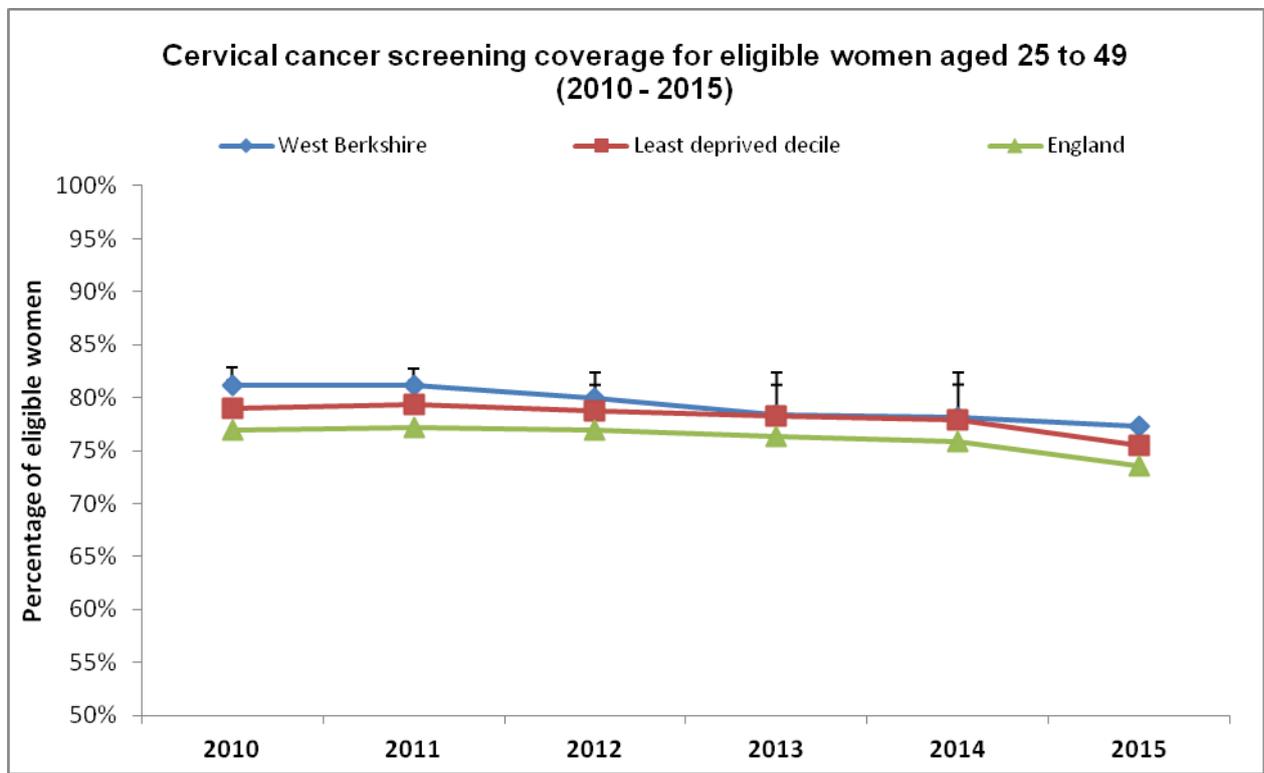
Source: Public Health Outcomes Framework

Figure 4 illustrates the breast cancer screening coverage for eligible women aged 53 to 70 (2010 – 2015). At 31st March 2015, 81.7% of women aged 53 to 70 in West Berkshire had received an adequate breast cancer screening result in the previous 3 years. This is significantly better than the national average of 73.5%. A total of 14,394 women in West Berkshire have been screened during this time period.

Cervical Cancer Screening: The NHS Cervical Screening Programme aims to target Women between the ages of 25-65 to detect abnormalities within the cervix which could develop into cancer if untreated. Evidence suggests that a [reduction in death rates of approximately 95 percent is possible if overall coverage of 80 percent is achieved](#).

Cervical cancer screening is one of the cancer screening programmes that is measured in Public Health Outcome Framework. It is a measure of the percentage of women in a population who are eligible for cervical screening who have an adequate screening result in the previous three and a half years. Cervical screening coverage for Women aged between 50-64 is measured every 5.5 years.

Figure 5: Cervical cancer screening coverage for eligible women aged 25 to 49 (2010 – 2014)



Source: Public Health Outcomes Framework

Figure 5 illustrates the cervical cancer screening coverage for eligible women aged 25 to 49 (2010 – 2015). At 31st March 2015, 77.3% of women aged 25 to 49 in West Berkshire received an adequate cervical screening result within the previous age-appropriate period (3.5 years for those aged 25-49; 5.5 years for those aged 50-64). A total of 31,888 women in West Berkshire have been screened during this time period. This figure is significantly better than the national average.

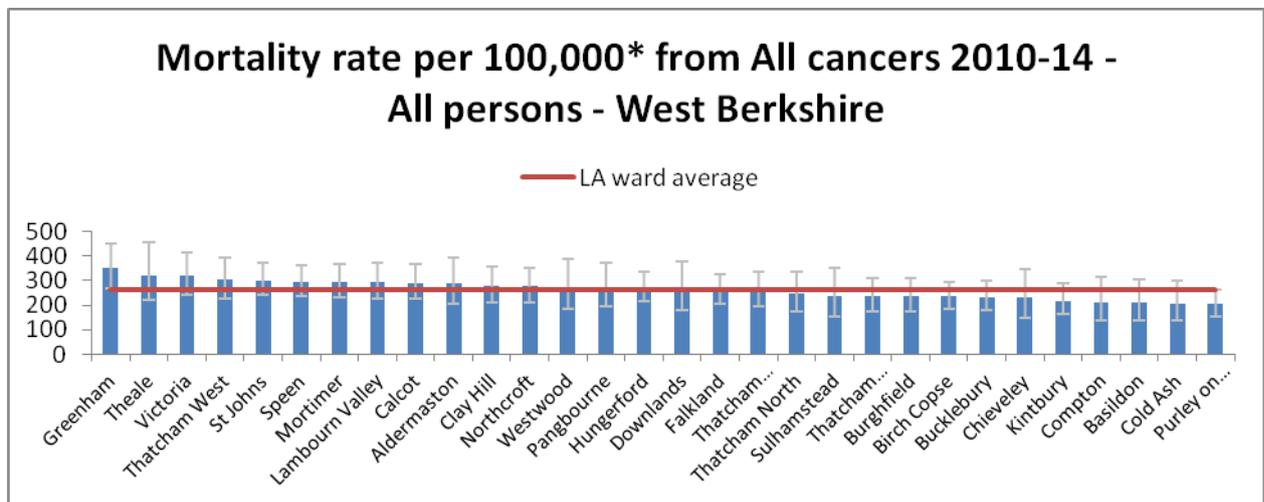
Bowel Cancer Screening: The National Bowel Cancer Screening Programme invites men and women aged 60-69 years to be screened for bowel cancer every two years using a faecal occult blood test (FOBT). Those whose FOBT screen is positive will be offered a colonoscopy. The Berkshire programme has also now been extended to include those aged 70-74 years. Bowel cancer screening can also

detect polyps. These are not cancers, but may develop into cancers over time. They can easily be removed, reducing the risk of bowel cancer developing.

The incidence of bowel cancer in NHS Newbury and District CCG (66.0 per 100,000) is similar to the England average (74.1 per 100,000). In 2014/15, 8,670 eligible people in Newbury and District CCG were sent an invitation to receive a Faecal Occult Blood Test (FOBt) kit. 61.8% took up this invitation and received an adequate screening outcome. 1.4% of people screened had a definitive FOBt abnormal outcome.

A total of 7,517 eligible people in North and West Reading CCG were sent an invitation in the same period and 62.1% of these received an adequate screening outcome. 1.4% of people screened had a definitive FOBt abnormal outcome *Source: NHS England South (South Central); Local data extracted from Exeter System.*

Figure 6: Mortality rate per 100,000 from all cancers 2010-2014, all persons in West Berkshire.



Source: Secondary Users Service

Figure 6 breaks down the mortality rates (per 100,000 people) from all cancers across all Electoral Wards in West Berkshire between 2010 - 2014. The electoral wards with the highest mortality rates caused by cancers are Greenham, Theale and Victoria. These rates range between 321 – 350 people per 100,000. The wards with the lowest mortality rates caused by cancers are Basildon, Cold Ash and Purley on Thames.

What is the data telling us?

Risk factors: There are many factors involved in the development of cancer. One of the largest risk factors of developing cancer is age. Three out of five people who develop cancer are over the age of 65 and more than a third are over 75. *Source: Macmillian, 2013.* It is therefore estimated that more than 1 in 3 people will be diagnosed with some form of cancer during their lifetime. *Source: Improving outcomes: A strategy for cancer (January 2011).*

Smoking, heavy alcohol consumption and prolonged exposure to sunlight are some of the major causes of developing certain types of cancers such as lung, bladder and head and neck cancer. In the UK, [smoking](#) is the cause of more than a quarter of all deaths from cancer (28%) and a fifth of all cancer cases in the UK.

Heavy alcohol consumption is a well established cause of cancer and is linked to 12,500 cases in the UK each year. [Alcohol consumption increases the risk of developing one of the seven known cancers](#) including oral, breast, and bowel cancer. It can take up to 16 years for these cancers in a former drinker to fall to a level of someone who has [never consumed alcohol](#).

Diets containing an excessive amount of red meat and processed meats, and insufficient fresh fruit and vegetables, may increase the risk of developing cancers such as bowel, breast and prostate cancer *Source: NHS choices, 2013*. The strength of evidence surrounding fat and salt intake is probable and could increase the risk of breast and [stomach cancer](#).

Recommendations for consideration

Adopt, monitor and implement the use of evidence based guidelines and establish standards of care for cancer and integrating wherever feasible into primary healthcare.

Incorporate evidence-based, cost effective prevention interventions from Public Health Departments across Local Authorities. Emphasising on local prevention of risk factors associated with cancer.

[Develop risk assessment tools, audits and other effective methods of support for GPs to assess cancer patients effectively.](#)

Further improve supportive & palliative end of life care for adults with cancer through developing specialised training for healthcare professionals *Source: Improving supportive and palliative care for adults with cancer (June 2004)*.

Raise awareness of the early signs of the most common cancers through national and local campaigns, encouraging behaviour change to reduce the risks of developing cancer. Commission specific awareness campaigns of screening programmes in our community with a particular focus on those from vulnerable groups and older people.

Other services and partner organisations

Macmillan Wellbeing Programme

An education and exercise programme for people living with or recovering from cancer in West Berkshire. A specialist physical activity instructor delivers weekly sessions at local leisure centres and venues in the community for people at any stage of recovery. The exercise programme is interactive, involving talks on healthy eating, fatigue management and exercise.

West Berkshire Council Joint Strategic Needs Assessment

Northcroft Leisure Centre
Northcroft Lane
Newbury
Berkshire
RG14 1RS
01635 31199

[Newbury & District Cancer Care Trust](#)

A West Berkshire Charity for local people providing support, care and information.
Newbury & District Cancer Care Trust

Deanwood Park Golf Club
Baydon Road
Stockcross
Newbury
West Berkshire
RG20 8JP
E-mail: cancercare@newbury.net
Telephone: 01635 31542

[Berkshire Cancer Centre \(Oncology\)](#)

The Berkshire cancer centre provides cancer services to people across Berkshire and South of Oxfordshire. It is a specialist cancer centre for outpatients and has installed radiotherapy and chemotherapy units.

Berkshire Cancer Centre
North Block
Royal Berkshire NHS Foundation Trust
London Road
Reading
RG1 5AN

The local developments in breast screening are the ability to screen across a wider age gap including the ability to have two additional screenings in a patient's lifetime and the first by 50 years of age. In addition, the screening of high risk patients is improving along with regular reviews from patient feedback.

[West Berkshire Breast Screening Service](#)

West Berkshire Radiology Department provides breast screening for eligible women registered with all Berkshire West practices and five Oxfordshire Practices. Invites women aged between 50-70 years on a three yearly round, practice based call/recall. There are two mobile units travelling to 12 sites throughout the West Berkshire area.

West Berkshire Breast Screening Service
21a Craven Road
Reading
RG1 5LE
Telephone: 0118 322 8282

Clinical nurse specialist: 0118 322 8563

[West Berkshire Bowel Screening Centre – Gastroterology Department](#)

The screening centre is part of the National Bowel Cancer Screening Programme and a comprehensive inpatient and outpatient service for patients with gastro-intestinal and liver diseases. The service operates as a joint venture between Royal Berkshire NHS Foundation Trust and Heatherwood and Wexham Park Hospitals NHS Foundation Trust.

The centre sees patients from across East and West Berkshire as well as from areas within South Oxfordshire and South Buckinghamshire. The NHS Bowel Cancer Screening Programme offers screening every two years to all men and women aged 60 to 74. People in this age group will automatically be sent an invitation followed by a personalised screening kit so they can do the test at home. Those over 75 years will not be invited automatically but can call the free-phone number to request their free kit.

Royal Berkshire Bracknell Clinic
Eastern Gate
Brants Bridge
Bracknell
Berkshire
RG12 9BG

[Macmillan Cancer Information Centre](#)

The Macmillan Cancer Information Centre is based in the Berkshire Cancer Centre at the Royal Berkshire NHS Foundation Trust. The centre provides free information and support services for anyone affected by cancer. A drop in service available.
Macmillan Cancer Information Centre

North Block
Royal Berkshire
NHS Foundation Trust
London Road
Reading
RG1 5AN
Telephone: 0118 322 8700

National and local strategies

World Health Organisation: [Fight against cancer: Strategies that prevent, cure and care](#) (2007)

Cancer Research UK: [Achieving world class cancer outcomes: a strategy for England 2015 – 2020.](#)

NICE: [Improving supportive and palliative care for adults with cancer](#) (June 2004).

NICE: [Bladder diagnosis and management](#) (February 2015)

Department of Health: [Improving outcomes: A strategy for cancer](#) (January 2011).

Department of Health: [Improving outcomes: A strategy for cancer. Assessment of the impact on Equalities \(AIE\) \(2011\)](#)

Department of Health: [Improving Outcomes: A strategy for cancer. Fourth Annual Report \(December 2014\)](#)

World Health Organisation: [2008-2013 Action Plan for the global strategy for the prevention and control of noncommunicable diseases](#) (2008).

Public Health Outcomes Framework indicator: [2.20i Cancer Screening Coverage – breast cancer](#) (used to assess progress at a national and local level).

Public Health Outcomes Framework indicator: [2.19 Cancer diagnosed at early stage](#)

Public Health Outcomes Framework indicator: [2.20ii Cancer screening coverage – cervical cancer](#)

NHS Berkshire West Federation: [Strategic Plan 2014-19](#) (2013) (Reviewing the current and developing new cancer care pathways).

West Berkshire: [Health & Wellbeing Strategy 15-18](#)

Other chapters you might be interested in

Access to Social Care
Alcohol Misuse (Adults)
Communicable Diseases
Diabetes (Adult)
Drug Misuse (Adults)
Life Expectancy and Mortality
Liver Disease #34769
Long-Term Neurological Conditions (LTNC)
Mental Health (Adults)
Musculoskeletal Conditions
Non-Cancer Screening
Obesity (Adults)
Respiratory Disease (Asthma and Chronic Obstructive Pulmonary Disease (COPD))
Sexual health (incl. young people)
Smoking (Adults)
Suicide and Self harm

If you have any questions about this chapter, please contact Public Health and Wellbeing Team on publichealthandwellbeing@westberks.gov.uk or 01635 503437