

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

# **Guide to BME cancer resources**

**January 2011**

**Macmillan Cancer Support,  
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London SE1 7UQ**



# Contents

|   |           |
|---|-----------|
| <b>Introduction</b>                                   | <b>5</b>  |
| How to use this guide                                 | 5         |
| How to get copies of materials listed                 | 6         |
| Information and support for people affected by cancer | 6         |
| Feedback  | 6         |
| <b>Cancer</b>   | <b>7</b>  |
| <b>Risk factors / cancer awareness</b>                | 7         |
| Smoking   | 8         |
| <b>Treatment</b>                                      | 11        |
| Chemotherapy  | 13        |
| Radiotherapy  | 14        |
| Surgery   | 15        |
| <b>Living with cancer</b>                             | 16        |
| Diet and nutrition                                    | 16        |
| Practical issues                                      | 17        |
| Symptoms and side-effects                             | 18        |
| Supportive care                                       | 18        |
| Carers  | 19        |
| <b>After treatment</b>                                | 20        |
| <b>Advanced cancer</b>                                | 21        |
| Death and bereavement                                 | 21        |
| <b>Breast cancer</b>                                  | <b>22</b> |
| <b>Breast awareness</b>                               | 24        |
| <b>Breast screening</b>                               | 26        |
| <b>Treatment</b>                                      | 31        |
| <b>Living with breast cancer</b>                      | 32        |
| <b>Cervical cancer</b>                                | <b>33</b> |
| Prevention  | 33        |
| Cervical screening                                    | 36        |
| <b>Children's cancers</b>                             | <b>41</b> |
| Written for children and young people                 | 42        |
| <b>Colorectal cancer</b>                              | <b>48</b> |
| Diagnosis and screening                               | 48        |
| <b>Liver cancer</b>                                   | <b>52</b> |
| <b>Lung cancer</b>                                    | <b>53</b> |
| Treatment   | 53        |
| Living with lung cancer                               | 53        |
| <b>Mouth cancer</b>                                   | <b>55</b> |
| <b>Ovarian cancer</b>                                 | <b>56</b> |

|  |           |
|--|-----------|
| <b>Prostate cancer</b>                                 | <b>57</b> |
| Prostate awareness                                     | 58        |
| <b>Testicular cancer</b>                               | <b>59</b> |
| <b>Suppliers</b>                                       | <b>61</b> |
| <b>Indices</b>   | <b>63</b> |
| Title index  | 63        |
| Subject index  | 66        |
| Language index   | 69        |
| <b>Index to materials for people with a disability</b> | <b>71</b> |
| Hearing loss   | 71        |
| Learning difficulties                                  | 71        |
| Visual impairment                                      | 71        |
| <b>Index to non-print materials</b>                    | <b>72</b> |
| Audio CDs, audiotapes and audio downloads              | 72        |
| DVDs and videos  | 72        |

# Introduction

The selection of materials in this guide is based on the 11<sup>th</sup> edition of Macmillan Cancer Support's ***Directory of Information Materials for People Affected by Cancer (2010/2011)***. The ***Directory*** is a guide to nationally published booklets and leaflets on living with cancer. It includes materials that are produced for people affected by cancer, are intended for national distribution, have been produced in the United Kingdom in the last five years, are clearly marked with a date of publication, and are available in print.

Copies of the directory are available free by calling 0800 500 800 or from the Macmillan Cancer Support website at [www.be.macmillan.org.uk](http://www.be.macmillan.org.uk). The directory is also available to search on the Macmillan Cancer Support website at [www.macmillan.org.uk/cancerpublications](http://www.macmillan.org.uk/cancerpublications).

This guide includes some additional materials of a more general nature that might be useful. It also includes some materials that are more than five years old, some that are undated and some that are available only on the websites of UK cancer and health organisations. All the links were checked in January 2011. We have excluded the Welsh translations of NICE leaflets because there are so many (over 100); they can be found on the NICE website [www.nice.org.uk/patientsandpublic/index.jsp](http://www.nice.org.uk/patientsandpublic/index.jsp)

The majority of the resources available online should also be accessible via the NHS Specialist Library for Ethnicity & Health ([www.library.nhs.uk/ethnicity](http://www.library.nhs.uk/ethnicity)), which will also seek to add additional cancer materials as they are published, along with non-cancer-related materials for minority ethnic users.

Macmillan Cancer Support cannot obtain materials for, or place orders on behalf of, individuals or organisations.

## How to use this guide

Materials are arranged by cancer type, for example, 'Breast cancer'. Generic cancer materials are brought together in the 'Cancer' section at the beginning of the guide.

Within each cancer type, materials are grouped under headings such as 'Treatment', and 'Living with cancer'. These headings are further subdivided if necessary, for example, the 'Treatment' sections may have subheadings such as 'Chemotherapy' or 'Radiotherapy'. The contents pages have a complete list of the headings used.

We have included the following information:

- the title of the resource and the date it was produced,
- the languages available (including English),
- a brief description of the contents,

- the publisher's name, the number of pages (or length for audiovisual resources), ISBN (where available), and price,
- the website address for materials available as PDFs or Word documents.

## Indices

There are a number of indices at the end of the guide.

The **Title index** (p. 63) is an alphabetical list of all the materials in the guide. The **Subject index** (p. 66) may be useful for finding materials on more specific subjects or subjects that may appear in several different places, for example, chemotherapy. If you are looking for materials in a particular language use the **Language Index** (p. 69).

Some materials may be suitable for people who have a hearing loss or for people with a visual impairment. The **Index to materials for people with a disability** (p. 71) will help you to find these. Some materials are available only in an audiovisual format but some booklets and leaflets may also be available as audiocassettes or CDs. The **Index to materials in a non-print format** (p. 72) brings these materials together.

## How to get copies of materials listed

Contact details for the suppliers are on p. 61. Please contact them to order hard copies (where available). We cannot place orders on behalf of services or individuals.

## Information and support for people affected by cancer

If you are looking for support to help you live with cancer, you may wish to contact one of Macmillan's cancer information and support services listed at [www.macmillan.org.uk/informationcentres](http://www.macmillan.org.uk/informationcentres). Or you can call the Macmillan Support Line free on **0808 808 00 00** (Mon-Fri 9am–8pm). We have an interpreting service in over 200 languages. Just state, in English, the language you wish to use. If you are deaf or hard of hearing you can use textphone no 0808 808 0121 or Text Relay.

You can also email us using the website enquiry form at [www.macmillan.org.uk/HowWeCanHelp/TalkToUs/AskMacmillanForm.aspx](http://www.macmillan.org.uk/HowWeCanHelp/TalkToUs/AskMacmillanForm.aspx)

Alternatively, visit [www.macmillan.org.uk](http://www.macmillan.org.uk)

## Feedback

If you have any comments, details of resources that we have missed, or find that a link no longer works, please email Sue Hawkins, Information Materials Researcher, Macmillan Cancer Support at [shawkins@macmillan.org.uk](mailto:shawkins@macmillan.org.uk)

# Cancer

## 001 The cancer guide. What to expect when you're affected by cancer (2010)

Languages: English; Welsh.

This booklet follows the cancer journey. It covers the different stages that people go through, the healthcare team, the treatment options, living with cancer, employment and benefits, feelings; carers, and how to get additional support and information.

**Macmillan Cancer Support.** 4<sup>th</sup> edition. 132pp. Free. The Welsh language version is available only on the Macmillan Cancer Support website:

### Welsh

<http://be.macmillan.org.uk/Downloads/MAC5765WELSHTheCancerGuideWelsh.pdf>

## Risk factors / cancer awareness

### 002 Health awareness: cancer (2008)

Languages: English; Albanian; Arabic; Bengali; Chinese (Traditional); Farsi; French; Gujarati; Portuguese; Punjabi; Spanish; Turkish; Urdu.

This factsheet briefly describes the signs and symptoms to look out for. For example, a mouth sore that does not heal, nagging cough or hoarseness, indigestion or difficulty swallowing, an obvious change in a wart or mole, unusual bleeding or discharge, change in bowel or bladder habits, unexplained weight loss, skin changes, fatigue, pain. It concludes with some facts about cancer and health advice.

**Afiya Trust.** 4pp. Available only on the Afiya Trust website:

### English

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=3&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=3&Itemid=46)

### Albanian

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=9&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=9&Itemid=46)

### Arabic

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=5&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=5&Itemid=46)

### Bengali

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=4&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=4&Itemid=46)

### Chinese (Traditional)

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=11&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=11&Itemid=46)

### Farsi

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=6&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=6&Itemid=46)

### French

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=7&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=7&Itemid=46)

**Gujarati**

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=8&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=8&Itemid=46)

**Portuguese**

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=12&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=12&Itemid=46)

**Punjabi**

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=13&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=13&Itemid=46)

**Spanish**

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=15&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=15&Itemid=46)

**Turkish**

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=16&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=16&Itemid=46)

**Urdu**

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=17&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=17&Itemid=46)

## Smoking

### 003 Deciding to give up tobacco use – for yourself, your family and your friends (2003)

Languages: English; Bengali; Gujarati; Hindi; Punjabi; Urdu.

Tips on giving up tobacco (cigarettes, bidi, paan or gutkha).

**Department of Health.** 8pp. Free. Order from the NHS SmokeFree website. Also available to download from the NHS Smoke Free website:

**English**

[http://smokefree.nhs.uk/downloads/a5\\_English.pdf](http://smokefree.nhs.uk/downloads/a5_English.pdf)

**Bengali**

[http://smokefree.nhs.uk/resources/downloads/a4\\_bengali.pdf](http://smokefree.nhs.uk/resources/downloads/a4_bengali.pdf)

**Gujarati**

[http://smokefree.nhs.uk/resources/downloads/a4\\_gujarati.pdf](http://smokefree.nhs.uk/resources/downloads/a4_gujarati.pdf)

**Hindi**

[http://smokefree.nhs.uk/resources/downloads/a4\\_hindi.pdf](http://smokefree.nhs.uk/resources/downloads/a4_hindi.pdf)

**Punjabi**

[http://smokefree.nhs.uk/resources/downloads/a4\\_punjabi.pdf](http://smokefree.nhs.uk/resources/downloads/a4_punjabi.pdf)

**Urdu**

[http://smokefree.nhs.uk/resources/downloads/a4\\_urdu.pdf](http://smokefree.nhs.uk/resources/downloads/a4_urdu.pdf)

### 004 Giving up for life (September 2003)

Languages: Albanian; Arabic; Belarusian; Chinese (Cantonese); Chinese (Mandarin); Czechoslovakian; Estonian; Farsi; French; Greek; Kurdish; Latvian; Pashto; Polish; Portuguese; Romanian; Russian; Somali; Spanish; Turkish; Ukrainian; Vietnamese.

Guidance for people who want to stop smoking.

**Department of Health.** 6pp. Free. Available only on the NHS SmokeFree website

**Albanian**

<http://smokefree.nhs.uk/downloads/Albanian.pdf>

**Arabic**

<http://smokefree.nhs.uk/downloads/Arabic.pdf>

**Belarusian**

<http://smokefree.nhs.uk/downloads/Belarusian.pdf>

**Chinese (Cantonese)**

[http://smokefree.nhs.uk/downloads/Chinese\(Cantonese\).pdf](http://smokefree.nhs.uk/downloads/Chinese(Cantonese).pdf)

**Chinese (Mandarin)**

[http://smokefree.nhs.uk/downloads/Chinese\(Mandarin\).pdf](http://smokefree.nhs.uk/downloads/Chinese(Mandarin).pdf)

**Czechoslovakian**

<http://smokefree.nhs.uk/downloads/Czechoslovakian.pdf>

**Estonian**

<http://smokefree.nhs.uk/downloads/Estonian.pdf>

**Farsi**

<http://smokefree.nhs.uk/downloads/Farsi.pdf>

**French**

<http://smokefree.nhs.uk/downloads/French.pdf>

**Greek**

<http://smokefree.nhs.uk/downloads/Greek.pdf>

**Kurdish**

<http://smokefree.nhs.uk/downloads/Kurdish.pdf>

**Latvian**

<http://smokefree.nhs.uk/downloads/Latvian.pdf>

**Pashto**

<http://smokefree.nhs.uk/downloads/Pashto.pdf>

**Polish**

<http://smokefree.nhs.uk/downloads/Polish.pdf>

**Portuguese**

<http://smokefree.nhs.uk/downloads/Portuguese.pdf>

**Romanian**

<http://smokefree.nhs.uk/downloads/Romanian.pdf>

**Russian**

<http://smokefree.nhs.uk/downloads/Russian.pdf>

**Somali**

<http://smokefree.nhs.uk/downloads/Somali.pdf>

**Spanish**

<http://smokefree.nhs.uk/downloads/Spanish.pdf>

**Turkish**

<http://smokefree.nhs.uk/downloads/Turkish.pdf>

**Ukrainian**

<http://smokefree.nhs.uk/downloads/Ukrainian.pdf>

**Vietnamese**

<http://smokefree.nhs.uk/downloads/Vietnamese.pdf>

**005 How to give up tobacco use (2001-2009)**

Languages: Bengali (2001); Gujarati (2004); Hindi (2007); Punjabi (2007); Urdu (2009).

Guidance on giving up smoking.

**Department of Health.** 24pp. Free. Order from NHS Smoke Free.

## 006 How to stop smoking and stay stopped (2005-2009)

Languages: English (2009); Arabic (2005); Chinese (2005); Polish (2007).

A booklet for smokers who are seriously thinking of giving up. Contents: Thinking about stopping; Preparing to stop; Stopping; Staying stopped; Further help; Medications.

**NHS Health Scotland.** 44pp. ISBN: 1-84485-322-5. BME language versions are available only on the NHS Health Scotland website:

### English

[www.healthscotland.com/uploads/documents/12050-HowToStopSmoking\\_2009\\_English.pdf](http://www.healthscotland.com/uploads/documents/12050-HowToStopSmoking_2009_English.pdf)

### Arabic

[www.healthscotland.com/uploads/documents/3066-HowtoStopSmoking.2147.9.2005Arabic%20low%20res.pdf](http://www.healthscotland.com/uploads/documents/3066-HowtoStopSmoking.2147.9.2005Arabic%20low%20res.pdf)

### Chinese

[www.healthscotland.com/uploads/documents/2875-How%20to%20stop%20smoking%202147%209.2005%20Chinese.pdf](http://www.healthscotland.com/uploads/documents/2875-How%20to%20stop%20smoking%202147%209.2005%20Chinese.pdf)

### Polish

[www.healthscotland.com/uploads/documents/6160-Howtostopsmoking\\_2589\\_Polish\\_lores.pdf](http://www.healthscotland.com/uploads/documents/6160-Howtostopsmoking_2589_Polish_lores.pdf)

## 007 Stop smoking – start living (April 2007)

Languages: English; Albanian; Arabic; Belarusian; Chinese (Simplified); Chinese (Traditional); Czech; Estonian; Farsi; French; Greek; Kurmanji; Latvian; Pashto; Polish; Portuguese; Romanian; Russian; Slovak; Somali; Sorani; Spanish; Turkish; Ukrainian; Vietnamese.

Guidance for people who want to stop smoking. This booklet describes some of the health benefits of giving up and has a step by step guide to stopping. It also gives contact details and advice for those who want professional help.

**Department of Health.** 42pp. Free. BME language versions are available only on the Smoke Free website:

### English

[http://smokefree.nhs.uk/downloads/106215\\_main\\_guide.pdf](http://smokefree.nhs.uk/downloads/106215_main_guide.pdf)

### Albanian

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Albanian.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Albanian.pdf)

### Arabic

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Arabic.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Arabic.pdf)

### Belarusian

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Belarusian.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Belarusian.pdf)

### Chinese (Simplified)

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_SimpChinese.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_SimpChinese.pdf)

### Chinese (Traditional)

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_TradChinese.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_TradChinese.pdf)

### Czech

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Czech.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Czech.pdf)

### Estonian

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Estonian.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Estonian.pdf)

**Farsi**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Farsi.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Farsi.pdf)

**French**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_French.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_French.pdf)

**Greek**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Greek.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Greek.pdf)

**Kurmanji**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Kurmanji.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Kurmanji.pdf)

**Latvian**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Latvian.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Latvian.pdf)

**Pashto**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Pashto.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Pashto.pdf)

**Polish**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Polish.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Polish.pdf)

**Portuguese**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Portuguese.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Portuguese.pdf)

**Romanian**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Romanian.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Romanian.pdf)

**Russian**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Russian.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Russian.pdf)

**Slovak**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Slovak.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Slovak.pdf)

**Somali**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Somali.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Somali.pdf)

**Sorani**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Sorani.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Sorani.pdf)

**Spanish**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Spanish.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Spanish.pdf)

**Turkish**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Turkish.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Turkish.pdf)

**Ukrainian**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Ukrainian.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Ukrainian.pdf)

**Vietnamese**

[http://smokefree.nhs.uk/downloads/SFBK\\_44pp\\_Vietnamese.pdf](http://smokefree.nhs.uk/downloads/SFBK_44pp_Vietnamese.pdf)

## Treatment

### 008 A new way to choose and book your hospital appointment (2004)

Languages: Albanian; Arabic; Bengali; Chinese (Cantonese); French; Gujarati; Kurdish; Polish; Portuguese; Punjabi; Somali; Spanish; Tamil; Turkish; Urdu.

This leaflet explains how *Choose and Book* works.

**NHS Choose and Book.** 5pp. Quote 2241 and the language you require. Also available on the Choose and Book website:

**Albanian**

<http://www.chooseandbook.nhs.uk/documents/implementation/commsmaterials/langs/albanian.pdf>

**Arabic**

<http://www.chooseandbook.nhs.uk/documents/implementation/commsmaterials/langs/arabic.pdf>

**Bengali**

<http://www.chooseandbook.nhs.uk/documents/implementation/commsmaterials/langs/bengali.pdf>

**Chinese (Cantonese)**

<http://www.chooseandbook.nhs.uk/documents/implementation/commsmaterials/langs/chinese.pdf>

**French**

<http://www.chooseandbook.nhs.uk/documents/implementation/commsmaterials/langs/french.pdf>

**Gujarati**

<http://www.chooseandbook.nhs.uk/documents/implementation/commsmaterials/langs/gujarati.pdf>

**Kurdish**

<http://www.chooseandbook.nhs.uk/documents/implementation/commsmaterials/langs/kurdish.pdf>

**Polish**

<http://www.chooseandbook.nhs.uk/documents/implementation/commsmaterials/langs/polish.pdf>

**Portuguese**

<http://www.chooseandbook.nhs.uk/documents/implementation/commsmaterials/langs/portuguese.pdf>

**Punjabi**

<http://www.chooseandbook.nhs.uk/documents/implementation/commsmaterials/langs/punjabi.pdf>

**Somali**

<http://www.chooseandbook.nhs.uk/documents/implementation/commsmaterials/langs/somali.pdf>

**Spanish**

<http://www.chooseandbook.nhs.uk/documents/implementation/commsmaterials/langs/spanish.pdf>

**Tamil**

<http://www.chooseandbook.nhs.uk/documents/implementation/commsmaterials/langs/tamil.pdf>

**Turkish**

<http://www.chooseandbook.nhs.uk/documents/implementation/commsmaterials/langs/turkish.pdf>

**Urdu**

<http://www.chooseandbook.nhs.uk/documents/implementation/commsmaterials/langs/urdu.pdf>

**009 Questions to ask (2007)**

Languages: English; Arabic; Bengali; French; Gujarati; Polish; Portuguese; Punjabi; Somali; Spanish; Urdu.

A series of questions for people to ask their doctor to make sure they get the most out of their appointment. The questions cover what might be wrong, other tests and investigations available, treatment options, what happens next, and who to contact. The leaflet also has tips on what to do before, during and after the appointment.

**Department of Health.** 2pp. BME language versions are available only on the Department of Health website:

**English**

[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_079531?IdcService=GET\\_FILE&dID=151468&Rendition=Web](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_079531?IdcService=GET_FILE&dID=151468&Rendition=Web)

**Arabic**

[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_079531?IdcService=GET\\_FILE&dID=151470&Rendition=Web](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_079531?IdcService=GET_FILE&dID=151470&Rendition=Web)

**Bengali**

[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_079531?IdcService=GET\\_FILE&dID=151467&Rendition=Web](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_079531?IdcService=GET_FILE&dID=151467&Rendition=Web)

**French**

[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_079531?IdcService=GET\\_FILE&dID=151466&Rendition=Web](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_079531?IdcService=GET_FILE&dID=151466&Rendition=Web)

**Gujarati**

[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_079531?IdcService=GET\\_FILE&dID=151475&Rendition=Web](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_079531?IdcService=GET_FILE&dID=151475&Rendition=Web)

**Polish**

[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_079531?IdcService=GET\\_FILE&dID=151479&Rendition=Web](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_079531?IdcService=GET_FILE&dID=151479&Rendition=Web)

**Portuguese**

[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_079531?IdcService=GET\\_FILE&dID=151476&Rendition=Web](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_079531?IdcService=GET_FILE&dID=151476&Rendition=Web)

**Punjabi**

[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_079531?IdcService=GET\\_FILE&dID=151478&Rendition=Web](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_079531?IdcService=GET_FILE&dID=151478&Rendition=Web)

**Somali**

[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_079531?IdcService=GET\\_FILE&dID=151477&Rendition=Web](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_079531?IdcService=GET_FILE&dID=151477&Rendition=Web)

**Spanish**

[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_079531?IdcService=GET\\_FILE&dID=151473&Rendition=Web](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_079531?IdcService=GET_FILE&dID=151473&Rendition=Web)

**Urdu**

[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_079531?IdcService=GET\\_FILE&dID=151472&Rendition=Web](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_079531?IdcService=GET_FILE&dID=151472&Rendition=Web)

## Chemotherapy

### 010 Chemotherapy (2011)

Languages: Bengali; Gujarati; Hindi; Punjabi; Urdu.

This fact sheet provides information about chemotherapy, including possible side-effects.

**Macmillan Cancer Support.** 5pp. Free with Macmillan Cancer Support Factfile CD. Also available on the Macmillan Cancer Support website:

**Bengali**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/ChemoBengali.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/ChemoBengali.pdf)

**Gujarati**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/ChemoGujarati.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/ChemoGujarati.pdf)

**Hindi**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/ChemoHindi.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/ChemoHindi.pdf)

**Punjabi**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/ChemoPunjabi.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/ChemoPunjabi.pdf)

**Urdu**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/ChemoUrdu.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/ChemoUrdu.pdf)

## 011 Chemotherapy: a guide for patients and their families (February 2004)

Languages: Chinese (Simplified); Chinese (Traditional); Punjabi; Urdu.

This booklet explains what chemotherapy is, how it works and how it is given. Although the booklet focuses on what happens during treatment at the Christie Hospital it will be useful for anyone receiving chemotherapy, particularly the descriptions of side-effects and how to cope with them. Each booklet has an English translation and is also available on audiocassette.

**Christie Hospital NHS Trust.** 68pp (34pp per language). £2 inc. p&p. Also available on the Christie Hospital NHS Trust website:

### Chinese (Simplified)

[www.christie.nhs.uk/patients/booklets/pdf/172.pdf](http://www.christie.nhs.uk/patients/booklets/pdf/172.pdf)

### Chinese (Traditional)

[www.christie.nhs.uk/patients/booklets/pdf/311.pdf](http://www.christie.nhs.uk/patients/booklets/pdf/311.pdf)

### Punjabi

[www.christie.nhs.uk/patients/booklets/pdf/171.pdf](http://www.christie.nhs.uk/patients/booklets/pdf/171.pdf)

### Urdu

[www.christie.nhs.uk/patients/booklets/pdf/170.pdf](http://www.christie.nhs.uk/patients/booklets/pdf/170.pdf)

## 012 Understanding chemotherapy (2010)

Languages: English; Welsh.

This booklet describes chemotherapy in detail, what it is, why and when it is given, how it is given, and the most common side-effects. It includes details of useful organisations and other resources such as books and websites, and a list of questions to ask about treatment.

**Macmillan Cancer Support.** 12<sup>th</sup> edition. 92pp. The Welsh translation is available only as a PDF from [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk).

## Radiotherapy

### 013 Radiotherapy (2011)

Languages: Bengali; Gujarati; Hindi; Punjabi; Urdu.

This fact sheet describes radiotherapy, what it is, how treatment is planned, external and internal radiotherapy, and the side-effects. It also has tips on coping with radiotherapy and information about fertility and contraception.

**Macmillan Cancer Support.** 6pp. Free with Macmillan Cancer Support Factfile CD.

### Bengali

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/RadiotherapyBengali.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/RadiotherapyBengali.pdf)

## **Gujarati**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/RadiotherapyGujarati.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/RadiotherapyGujarati.pdf)

## **Hindi**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/RadiotherapyHindi.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/RadiotherapyHindi.pdf)

## **Punjabi**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/RadiotherapyPunjabi.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/RadiotherapyPunjabi.pdf)

## **Urdu**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/RadiotherapyUrdu.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/RadiotherapyUrdu.pdf)

## **014 Radiotherapy: a guide for patients and their families (February 2004)**

Languages: Chinese (Simplified); Chinese (Traditional); Punjabi; Urdu.

This booklet explains what radiotherapy is, how it works and how it is given. Although the booklet focuses on what happens during treatment at the Christie Hospital it will be useful for anyone receiving radiotherapy, particularly the descriptions of side-effects and how to cope with them. Also available on audiocassette.

**Christie Hospital NHS Trust.** 56pp. £2 inc. p&p. Also available on the Christie Hospital NHS Trust website:

### **Chinese (Simplified)**

[www.christie.nhs.uk/patients/booklets/pdf/194.pdf](http://www.christie.nhs.uk/patients/booklets/pdf/194.pdf)

### **Chinese (Traditional)**

[www.christie.nhs.uk/patients/booklets/pdf/313.pdf](http://www.christie.nhs.uk/patients/booklets/pdf/313.pdf)

### **Punjabi**

[www.christie.nhs.uk/patients/booklets/pdf/193.pdf](http://www.christie.nhs.uk/patients/booklets/pdf/193.pdf)

### **Urdu**

[www.christie.nhs.uk/patients/booklets/pdf/192.pdf](http://www.christie.nhs.uk/patients/booklets/pdf/192.pdf)

## **015 Understanding radiotherapy (2008-2009)**

Languages: English (2008); Welsh (2009).

This booklet describes in detail what radiotherapy is, why it may be required, the staff involved, what happens during the planning session, the treatment itself, and the side-effects. The booklet covers external beam radiotherapy and internal radiotherapy. Issues such as emotions, sexuality, and fertility are also discussed. Includes details of useful organisations and other resources.

**Macmillan Cancer Support.** 8<sup>th</sup> edition. 92pp. The Welsh translation is available only as a PDF from [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk).

## **Surgery**

### **016 Surgery (2011)**

Languages: English; Bengali; Gujarati; Hindi; Punjabi; Urdu.

This factsheet explains what cancer is, why surgery might be used to treat it, and how the surgery is carried out. It also describes what to expect before and after the operation, and the possible longer-term complications.

**Macmillan Cancer Support.** 5pp. Free with Macmillan Cancer Support Factfile CD. Also available on the Macmillan Cancer Support website as follows:

**English**

[www.macmillan.org.uk/Cancerinformation/Cancertreatment/Treatmenttypes/Surgery/Surgery.aspx](http://www.macmillan.org.uk/Cancerinformation/Cancertreatment/Treatmenttypes/Surgery/Surgery.aspx)

**Bengali**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/SurgeryBengali.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/SurgeryBengali.pdf)

**Gujarati**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/SurgeryGujarati.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/SurgeryGujarati.pdf)

**Hindi**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/SurgeryHindi.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/SurgeryHindi.pdf)

**Punjabi**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/SurgeryPunjabi.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/SurgeryPunjabi.pdf)

**Urdu**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/SurgeryUrdu.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/SurgeryUrdu.pdf)

## Living with cancer

### 017 Embracing life after cancer. Asian women talk about their lives (2010)

Language: English.

**Macmillan Cancer Support.** 32pp. ISBN 978-0-9564764-3-2. Free.

Profiles of seven Asian women who are living with cancer (breast, ovarian, Hodgkin lymphoma) or who have been affected by cancer (prostate cancer). The profiles are accompanied by photographs by Bunshri Chandaria. The project aims to inspire other women to be strong, confident and to live life to the full – during and after a cancer diagnosis.

## Diet and nutrition

### 018 Coping with eating difficulties when you have cancer. A guide for African and Caribbean patients (2007)

Language: English.

This booklet provides information for African and Caribbean cancer patients who are having difficulty eating during their illness or treatment. It explains what is meant by a balanced diet and has advice on dealing with the following problems: weight loss, poor appetite, feeling sick, dry mouth, sore mouth or throat, taste changes, feeling full

too quickly, diarrhoea, and constipation. It also has tips on what to do when feeling too tired to cook or eat.

**Cancer Equality.** 28pp. ISBN: 978-0-9555250-0-1. Free to people affected by cancer. Otherwise £1.75 (inc. p&p)

### **019 Coping with eating difficulties when you have cancer. A guide for Chinese patients (2008)**

Language: English; Chinese.

This booklet provides information in English and Chinese for cancer patients who are having difficulty eating during their illness or treatment. It explains what is meant by a balanced diet and has advice on dealing with the following problems: weight loss, poor appetite, feeling sick, dry mouth, sore mouth or throat, taste changes, feeling full too quickly, diarrhoea, and constipation. It also has tips on what to do when feeling too tired to cook or eat.

**Cancer Equality.** 48pp. Free to people affected by cancer. Otherwise £1.75 (inc. p&p).

## **Practical issues**

### **020 Help with the cost of cancer. A guide to benefits and financial help for people affected by cancer. Benefit rates apply April 2010 – April 2011 (April 2010)**

Languages: English; Welsh.

This easy-to-use booklet contains up-to-date information about benefits and other sources of financial help for people affected by cancer. Information is arranged in the following sections: help for people of working age; help for carers; help for pensioners; help with housing costs; help with health costs; help with children's needs; transport; and loans and grants for other expenses for people affected by cancer. Each section is illustrated by a personal story and describes the benefits and grants available and how to apply for them. Includes details of further information and support.

**Macmillan Cancer Support.** 84pp. The English version is also available on the Macmillan Cancer Support website. The Welsh language version is currently available **only** on the Macmillan Cancer Support website:

#### **English**

[www.macmillan.org.uk/Documents/GetInvolved/Campaigns/Campaigns/betterdeal/Cost\\_of\\_cancer\\_2010.pdf](http://www.macmillan.org.uk/Documents/GetInvolved/Campaigns/Campaigns/betterdeal/Cost_of_cancer_2010.pdf)

#### **Welsh**

<http://be.macmillan.org.uk/Downloads/MAC402610HWCCWelshE8finalversionRC29-04-10.pdf>

## Symptoms and side-effects

### 021 Cancer pain. Booklet for patients and carers (2009)

Languages: English; Urdu

This booklet is a lay translation of the clinical guidelines issued to NHS staff in Scotland; it is not a general information leaflet. It describes cancer pain, the effect of emotions on pain, the assessment of pain, and the treatment options (pain medication and cognitive behavioural therapy). It also has further sources of information and a glossary.

**Scottish Intercollegiate Guidelines Network (SIGN).** 32pp. Free. Also available on the SIGN website:

#### English

[www.sign.ac.uk/pdf/pat106.pdf](http://www.sign.ac.uk/pdf/pat106.pdf)

#### Urdu

[www.sign.ac.uk/pdf/pat106urdu.pdf](http://www.sign.ac.uk/pdf/pat106urdu.pdf)

## Supportive care

### 022 How a community matron can help you with your long term condition (February 2006)

Languages: English; Arabic; Bengali; French; Gujarati; Polish; Portuguese; Punjabi; Somali; Spanish; Urdu.

This leaflet explains how people with a serious long term condition or a complex range of conditions are now being offered the chance of support from a community matron – a senior nurse who will not only provide nursing care, but will also plan and co-ordinate ways of meeting health and social care needs. The leaflet gives information on how people can benefit from the help of a community matron and who is eligible for it.

**Department of Health.** 6pp. BME language versions are available only on the Department of Health website:

#### English

[www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/@dh/@en/documents/digitalasset/dh\\_4131690.pdf](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_4131690.pdf)

#### Arabic

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=26022&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=26022&Rendition=Web)

#### Bengali

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=18259&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=18259&Rendition=Web)

#### French

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=27054&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=27054&Rendition=Web)

#### Gujarati

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=8384&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=8384&Rendition=Web)

**Polish**

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=13860&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=13860&Rendition=Web)

**Portuguese**

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=20032&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=20032&Rendition=Web)

**Punjabi**

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=18880&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=18880&Rendition=Web)

**Somali**

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=9613&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=9613&Rendition=Web)

**Spanish**

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=17867&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=17867&Rendition=Web)

**Urdu**

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=23426&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=23426&Rendition=Web)

## Carers

### 023 Balancing life and caring. Finding ways to live your own life (April 2005)

Languages: English; Arabic; Bengali; Chinese (Cantonese); Gujarati; Punjabi; Urdu.

Information about how to make the Carers' Equal Opportunities Act work if you are a carer. The leaflet considers issues such as working, education and training, leisure activities, and getting help through social services. Concludes with ten suggestions to get support and details of other organisations that can help.

**Carers UK.** 12pp. BME language versions are available only on the Carers UK website:

**English**

[www.carersuk.org/Information/Otherlanguages/Balancinglifeandcaring/main\\_content/CarersEqualOpps.pdf](http://www.carersuk.org/Information/Otherlanguages/Balancinglifeandcaring/main_content/CarersEqualOpps.pdf)

**Arabic**

[www.carersuk.org/Information/Otherlanguages/Balancinglifeandcaring/main\\_content/CarersEqualOpportunities-Arabic.pdf](http://www.carersuk.org/Information/Otherlanguages/Balancinglifeandcaring/main_content/CarersEqualOpportunities-Arabic.pdf)

**Bengali**

[www.carersuk.org/Information/Otherlanguages/Balancinglifeandcaring/main\\_content/CarersEqualOpportunities-Bengali.pdf](http://www.carersuk.org/Information/Otherlanguages/Balancinglifeandcaring/main_content/CarersEqualOpportunities-Bengali.pdf)

**Chinese (Cantonese)**

[www.carersuk.org/Information/Otherlanguages/Balancinglifeandcaring/main\\_content/CarersEqualOpportunities-Cantonese.pdf](http://www.carersuk.org/Information/Otherlanguages/Balancinglifeandcaring/main_content/CarersEqualOpportunities-Cantonese.pdf)

**Gujarati**

[www.carersuk.org/Information/Otherlanguages/Balancinglifeandcaring/main\\_content/CarersEqualOpportunities-Gujerati.pdf](http://www.carersuk.org/Information/Otherlanguages/Balancinglifeandcaring/main_content/CarersEqualOpportunities-Gujerati.pdf)

**Punjabi**

[www.carersuk.org/Information/Otherlanguages/Balancinglifeandcaring/main\\_content/CarersEqualOpportunities-Punjabi.pdf](http://www.carersuk.org/Information/Otherlanguages/Balancinglifeandcaring/main_content/CarersEqualOpportunities-Punjabi.pdf)

**Urdu**

[www.carersuk.org/Information/Otherlanguages/Balancinglifeandcaring/main\\_content/CarersEqualOpportunities-Urdu.pdf](http://www.carersuk.org/Information/Otherlanguages/Balancinglifeandcaring/main_content/CarersEqualOpportunities-Urdu.pdf)

## 024 Caring for someone with cancer (June 2002)

Languages: English; Arabic; Bengali; Chinese (Cantonese); French African; Gujarati; Hindi; Punjabi; Somali; Tamil; Urdu.

Audio CDs with information on cancer: the treatment options (surgery, radiotherapy, chemotherapy) and the possible side-effects; hospital discharge; caring for the patient; support networks for carers; respite care; benefits; and complementary therapies. The CDs follow the experience of a person with cancer and their carer. Alongside this, an expert cancer doctor and nurse explain the different treatment choices and give practical advice on the best way to care for someone with cancer. Personal stories of both carers and patients feature strongly in the tape. Each CD includes an English version.

**Cancer Equality.** 30 minutes. Free to people affected by cancer and their carers. Others £20 for the complete set, or £15 for a choice of six languages. Order from the Afiya Trust. Also available to download as mp3 files as follows:

### **Arabic**

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=19&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=19&Itemid=46)

### **Bengali**

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=20&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=20&Itemid=46)

### **Chinese (Cantonese)**

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=23&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=23&Itemid=46)

### **French**

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=24&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=24&Itemid=46)

### **Gujarati**

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=22&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=22&Itemid=46)

### **Hindi**

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=18&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=18&Itemid=46)

### **Punjabi**

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=25&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=25&Itemid=46)

### **Somali**

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=21&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=21&Itemid=46)

### **Tamil**

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=26&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=26&Itemid=46)

### **Urdu**

[http://afiyatrust.org.uk/index.php?option=com\\_docman&task=doc\\_download&gid=27&Itemid=46](http://afiyatrust.org.uk/index.php?option=com_docman&task=doc_download&gid=27&Itemid=46)

## After treatment

### 025 Cancer survivor's guide (June 2010)

Languages: English; Welsh.

Information about some of the emotional and practical issues facing people when their cancer treatment stops: Emotional effects (feelings; body image; sources of support and counselling; what else may help; looking after yourself); Relationships (talking about cancer; sexuality and sexual relationships; sexual problems; fertility); Physical effects (fatigue; memory and concentration; mouth and dental problems; eating problems; nerve problems (peripheral neuropathy); joint and bone problems;

bladder and bowel problems; heart and lung problems; lymphoedema; a new cancer develops); Practical issues (follow-up; work; benefits and financial advice; travel and travel insurance; care in the home; carers); How we can help you; Other useful organisations.

**Macmillan Cancer Support.** 4<sup>th</sup> edition. 68pp. Free. The English language version is also available on the Macmillan Cancer Support website. The Welsh translation is available only as a PDF from [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk).

## English

[www.macmillan.org.uk/Documents/Support\\_Material/Be\\_Macmillan/Cancer\\_survivors\\_guide.pdf](http://www.macmillan.org.uk/Documents/Support_Material/Be_Macmillan/Cancer_survivors_guide.pdf)

# Advanced cancer

## Death and bereavement

### 026 When someone dies. Help for young people coping with grief (2000)

Languages: Welsh.

Practical, sympathetic guide to the often confusing feelings and difficulties young people may experience when grieving. Companion booklet for teachers also available.

**Cruse Bereavement Care.** 24pp. ISBN: 0 900321 11 3. £3.50. Quote reference W00318.

### 027 When someone dies. How schools can help bereaved students (2000)

Languages: English; Welsh.

A teacher and children's counsellor explains common emotional responses to grief and its likely effects on young people, and suggest how teachers can help when death affects a school community. Companion booklet to 'When Someone Dies: help for young people coping with grief'.

**Cruse Bereavement Care.** 20pp. £3.50. Quote reference W00311 (English); W00319 (Welsh).

# Breast cancer

## 028 Breast cancer (2011)

Languages: Bengali; Gujarati; Hindi; Punjabi; Urdu.

This fact sheet explains what breast cancer is and describes the possible causes, the symptoms, how it is diagnosed, and the treatment options.

**Macmillan Cancer Support.** 9pp. Free with Macmillan Cancer Support Factfile CD. Also available on the Macmillan Cancer Support:

### **Bengali**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/BreastcancerBengali.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/BreastcancerBengali.pdf)

### **Gujarati**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/BreascancerGujarati.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/BreascancerGujarati.pdf)

### **Hindi**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/BreastcancerHindi.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/BreastcancerHindi.pdf)

### **Punjabi**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/BreastcancerPunjabi.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/BreastcancerPunjabi.pdf)

### **Urdu**

[www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/BreastcancerUrdu.pdf](http://www.macmillan.org.uk/Documents/Cancerinfo/Foreignlanguagefactsheets/BreastcancerUrdu.pdf)

## 029 Breast cancer and you: diagnosis, treatment and the future (2006-2008)

Languages: English (2008); Welsh (2006).

This booklet is for anyone who is dealing with a diagnosis of primary breast cancer and its treatment. It discusses some of the emotional issues that may arise in the early weeks and months and looks ahead to the time when treatment is finished.

**Breast Cancer Care.** 36pp. ISBN: 1-870577-08-6. Free. Postage charged on large orders. Also available on the Breast Cancer Care website:

### **English**

[www.breastcancercare.org.uk/upload/pdf/bcandyou08.pdf](http://www.breastcancercare.org.uk/upload/pdf/bcandyou08.pdf)

### **Welsh**

[www.breastcancercare.org.uk/upload/pdf/bcc\\_bcu06\\_welsh\\_final\\_0.pdf](http://www.breastcancercare.org.uk/upload/pdf/bcc_bcu06_welsh_final_0.pdf)

## 030 Cancer of the breast (female) (2008)

Languages: Arabic; Bengali; Chinese (Cantonese); French; Gujarati; Polish; Portuguese; Punjabi; Somali; Spanish; Turkish; Urdu.

Brief information about breast cancer, including symptoms, causes, diagnosis, treatment and prevention.

**NHS Choices.** 4pp. Available only on the NHS Choices website as follows:

**Arabic**

[www.nhs.uk/translationarabic/Documents/Topics/Cancer\\_of\\_the\\_breast\\_female\\_Arabic\\_FINAL.pdf](http://www.nhs.uk/translationarabic/Documents/Topics/Cancer_of_the_breast_female_Arabic_FINAL.pdf)

**Bengali**

[www.nhs.uk/translationbengali/Documents/Cancer\\_of\\_the\\_breast\\_female\\_Bengali\\_FINAL.pdf](http://www.nhs.uk/translationbengali/Documents/Cancer_of_the_breast_female_Bengali_FINAL.pdf)

**Chinese (Cantonese)**

[www.nhs.uk/translationcantonese/Documents/Cancer\\_of\\_the\\_breast\\_female\\_Cantonese\\_FINAL.pdf](http://www.nhs.uk/translationcantonese/Documents/Cancer_of_the_breast_female_Cantonese_FINAL.pdf)

**French**

[www.nhs.uk/translationfrench/Documents/Cancer\\_of\\_the\\_breast\\_female\\_French\\_FINAL.pdf](http://www.nhs.uk/translationfrench/Documents/Cancer_of_the_breast_female_French_FINAL.pdf)

**Gujarati**

[www.nhs.uk/translationgujarati/Documents/Cancer\\_of\\_the\\_breast\\_female\\_Gujarati\\_FINAL.pdf](http://www.nhs.uk/translationgujarati/Documents/Cancer_of_the_breast_female_Gujarati_FINAL.pdf)

**Polish**

[www.nhs.uk/translationpolish/Documents/Cancer\\_of\\_the\\_breast\\_female\\_Polish\\_FINAL.pdf](http://www.nhs.uk/translationpolish/Documents/Cancer_of_the_breast_female_Polish_FINAL.pdf)

**Portuguese**

[www.nhs.uk/translationportuguese/Documents/Cancer\\_of\\_the\\_breast\\_female\\_Portuguese\\_FINAL.pdf](http://www.nhs.uk/translationportuguese/Documents/Cancer_of_the_breast_female_Portuguese_FINAL.pdf)

**Punjabi**

[www.nhs.uk/translationpunjabi/Documents/Cancer\\_of\\_the\\_breast\\_female\\_Punjabi\\_FINAL.pdf](http://www.nhs.uk/translationpunjabi/Documents/Cancer_of_the_breast_female_Punjabi_FINAL.pdf)

**Somali**

[www.nhs.uk/translationsomali/Documents/Cancer\\_of\\_the\\_breast\\_female\\_Somali\\_FINAL.pdf](http://www.nhs.uk/translationsomali/Documents/Cancer_of_the_breast_female_Somali_FINAL.pdf)

**Spanish**

[www.nhs.uk/translationspanish/Documents/Cancer\\_of\\_the\\_breast\\_female\\_Spanish\\_FINAL.pdf](http://www.nhs.uk/translationspanish/Documents/Cancer_of_the_breast_female_Spanish_FINAL.pdf)

**Turkish**

[www.nhs.uk/translationturkish/Documents/Cancer\\_of\\_the\\_breast\\_female\\_Turkish\\_FINAL.pdf](http://www.nhs.uk/translationturkish/Documents/Cancer_of_the_breast_female_Turkish_FINAL.pdf)

**Urdu**

[www.nhs.uk/translationurdu/Documents/Topics/Cancer\\_of\\_the\\_breast\\_female\\_Urdu\\_FINAL.pdf](http://www.nhs.uk/translationurdu/Documents/Topics/Cancer_of_the_breast_female_Urdu_FINAL.pdf)

**031 Cancer of the breast (male) (2008)**

Languages: Arabic; Bengali; Chinese (Cantonese); French; Gujarati; Polish; Portuguese; Punjabi; Somali; Spanish; Turkish; Urdu.

Brief information about breast cancer in men, including symptoms, causes, diagnosis, treatment and complications.

**NHS Choices.** 3pp. Available only on the NHS Choices website as follows:

**Arabic**

[www.nhs.uk/translationarabic/Documents/Topics/Cancer\\_of\\_the\\_breast\\_male\\_Arabic\\_FINAL.pdf](http://www.nhs.uk/translationarabic/Documents/Topics/Cancer_of_the_breast_male_Arabic_FINAL.pdf)

**Bengali**

[www.nhs.uk/translationbengali/Documents/Cancer\\_of\\_the\\_breast\\_male\\_Bengali\\_FINAL.pdf](http://www.nhs.uk/translationbengali/Documents/Cancer_of_the_breast_male_Bengali_FINAL.pdf)

**Chinese (Cantonese)**

[www.nhs.uk/translationcantonese/Documents/Cancer\\_of\\_the\\_breast\\_male\\_Cantonese\\_FINAL.pdf](http://www.nhs.uk/translationcantonese/Documents/Cancer_of_the_breast_male_Cantonese_FINAL.pdf)

**French**

[www.nhs.uk/translationfrench/Documents/Cancer\\_of\\_the\\_breast\\_male\\_French\\_FINAL.pdf](http://www.nhs.uk/translationfrench/Documents/Cancer_of_the_breast_male_French_FINAL.pdf)

**Gujarati**

[www.nhs.uk/translationgujarati/Documents/Cancer\\_of\\_the\\_breast\\_male\\_Gujarati\\_FINAL.pdf](http://www.nhs.uk/translationgujarati/Documents/Cancer_of_the_breast_male_Gujarati_FINAL.pdf)

**Polish**

[www.nhs.uk/translationpolish/Documents/Cancer\\_of\\_the\\_breast\\_male\\_Polish\\_FINAL.pdf](http://www.nhs.uk/translationpolish/Documents/Cancer_of_the_breast_male_Polish_FINAL.pdf)

**Portuguese**

[www.nhs.uk/translationportuguese/Documents/Cancer\\_of\\_the\\_breast\\_male\\_Portuguese\\_FINAL.pdf](http://www.nhs.uk/translationportuguese/Documents/Cancer_of_the_breast_male_Portuguese_FINAL.pdf)

**Punjabi**

[www.nhs.uk/translationpunjabi/Documents/Cancer\\_of\\_the\\_breast\\_male\\_Punjabi\\_FINAL.pdf](http://www.nhs.uk/translationpunjabi/Documents/Cancer_of_the_breast_male_Punjabi_FINAL.pdf)

**Somali**

[www.nhs.uk/translationsomali/Documents/Cancer\\_of\\_the\\_breast\\_male\\_Somali\\_FINAL.pdf](http://www.nhs.uk/translationsomali/Documents/Cancer_of_the_breast_male_Somali_FINAL.pdf)

## Spanish

[www.nhs.uk/translationspanish/Documents/Cancer\\_of\\_the\\_breast\\_male\\_Spanish\\_FINAL.pdf](http://www.nhs.uk/translationspanish/Documents/Cancer_of_the_breast_male_Spanish_FINAL.pdf)

## Turkish

[www.nhs.uk/translationturkish/Documents/Cancer\\_of\\_the\\_breast\\_male\\_Turkish\\_FINAL.pdf](http://www.nhs.uk/translationturkish/Documents/Cancer_of_the_breast_male_Turkish_FINAL.pdf)

## Urdu

[www.nhs.uk/translationurdu/Documents/Topics/Cancer\\_of\\_the\\_breast\\_male\\_Urdu\\_FINAL.pdf](http://www.nhs.uk/translationurdu/Documents/Topics/Cancer_of_the_breast_male_Urdu_FINAL.pdf)

### 032 Primary (early) breast cancer. Resource pack (2007-2008)

Languages: English (2008); Welsh (2007).

A spiral-bound booklet with a general introduction to breast cancer and the treatments that are available. It is divided into the following sections: about breast cancer; deciding on treatment; treatment options; word list; finding out more. Each section has key questions to ask healthcare providers and space to make notes. It also has space for personal details and key contacts. The booklet is presented in a plastic case with information about Breast Cancer Care.

**Breast Cancer Care.** 80pp. Free. Postage charged on large orders.

### 033 Understanding breast cancer (2008-2009)

Languages: English (2008); Welsh (2009).

This booklet describes the causes, symptoms, diagnosis, stages, and treatment of breast cancer (including surgery, radiotherapy, chemotherapy and hormonal therapy). It also discusses issues such as fertility, hormone replacement therapy, and feelings. Includes details of useful organisations and other resources such as books and websites.

**Macmillan Cancer Support.** 104pp. Free. The Welsh translation is also available as a PDF from [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk).

## Breast awareness

### 034 Be breast aware (October 2006)

Languages: English; Arabic; Bengali; Chinese (Cantonese); Chinese (Traditional); Farsi; French; Greek; Gujarati; Hindi; Italian; Kurdish–Sorani; Polish; Portuguese; Punjabi; Somali; Spanish; Ukrainian; Urdu; Vietnamese.

This leaflet explains what breast awareness means, describes the normal breast and changes to look for, and advises what to do if there is a change. It also mentions the NHS screening programme. English, Arabic, Bengali, Chinese (Cantonese), Polish, Punjabi, Urdu audio versions are also available on the *Breast Screening Audio CD Set* (entry 039) and as audio downloads on the NHS Breast Screening Programme website: [www.cancerscreening.nhs.uk/breastscreen/publications/audio-cd-set.html](http://www.cancerscreening.nhs.uk/breastscreen/publications/audio-cd-set.html)

**NHS Cancer Screening Programmes.** 3pp. BME language versions are available only on the NHS Breast Screening Programme website:

**English**

[www.cancerscreening.org.uk/breastscreen/publications/breastaware.pdf](http://www.cancerscreening.org.uk/breastscreen/publications/breastaware.pdf)

**Arabic**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-arabic.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-arabic.pdf)

**Bengali**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-bengali.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-bengali.pdf)

**Chinese (Traditional)**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-chinese.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-chinese.pdf)

**Farsi**

[www.cancerscreening.org.uk/breastscreen/publications/breastaware-farsi.pdf](http://www.cancerscreening.org.uk/breastscreen/publications/breastaware-farsi.pdf)

**French**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-french.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-french.pdf)

**Greek**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-greek.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-greek.pdf)

**Gujarati**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-gujarati.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-gujarati.pdf)

**Hindi**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-hindi.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-hindi.pdf)

**Italian**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-italian.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-italian.pdf)

**Kurdish – Sorani**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-sorani.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-sorani.pdf)

**Polish**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-polish.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-polish.pdf)

**Portuguese**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-portuguese.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-portuguese.pdf)

**Punjabi**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-punjabi.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-punjabi.pdf)

**Somali**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-somali.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-somali.pdf)

**Spanish**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-spanish.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-spanish.pdf)

**Ukrainian**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-ukrainian.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-ukrainian.pdf)

**Urdu**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-urdu.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-urdu.pdf)

**Vietnamese**

[www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-vietnamese.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/breastaware-vietnamese.pdf)

**035 Being breast aware (2009)**

Languages: English; Arabic; Chinese (Cantonese); Gujarati; Sylheti (Bengali); Urdu; Welsh.

This short film looks at breast awareness and breast screening. It features a range of case studies, together with expert information from a breast care nurse. Includes voice-over options in five languages (Arabic; Chinese (Cantonese); Gujarati; Sylheti (Bengali); Urdu), English or Welsh subtitles and British Sign Language.

**Breast Cancer Care.** 16 minutes. Free. Postage charged on large orders.

### **036 Your breasts, your health – a quick guide to being breast aware (2009-2010).**

Languages: English (July 2010); Welsh (2009).

This leaflet uses illustrations to show women how to check their breasts. It also has advice on when to see the doctor, routine breast cancer screening, breast cancer in families, and reducing the risk of breast cancer.

**Breast Cancer Care.** 16pp. Free. Postage charged on large orders. Also available on the Breast Cancer Care website:

#### **English**

[www.breastcancercare.org.uk/upload/pdf/BCC152\\_ybyh\\_quick\\_guide\\_web.pdf](http://www.breastcancercare.org.uk/upload/pdf/BCC152_ybyh_quick_guide_web.pdf)

#### **Welsh**

[www.breastcancercare.org.uk/upload/pdf/bcc\\_ybyh\\_quick\\_welsh\\_web.pdf](http://www.breastcancercare.org.uk/upload/pdf/bcc_ybyh_quick_welsh_web.pdf)

### **037 Your breasts, your health – throughout your life (2009-2010).**

Languages: English (July 2010); Welsh (2009).

This booklet aims to help women understand more about their breasts, how they develop and age, and the normal changes that can occur before a period, during pregnancy, when breastfeeding, and before, during and after the menopause. It uses illustrations to show women how to check their breasts and advises what to do if a change is noticed. It also describes routine breast screening, what happens at the clinic, and the limitations of screening.

**Breast Cancer Care.** 16pp. Free. Postage charged on large orders. Also available on the Breast Cancer Care website:

#### **English**

[www.breastcancercare.org.uk/upload/pdf/BCC2\\_ybyh\\_throughout\\_life\\_web.pdf](http://www.breastcancercare.org.uk/upload/pdf/BCC2_ybyh_throughout_life_web.pdf)

#### **Welsh**

[www.breastcancercare.org.uk/upload/pdf/bcc\\_ybyh\\_long\\_welsh\\_final.pdf](http://www.breastcancercare.org.uk/upload/pdf/bcc_ybyh_long_welsh_final.pdf)

## **Breast screening**

### **038 About your breast screening / about your cervical smear test (2007)**

Languages: English; Welsh.

This DVD was produced for the Screening Services division of Velindre NHS Trust in 2007. Real women and NHS staff describe breast screening and cervical screening.

**Breast Test Wales.** 20 minutes (10 minutes per topic). Free (max three copies per organisation).

### 039 Breast screening [Audio CD set] (2007)

Languages: English; Arabic; Bengali; Chinese (Cantonese); Polish; Punjabi; Urdu.

This audio CD contains recordings of the following three leaflets: *Be breast aware* (entry 034); *Breast screening. The facts* (entry 040); *Over 70? You are still entitled to breast screening* (entry 044). Each leaflet is recorded in the following languages: English; Arabic; Bengali; Chinese (Cantonese); Polish; Punjabi; and Urdu.

**NHS Cancer Screening Programmes.** Free to NHS staff. Others £10 inc. p&p.  
Quote reference 278190.

### 040 Breast screening. The facts (2006-2009)

Languages: English (2009); Arabic (2006); Bengali (2006); Chinese (Cantonese); Chinese (Traditional) (2006); Farsi (2006); French (2006); Greek (2006); Gujarati (2006); Hindi (2006); Italian (2006); Kurdish-Sorani (2006); Polish (2006); Portuguese (2006); Punjabi (2006); Somali (2006); Spanish (2006); Ukrainian (2006); Urdu (2006); Vietnamese (2006).

This leaflet explains what breast screening is, why it is important, and what happens during the test. It also includes information on the reliability of the screening test, what happens to the mammograms once read, and the benefits and difficulties of breast screening. English, Arabic, Bengali, Chinese (Cantonese), Polish, Punjabi, Urdu audio versions are also available on the *Breast Screening Audio CD Set* (entry 039) and as audio downloads on the NHS Breast Screening Programme website: [www.cancerscreening.nhs.uk/breastscreen/publications/audio-cd-set.html](http://www.cancerscreening.nhs.uk/breastscreen/publications/audio-cd-set.html)

**NHS Cancer Screening Programmes.** 10pp. BME language versions are available only on the NHS Breast Screening Programme website:

#### English

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-english-2009.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-english-2009.pdf)

#### Arabic

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-arabic.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-arabic.pdf)

#### Bengali

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-bengali.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-bengali.pdf)

#### Chinese (Traditional)

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-chinese.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-chinese.pdf)

#### Farsi

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-farsi.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-farsi.pdf)

#### French

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-french.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-french.pdf)

#### Greek

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-greek.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-greek.pdf)

#### Gujarati

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-gujarati.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-gujarati.pdf)

#### Hindi

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-hindi.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-hindi.pdf)

#### Italian

[www.cancerscreening.org.uk/breastscreen/publications/nhsbsp-the-facts-italian.pdf](http://www.cancerscreening.org.uk/breastscreen/publications/nhsbsp-the-facts-italian.pdf)

#### Kurdish-Sorani

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-kurdish-sorani.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-kurdish-sorani.pdf)

**Polish**

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-polish.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-polish.pdf)

**Portuguese**

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-portuguese.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-portuguese.pdf)

**Punjabi**

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-punjabi.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-punjabi.pdf)

**Somali**

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-somali.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-somali.pdf)

**Spanish**

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-spanish.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-spanish.pdf)

**Ukrainian**

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-ukraine.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-ukraine.pdf)

**Urdu**

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-urdu.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-urdu.pdf)

**Vietnamese**

[www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-vietnamese.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-the-facts-vietnamese.pdf)

**041 Breast screening explained (2006)**

Languages: English; Arabic; Chinese (Mandarin); French; Lithuanian; Polish; Russian; Spanish; Urdu.

Illustrated leaflet explaining why breast screening is important, how the screening programme is organised in Scotland, what will happen at screening, how accurate breast screening is, and what it means to be called back.

**NHS Health Scotland.** 12pp. BME language versions are available only on the NHS Health Scotland website:

**English**

[www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained\\_English.pdf](http://www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained_English.pdf)

**Arabic**

[www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained\\_Arabic.pdf](http://www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained_Arabic.pdf)

**Chinese (Mandarin)**

[www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained\\_Mandarin\\_Ir.pdf](http://www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained_Mandarin_Ir.pdf)

**French**

[www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained\\_French.pdf](http://www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained_French.pdf)

**Lithuanian**

[www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained\\_Lithuanian.pdf](http://www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained_Lithuanian.pdf)

**Polish**

[www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained\\_Polish.pdf](http://www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained_Polish.pdf)

**Russian**

[www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained\\_Russian.pdf](http://www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained_Russian.pdf)

**Spanish**

[www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained\\_Spanish.pdf](http://www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained_Spanish.pdf)

**Urdu**

[www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained\\_Urdu.pdf](http://www.healthscotland.com/uploads/documents/7976-BreastScreeningExplained_Urdu.pdf)

**042 Breast screening: your health, your choice (2006)**

Languages: English; Chinese (Cantonese); Chinese (Mandarin); Mirpuri (Urdu); Sylheti (Bengali).

This DVD is designed to raise awareness of breast screening, and support minority ethnic women in making an informed choice about whether to attend. Through narrative and interviews the films explore how the breast screening programme works, what is involved in having a mammogram, and the benefits and limitations of screening. Includes an English subtitled version and guidance for health workers on presenting the films and facilitating the discussions on breast screening.

**NHS Cancer Screening Programmes.** 119 minutes. Free to NHS staff. Others £10 inc. p&p. Quote the title and the reference BREASTDVD.

### **043 Do you want to know about breast cancer screening? (2006)**

Languages: English; Arabic; Bengali; Chinese; Farsi; French; German; Greek, Gujarati; Hindi; Japanese; Polish; Portuguese; Punjabi; Slovak; Somali (North); Somali (South); Spanish; Tagalog; Turkish; Urdu; Vietnamese; Welsh.

Brief information about the breast screening service in Wales. There are five leaflets, each with an English version followed by four or five translations.

**Breast Test Wales.** 7pp. Available only on the Breast Test Wales website:

#### **Arabic, Farsi, Somali (North), Somali (South)**

[www.screeningservices.org/btw/screen/leaflets/multi\\_lang/ara\\_far\\_som.pdf](http://www.screeningservices.org/btw/screen/leaflets/multi_lang/ara_far_som.pdf)

#### **Bengali, Gujarati, Hindi, Punjabi, Urdu**

[www.screeningservices.org/btw/screen/leaflets/multi\\_lang/ben\\_guj\\_hin\\_pun\\_urd.pdf](http://www.screeningservices.org/btw/screen/leaflets/multi_lang/ben_guj_hin_pun_urd.pdf)

#### **Chinese, Japanese, Tagalog, Vietnamese**

[www.screeningservices.org/btw/screen/leaflets/multi\\_lang/jap\\_chi\\_tag\\_viet.pdf](http://www.screeningservices.org/btw/screen/leaflets/multi_lang/jap_chi_tag_viet.pdf)

#### **French, Greek, Portuguese, Spanish, Welsh**

[www.screeningservices.org/btw/screen/leaflets/multi\\_lang/fre\\_gre\\_por\\_spa\\_wel.pdf](http://www.screeningservices.org/btw/screen/leaflets/multi_lang/fre_gre_por_spa_wel.pdf)

#### **German, Polish, Slovak, Turkish**

[www.screeningservices.org/btw/screen/leaflets/multi\\_lang/ger\\_pol\\_slo\\_turk.pdf](http://www.screeningservices.org/btw/screen/leaflets/multi_lang/ger_pol_slo_turk.pdf)

### **044 Over 70? You are still entitled to breast screening (2006)**

Languages: English; Arabic; Bengali; Chinese (Cantonese); Chinese (Traditional); Polish; Punjabi; Urdu.

This leaflet explains why screening is important and describes what happens during a breast screening appointment. It also has information on breast awareness and the changes to watch for. English, Arabic, Bengali, Chinese (Cantonese), Polish, Punjabi, Urdu audio versions are also available on the *Breast Screening Audio CD Set* (entry 039 and as audio downloads on the NHS Breast Screening Programme website: [www.cancerscreening.nhs.uk/breastscreen/publications/audio-cd-set.html](http://www.cancerscreening.nhs.uk/breastscreen/publications/audio-cd-set.html))

**NHS Cancer Screening Programmes.** 5pp. BME language versions are available only on the NHS Breast Screening Programme website:

#### **English**

[www.cancerscreening.nhs.uk/breastscreen/publications/over70.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/over70.pdf)

#### **Arabic**

[www.cancerscreening.nhs.uk/breastscreen/publications/over70-arabic.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/over70-arabic.pdf)

**Bengali**

[www.cancerscreening.nhs.uk/breastscreen/publications/over70-bengali.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/over70-bengali.pdf)

**Chinese (Traditional)**

[www.cancerscreening.nhs.uk/breastscreen/publications/over70-chinese.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/over70-chinese.pdf)

**Polish**

[www.cancerscreening.nhs.uk/breastscreen/publications/over70-polish.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/over70-polish.pdf)

**Punjabi**

[www.cancerscreening.nhs.uk/breastscreen/publications/over70-punjabi.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/over70-punjabi.pdf)

**Urdu**

[www.cancerscreening.nhs.uk/breastscreen/publications/over70-urdu.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/over70-urdu.pdf)

**045 Your breast screening appointment explained (2004-2006, reprinted 2010-2011)**

Languages: English (2005); Arabic (2006); Bengali (2006); Chinese (Cantonese) (2006); French (2006); Lithuanian (2006); Polish (2006); Russian (2004); Spanish (2006); Urdu (2006).

This leaflet explains the importance of breast screening, what happens before, during, and after screening, and what it means to be called back. Includes questions women might ask and has a summary of the benefits and difficulties of screening.

**NHS Health Scotland.** 20pp. BME language versions are available only on the NHS Health Scotland website:

**English**

[www.healthscotland.com/uploads/documents/14661-YourBreastScreeningAppointmentExplained.pdf](http://www.healthscotland.com/uploads/documents/14661-YourBreastScreeningAppointmentExplained.pdf)

**Arabic**

[http://www.healthscotland.com/uploads/documents/7973-BreastScreeningAppointmentExplained\\_Arabic\\_Ir.pdf](http://www.healthscotland.com/uploads/documents/7973-BreastScreeningAppointmentExplained_Arabic_Ir.pdf)

**Bengali**

[www.healthscotland.com/uploads/documents/7973-BreastScreeningAppointmentExplained\\_Bengali.pdf](http://www.healthscotland.com/uploads/documents/7973-BreastScreeningAppointmentExplained_Bengali.pdf)

**Chinese (Cantonese)**

[www.healthscotland.com/uploads/documents/14230-BreastScreeningAppointmentExplained\\_Cantonese.pdf](http://www.healthscotland.com/uploads/documents/14230-BreastScreeningAppointmentExplained_Cantonese.pdf)

**French**

[www.healthscotland.com/uploads/documents/7973-BreastScreeningAppointmentExplained\\_French.pdf](http://www.healthscotland.com/uploads/documents/7973-BreastScreeningAppointmentExplained_French.pdf)

**Lithuanian**

[www.healthscotland.com/uploads/documents/7973-BreastScreeningAppointmentExplained\\_Lithuanian.pdf](http://www.healthscotland.com/uploads/documents/7973-BreastScreeningAppointmentExplained_Lithuanian.pdf)

**Polish**

[www.healthscotland.com/uploads/documents/7973-BreastScreeningAppointmentExplained\\_Polish.pdf](http://www.healthscotland.com/uploads/documents/7973-BreastScreeningAppointmentExplained_Polish.pdf)

**Russian**

[www.healthscotland.com/uploads/documents/7973-BreastScreeningAppointmentExplained\\_Russian.pdf](http://www.healthscotland.com/uploads/documents/7973-BreastScreeningAppointmentExplained_Russian.pdf)

**Spanish**

[www.healthscotland.com/uploads/documents/7973-BreastScreeningAppointmentExplained\\_Spanish.pdf](http://www.healthscotland.com/uploads/documents/7973-BreastScreeningAppointmentExplained_Spanish.pdf)

**Urdu**

[www.healthscotland.com/uploads/documents/14230-BreastScreening%20appt.%20expl.%2020pp-Urdu-Lowh\\_Res.2.2006.pdf](http://www.healthscotland.com/uploads/documents/14230-BreastScreening%20appt.%20expl.%2020pp-Urdu-Lowh_Res.2.2006.pdf)

# Treatment

## 046 Diagnosing and treating breast cancer (2009-2010)

Languages: Arabic (2009); Bengali (2010); Chinese (Cantonese) (2009); French (2009); Gujarati (2009); Hindi (2010); Polish (2010); Punjabi (2009); Urdu (2009).

Booklet for women (and men) who have found a lump or other change in their breasts. It describes the investigations involved in making a diagnosis and the treatments that may be offered if a diagnosis is made. Each booklet has an English translation and is accompanied by an audio CD.

**Breast Cancer Care.** 60pp. Free.

### Arabic

[www.breastcancercare.org.uk/upload/pdf/bcc\\_Arabic\\_finalsmall.pdf](http://www.breastcancercare.org.uk/upload/pdf/bcc_Arabic_finalsmall.pdf)

### Bengali

[www.breastcancercare.org.uk/upload/pdf/BCC\\_booklet\\_Begali\\_hi-res\\_20101005160206.pdf](http://www.breastcancercare.org.uk/upload/pdf/BCC_booklet_Begali_hi-res_20101005160206.pdf)

### Chinese (Cantonese)

[www.breastcancercare.org.uk/upload/pdf/BCC191\\_Diagnosing\\_Cantonese.pdf](http://www.breastcancercare.org.uk/upload/pdf/BCC191_Diagnosing_Cantonese.pdf)

### French

[www.breastcancercare.org.uk/upload/pdf/FRENCH\\_DT\\_BCC192.pdf](http://www.breastcancercare.org.uk/upload/pdf/FRENCH_DT_BCC192.pdf)

### Gujarati

[www.breastcancercare.org.uk/upload/pdf/Gujarati\\_DT\\_bcc150.pdf](http://www.breastcancercare.org.uk/upload/pdf/Gujarati_DT_bcc150.pdf)

### Hindi

[www.breastcancercare.org.uk/upload/pdf/BCC\\_booklet\\_Hindi.pdf](http://www.breastcancercare.org.uk/upload/pdf/BCC_booklet_Hindi.pdf)

### Polish

[www.breastcancercare.org.uk/upload/pdf/Diagnosing\\_and\\_treating\\_breast\\_cancer\\_%28Polish%29.pdf](http://www.breastcancercare.org.uk/upload/pdf/Diagnosing_and_treating_breast_cancer_%28Polish%29.pdf)

### Punjabi

[www.breastcancercare.org.uk/upload/pdf/bcc\\_dandt\\_Punjabi\\_lowres.pdf](http://www.breastcancercare.org.uk/upload/pdf/bcc_dandt_Punjabi_lowres.pdf)

### Urdu

[www.breastcancercare.org.uk/upload/pdf/Urdu\\_DT\\_BCC57.pdf](http://www.breastcancercare.org.uk/upload/pdf/Urdu_DT_BCC57.pdf)

## 047 Treating breast cancer (2006-2008)

Languages: English (2008); Welsh (2006).

This booklet describes the range of treatments that may be offered to women with newly diagnosed breast cancer.

**Breast Cancer Care.** 36pp. Also available on the Breast Cancer Care website:

### English

[www.breastcancercare.org.uk/upload/pdf/bcc08\\_treating\\_final2.pdf](http://www.breastcancercare.org.uk/upload/pdf/bcc08_treating_final2.pdf)

### Welsh

[www.breastcancercare.org.uk/upload/pdf/bcc\\_treating06welsh\\_website\\_0.pdf](http://www.breastcancercare.org.uk/upload/pdf/bcc_treating06welsh_website_0.pdf)

# Living with breast cancer

## 048 Eating well-being active. Healthy living after breast cancer (February 2007)

Languages: English; Arabic; Chinese (Cantonese); Gujarati; Sylheti (Bengali); Urdu, Welsh.

This 30-minute DVD is for anyone who would like to know more about living healthily after having primary breast cancer. It features people of all ages, shapes and sizes talking about how they have made eating well and being active a part of their everyday routine. These real-life stories are combined with the opinions of health experts. The film is in English with Arabic, Chinese (Cantonese), Gujarati, Sylheti (Bengali) or Urdu voice-over options, English or Welsh subtitles and British Sign Language.

**Breast Cancer Care.** 30 minutes. Free. Postage charged on large orders.

## 049 Take each day. Living with secondary breast cancer (February 2008)

Languages: English; Chinese (Cantonese); Gujarati; Sylheti (Bengali); Turkish; Urdu, Welsh.

This DVD follows four women whose stories offer an insight into living with secondary breast cancer. The DVD includes contributions from experts. It is in English with Chinese (Cantonese), Gujarati, Sylheti (Bengali), Turkish or Urdu voice-over options, English or Welsh subtitles and British Sign Language.

**Breast Cancer Care.** 32 minutes. Free. Postage charged on large orders .

# Cervical cancer

## Prevention

### **050 All you need to know about the HPV vaccine that reduces the risk of cervical cancer. Information for girls aged 12 and 13 (S2) (2010)**

Languages: English; Chinese; Polish; Urdu.

This leaflet for girls aged 12 and 13 is about the new immunisation they can now have to protect themselves against cervical cancer.

**NHS Health Scotland.** 6pp. BME language versions are available only on the NHS Health Scotland website:

#### **English**

[www.healthscotland.com/uploads/documents/13618-InformationForGirls12&13English.pdf](http://www.healthscotland.com/uploads/documents/13618-InformationForGirls12&13English.pdf)

#### **Chinese**

[www.healthscotland.com/uploads/documents/13618-InformationForGirlsAged12&13Chinese.pdf](http://www.healthscotland.com/uploads/documents/13618-InformationForGirlsAged12&13Chinese.pdf)

#### **Polish**

[www.healthscotland.com/uploads/documents/13618-InformationForGirlsAged12&13Polish.pdf](http://www.healthscotland.com/uploads/documents/13618-InformationForGirlsAged12&13Polish.pdf)

#### **Urdu**

[www.healthscotland.com/uploads/documents/13618-InformationForGirlsAged12&13Urdu.pdf](http://www.healthscotland.com/uploads/documents/13618-InformationForGirlsAged12&13Urdu.pdf)

### **051 All you need to know about the HPV vaccine that reduces the risk of cervical cancer. Information for girls born on or after 1 September 1990, eligible for the catch-up campaign (2010)**

Languages: English; Chinese; Polish; Urdu.

This leaflet for girls aged 16 and 17 is about the new immunisation they can now have to protect themselves against cervical cancer.

**NHS Health Scotland.** 6pp. BME language versions are available only on the NHS Health Scotland website:

#### **English**

[www.healthscotland.com/uploads/documents/13617-InformationForGirlsBornOnOrAfter1September1990English.pdf](http://www.healthscotland.com/uploads/documents/13617-InformationForGirlsBornOnOrAfter1September1990English.pdf)

#### **Chinese**

[www.healthscotland.com/uploads/documents/13617-InformationForGirlsBornOnOrAfter1September1990Chinese.pdf](http://www.healthscotland.com/uploads/documents/13617-InformationForGirlsBornOnOrAfter1September1990Chinese.pdf)

#### **Polish**

[www.healthscotland.com/uploads/documents/13617-InformationForGirlsBornOnOrAfter1September1990Polish.pdf](http://www.healthscotland.com/uploads/documents/13617-InformationForGirlsBornOnOrAfter1September1990Polish.pdf)

## Urdu

[www.healthscotland.com/uploads/documents/13617-InformationForGirlsBornOnOrAfter1September1990Urdu.pdf](http://www.healthscotland.com/uploads/documents/13617-InformationForGirlsBornOnOrAfter1September1990Urdu.pdf)

### **052 All you need to know about the HPV vaccine that reduces the risk of cervical cancer. Questions and answers. Information for girls born on or after 1 September 1990, eligible for the catch-up campaign (2010)**

Languages: English; Chinese; Polish; Urdu.

This leaflet provides more detailed information and is designed to answer questions that people may have after reading the leaflet 'All you need to know about the HPV vaccine that reduces the risk of cervical cancer. Information for girls born on or after 1 September 1990, eligible for the catch-up campaign'.

**NHS Health Scotland.** 8pp. BME language versions are available only on the NHS Health Scotland website:

## English

[www.healthscotland.com/uploads/documents/13616-Q&AInformationForGirlsBornOnOrAfter1September1990English.pdf](http://www.healthscotland.com/uploads/documents/13616-Q&AInformationForGirlsBornOnOrAfter1September1990English.pdf)

## Chinese

[www.healthscotland.com/uploads/documents/13616-Q&AInformationForGirlsOnOrAfter1September1990Chinese.pdf](http://www.healthscotland.com/uploads/documents/13616-Q&AInformationForGirlsOnOrAfter1September1990Chinese.pdf)

## Polish

[www.healthscotland.com/uploads/documents/13616-Q&AInformationForGirlsBornOnOrAfter1September1990Polish.pdf](http://www.healthscotland.com/uploads/documents/13616-Q&AInformationForGirlsBornOnOrAfter1September1990Polish.pdf)

## Urdu

[www.healthscotland.com/uploads/documents/13616-Q&AInformationForGirlsBornOnOrAfter1September1990Urdu.pdf](http://www.healthscotland.com/uploads/documents/13616-Q&AInformationForGirlsBornOnOrAfter1September1990Urdu.pdf)

### **053 All you need to know about the HPV vaccine that reduces the risk of cervical cancer. Questions and answers. Information for parents and carers (2010)**

Languages: English; Chinese; Polish; Urdu.

This leaflet is for parents and carers of girls eligible for the HPV vaccine. It is intended to answer questions about the HPV vaccine and should be read in conjunction with the leaflet 'All you need to know about the HPV vaccine that reduces the risk of cervical cancer. Information for girls aged 12 and 13 (S2)'.

**NHS Health Scotland.** 8pp. BME language versions are available only on the NHS Health Scotland website:

## English

[www.healthscotland.com/uploads/documents/13615-Q&AInformationForParentsAndCarersEnglish.pdf](http://www.healthscotland.com/uploads/documents/13615-Q&AInformationForParentsAndCarersEnglish.pdf)

## Chinese

[www.healthscotland.com/uploads/documents/13615-Q&AInformationForParentsAndCarersChinese.pdf](http://www.healthscotland.com/uploads/documents/13615-Q&AInformationForParentsAndCarersChinese.pdf)

**Polish**

[www.healthscotland.com/uploads/documents/13615-Q&AInformationForParentsAndCarersPolish.pdf](http://www.healthscotland.com/uploads/documents/13615-Q&AInformationForParentsAndCarersPolish.pdf)

**Urdu**

[www.healthscotland.com/uploads/documents/13615-Q&AInformationForParentsAndCarersUrdu.pdf](http://www.healthscotland.com/uploads/documents/13615-Q&AInformationForParentsAndCarersUrdu.pdf)

**054 Your guide to the HPV vaccination (2008)**

Languages: English; Arabic; Bengali; Chinese (Cantonese); Czech; Farsi; French; Greek; Gujarati; Italian; Kurdish; Pashto; Polish; Portuguese; Punjabi; Somali; Spanish; Tamil; Turkish; Vietnamese.

This leaflet briefly describes cervical cancer, human papillomavirus and how it is spread, the HPV vaccine, and possible side effects.

**Department of Health.** 6pp. Free. Quote reference number 294753. The English language version appears to be available only in hard copy. The BME language versions are available only on the NHS Choices website:

**Arabic**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Arabic.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Arabic.pdf)

**Bengali**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/HPV\\_Bengali\[1\].pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/HPV_Bengali[1].pdf)

**Chinese (Cantonese)**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Cantonese.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Cantonese.pdf)

**Czech**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Czech.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Czech.pdf)

**Farsi**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Farsi.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Farsi.pdf)

**French**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/French.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/French.pdf)

**Greek**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Greek.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Greek.pdf)

**Gujarati**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Gujarati.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Gujarati.pdf)

**Italian**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Italian.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Italian.pdf)

**Kurdish**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Kurdish.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Kurdish.pdf)

**Pashto**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Pashto.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Pashto.pdf)

**Polish**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Polish.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Polish.pdf)

**Portuguese**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Portuguese.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Portuguese.pdf)

**Punjabi**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Punjabi.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Punjabi.pdf)

**Somali**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Somali.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Somali.pdf)

**Spanish**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Spanish.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Spanish.pdf)

**Tamil**

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Tamil.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Tamil.pdf)

## Turkish

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Turkish.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Turkish.pdf)

## Vietnamese

[www.nhs.uk/Conditions/HPV-vaccination/Documents/Vietnamese.pdf](http://www.nhs.uk/Conditions/HPV-vaccination/Documents/Vietnamese.pdf)

# Cervical screening

## 055 About your breast screening / about your cervical smear test (2007)

Languages: English; Welsh.

This DVD was produced for the Screening Services division of Velindre NHS Trust in 2007. Real women and NHS staff describe breast screening and cervical screening.

**Breast Test Wales.** 20 minutes (10 minutes per topic). Free (max three copies per organisation).

## 056 Cervical screening [Audio CD set] (2006)

Languages: English; Arabic; Bengali; Chinese (Cantonese), Polish; Punjabi; Urdu.

This audio CD contains recordings of the following three leaflets: *Cervical screening. The colposcopy examination* (entry 057); *Cervical screening. The fact*; (entry 058); *Cervical screening. What your abnormal result means* (entry 059). Each leaflet is recorded in the following languages: English; Arabic; Bengali; Chinese (Cantonese); Polish; Punjabi; and Urdu.

**NHS Cancer Screening Programmes.** Free to NHS staff. Others £10 inc. p&p. Quote reference 278191.

## 057 Cervical screening. The colposcopy examination (2006-2008)

Languages: English (2008); Arabic (2006); Bengali (2006); Chinese (Cantonese) (2006); Polish (2006); Punjabi (2006); Urdu (2006).

This leaflet explains what a colposcopy is, why a further examination is necessary, what happens before, during, and after the examination, and what the examination will show. Brief information on treatment and check-ups. English, Arabic, Bengali, Chinese (Cantonese), Polish, Punjabi, Urdu audio versions are also available on the *Cervical Screening Audio CD Set* (entry 056) and as audio downloads on the NHS Cervical Screening Programme website:

[www.cancerscreening.nhs.uk/cervical/publications/audio-cd-set.html](http://www.cancerscreening.nhs.uk/cervical/publications/audio-cd-set.html)

**NHS Cancer Screening Programmes.** 5pp. BME language versions are available only on the Department of Health website:

**English**

[www.cancerscreening.nhs.uk/cervical/publications/thecolposcopyexamination-200801.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/thecolposcopyexamination-200801.pdf)

**Arabic**

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=71468&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=71468&Rendition=Web)

**Bengali**

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=71471&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=71471&Rendition=Web)

**Chinese (Cantonese)**

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=71473&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=71473&Rendition=Web)

**Polish**

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=71474&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=71474&Rendition=Web)

**Punjabi**

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=71469&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=71469&Rendition=Web)

**Urdu**

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=71472&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=71472&Rendition=Web)

**058 Cervical screening. The facts (2006-2009)**

Languages: English (2009); Arabic (2006); Bengali (2006); Chinese (Cantonese); Chinese (Traditional) (2006); Farsi (2006), French (2006); Greek (2006), Gujarati (2006); Hindi (2006); Italian (2006); Kurdish-Sorani (2006); Polish (2006); Portuguese (2006); Punjabi (2006); Somali (2006); Spanish (2006); Turkish (March 2004); Ukrainian (2006); Urdu (2006), Vietnamese (2006).

This leaflet explains what cervical screening is, why it is important, and what happens during the test. It also includes information on the reliability of the screening test, what happens to samples once they have been examined, and the benefits and difficulties of cervical screening. English, Arabic, Bengali, Chinese (Cantonese), Polish, Punjabi, Urdu audio versions are also available on the *Cervical Screening Audio CD Set* (entry 056) and as audio downloads on the NHS Cervical Screening Programme website: [www.cancerscreening.nhs.uk/cervical/publications/audio-cd-set.html](http://www.cancerscreening.nhs.uk/cervical/publications/audio-cd-set.html)

**NHS Cancer Screening Programmes.** 12pp. BME language versions are available only on the NHS Cervical Screening Programme website:

**English**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts.pdf)

**Arabic**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-arabic.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-arabic.pdf)

**Bengali**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-bengali.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-bengali.pdf)

**Chinese (Traditional)**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-chinese.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-chinese.pdf)

**Farsi**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-farsi.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-farsi.pdf)

**French**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-french.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-french.pdf)

**Greek**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-greek.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-greek.pdf)

**Gujarati**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-gujarati.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-gujarati.pdf)

**Hindi**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-hindi.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-hindi.pdf)

**Italian**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-italian.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-italian.pdf)

**Kurdish-Sorani**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-kurdish-sorani.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-kurdish-sorani.pdf)

**Polish**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-polish.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-polish.pdf)

**Portuguese**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-portuguese.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-portuguese.pdf)

**Punjabi**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-punjabi.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-punjabi.pdf)

**Somali**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-somali.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-somali.pdf)

**Spanish**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-spanish.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-spanish.pdf)

**Turkish**

[www.dh.gov.uk/prod\\_consum\\_dh/idcplg?IdcService=GET\\_FILE&dID=18219&Rendition=Web](http://www.dh.gov.uk/prod_consum_dh/idcplg?IdcService=GET_FILE&dID=18219&Rendition=Web)

**Ukrainian**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-ukraine.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-ukraine.pdf)

**Urdu**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-urdu.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-urdu.pdf)

**Vietnamese**

[www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-vietnamese.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp-the-facts-vietnamese.pdf)

**059 Cervical screening. What your abnormal result means (2006-2007)**

Languages: English (2007); Arabic (2006); Bengali (2006); Chinese (Cantonese); Chinese (Traditional) (2006); Polish (2006); Punjabi (2006); Urdu (2006).

Advice for women who have been told that their smear test result is abnormal. The leaflet explains what an abnormal result means and what happens next. English, Arabic, Bengali, Chinese (Cantonese), Polish, Punjabi, Urdu audio versions are also available on the *Cervical Screening Audio CD Set* (entry 056) and as audio downloads on the NHS Cervical Screening Programme website:

[www.cancerscreening.nhs.uk/cervical/publications/audio-cd-set.html](http://www.cancerscreening.nhs.uk/cervical/publications/audio-cd-set.html)

**NHS Cancer Screening Programmes.** 4pp. BME language versions are available only on the NHS Cervical Screening Programme website:

**English**

[www.cancerscreening.nhs.uk/cervical/publications/whatyourabnormalresultmeanspdf.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/whatyourabnormalresultmeanspdf.pdf)

**Arabic**

[www.cancerscreening.nhs.uk/cervical/publications/whatyourabnormalresultmeans-arabic.pdf](http://www.cancerscreening.nhs.uk/cervical/publications/whatyourabnormalresultmeans-arabic.pdf)

**Bengali**

[www.cancerscreening.org.uk/cervical/publications/whatyourabnormalresultmeans-bengali.pdf](http://www.cancerscreening.org.uk/cervical/publications/whatyourabnormalresultmeans-bengali.pdf)

**Chinese (Traditional)**

[www.cancerscreening.org.uk/cervical/publications/whatyourabnormalresultmeans-chinese.pdf](http://www.cancerscreening.org.uk/cervical/publications/whatyourabnormalresultmeans-chinese.pdf)

**Polish**

[www.cancerscreening.org.uk/cervical/publications/whatyourabnormalresultmeans-polish.pdf](http://www.cancerscreening.org.uk/cervical/publications/whatyourabnormalresultmeans-polish.pdf)

**Punjabi**

[www.cancerscreening.org.uk/cervical/publications/whatyourabnormalresultmeans-punjabi.pdf](http://www.cancerscreening.org.uk/cervical/publications/whatyourabnormalresultmeans-punjabi.pdf)

**Urdu**

[www.cancerscreening.org.uk/cervical/publications/whatyourabnormalresultmeans-urdu.pdf](http://www.cancerscreening.org.uk/cervical/publications/whatyourabnormalresultmeans-urdu.pdf)

## 060 The cervical screening test. Put it on your list (2010)

Languages: English; Chinese; Polish; Urdu.

This leaflet explains what a cervical screening test is, why it is offered to women between the ages of 20 and 60 in Scotland, what causes changes in the cervix, and how HPV can cause cervical cancer. It addresses the concerns of women who may not have been sexually active, are lesbian/bisexual, menopausal, or pregnant. It also describes how to make an appointment, what happens during the test and if changes are detected.

**NHS Health Scotland.** 12pp. Free. Also available on the NHS Health Scotland website:

### English

[www.healthscotland.com/uploads/documents/13485-TheCervicalScreeningTest.pdf](http://www.healthscotland.com/uploads/documents/13485-TheCervicalScreeningTest.pdf)

### Chinese

[www.healthscotland.com/uploads/documents/13533-Cervicalscreeningtest\\_putitonyourlist\\_3429-Chinese.pdf](http://www.healthscotland.com/uploads/documents/13533-Cervicalscreeningtest_putitonyourlist_3429-Chinese.pdf)

### Polish

[www.healthscotland.com/uploads/documents/13533-Cervicalscreeningtest\\_putitonyourlist\\_3429\\_Polish.pdf](http://www.healthscotland.com/uploads/documents/13533-Cervicalscreeningtest_putitonyourlist_3429_Polish.pdf)

### Urdu

[www.healthscotland.com/uploads/documents/13533-Cervicalscreeningtest\\_Putitonyourlist-3429\\_urdu.pdf](http://www.healthscotland.com/uploads/documents/13533-Cervicalscreeningtest_Putitonyourlist-3429_urdu.pdf)

## 061 The cervical screening test. Put it on your list. Information for lesbian and bisexual women (2010)

Languages: English; Chinese; Polish; Urdu.

Information for women who have sex with women: What is a cervical screening test?; Who is offered a cervical screening test?; What causes changes in the cervix?; How can HPV cause cervical cancer?; Can lesbian and bisexual women get sexually transmitted infections?. It describes what happens during and after the test and also addresses concerns such as anxiety, disclosure of sexual orientation, and what could happen if women choose not to have the test.

**NHS Health Scotland.** 12pp. Free. Also available on the NHS Health Scotland website:

### English

[www.healthscotland.com/uploads/documents/13487-TheCervicalScreeningTest\\_LesbianandBisexualWomen.pdf](http://www.healthscotland.com/uploads/documents/13487-TheCervicalScreeningTest_LesbianandBisexualWomen.pdf)

### Chinese

[www.healthscotland.com/uploads/documents/13536-cervicalscreeningtest\\_lesbianandbisexualwomen\\_3432\\_Chinese.pdf](http://www.healthscotland.com/uploads/documents/13536-cervicalscreeningtest_lesbianandbisexualwomen_3432_Chinese.pdf)

### Polish

[www.healthscotland.com/uploads/documents/13536-cervicalscreeningtest\\_lesbianandbisexualwomen\\_3432\\_Polish.pdf](http://www.healthscotland.com/uploads/documents/13536-cervicalscreeningtest_lesbianandbisexualwomen_3432_Polish.pdf)

### Urdu

[www.healthscotland.com/uploads/documents/13536-Cervicalscreeningtest\\_lesbianandbisexualwomen\\_3432\\_Urdu.pdf](http://www.healthscotland.com/uploads/documents/13536-Cervicalscreeningtest_lesbianandbisexualwomen_3432_Urdu.pdf)

## 062 The cervical screening test. Put it on your list. Your first test (2010)

Languages: English; Chinese; Polish; Urdu.

Information for women who have not been for a cervical screening test before, including: What is a cervical screening test?; Who is offered a cervical screening test?; What causes changes in the cervix?; What if I've never had sex before?; I've had the HPV jab - do I still need to have a cervical screening test?. It describes what happens during the test and also addresses concerns such as embarrassment and discomfort.

**NHS Health Scotland.** 12pp. Free. Also available on the NHS Health Scotland website:

### English

[www.healthscotland.com/uploads/documents/13486-TheCervicalScreeningTest\\_YourFirstTest.pdf](http://www.healthscotland.com/uploads/documents/13486-TheCervicalScreeningTest_YourFirstTest.pdf)

### Chinese

[www.healthscotland.com/uploads/documents/13535-Cervicalscreeningtest\\_YourFirstTest3431\\_Chinese.pdf](http://www.healthscotland.com/uploads/documents/13535-Cervicalscreeningtest_YourFirstTest3431_Chinese.pdf)

### Polish

[www.healthscotland.com/uploads/documents/13535-Cervicalscreeningtest\\_YourFirstTest3431\\_Polish.pdf](http://www.healthscotland.com/uploads/documents/13535-Cervicalscreeningtest_YourFirstTest3431_Polish.pdf)

### Urdu

[www.healthscotland.com/uploads/documents/13535-Cervicalscreeningtest\\_YourFirstTest3431\\_Urdu.pdf](http://www.healthscotland.com/uploads/documents/13535-Cervicalscreeningtest_YourFirstTest3431_Urdu.pdf)

## 063 The cervical screening test. Your results explained (2010)

Languages: English; Chinese; Polish; Urdu.

Information for women about their cervical screening test results: What causes changes in my cervix?; My letter says that there are not enough cells; My letter says that I have minor changes; My letter says I have changes which require further investigation; What happens at the colposcopy clinic?; What about treatment?.

**NHS Health Scotland.** 12pp. Free. Also available on the NHS Health Scotland website:

### English

[www.healthscotland.com/uploads/documents/13491-TheCervicalScreeningTest\\_YourResultsExplained.pdf](http://www.healthscotland.com/uploads/documents/13491-TheCervicalScreeningTest_YourResultsExplained.pdf)

### Chinese

[www.healthscotland.com/uploads/documents/13534-Cervical%20screeningtest\\_Yourresultsexplained\\_3430\\_Chinese.pdf](http://www.healthscotland.com/uploads/documents/13534-Cervical%20screeningtest_Yourresultsexplained_3430_Chinese.pdf)

### Polish

[www.healthscotland.com/uploads/documents/13534-Cervicalscreeningtest\\_Yourresultsexplained\\_3430\\_Polish.pdf](http://www.healthscotland.com/uploads/documents/13534-Cervicalscreeningtest_Yourresultsexplained_3430_Polish.pdf)

### Urdu

[www.healthscotland.com/uploads/documents/13534-Cervicalscreeningtest\\_Yourresultsexplained\\_3430-Urdu.pdf](http://www.healthscotland.com/uploads/documents/13534-Cervicalscreeningtest_Yourresultsexplained_3430-Urdu.pdf)

# Children's cancers

## **064 Brothers and sisters. A guide for parents of children and young people with cancer (No date)**

Languages: Bengali; Gujarati.

This illustrated colour booklet has been produced to help parents of a child with cancer support other children in the family. It has useful sources of information and support and introduces three linked booklets – How to help brothers and sisters (for anyone caring for siblings); My brother has cancer (designed for younger siblings up to 9 years old) and When your brother or sister gets cancer (for older siblings).

**Children's Cancer and Leukaemia Group.** 12pp. BME language versions are available only on the CLIC Sargent website:

### **Bengali**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main\\_content/Brothers and Sisters-Bengali.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main_content/Brothers_and_Sisters-Bengali.pdf)

### **Gujarati**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main\\_content/Brothers and Sisters-Gujarati.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main_content/Brothers_and_Sisters-Gujarati.pdf)

## **065 Grandparents. A guide for grandparents of children and young people with cancer (2005)**

Languages: English; Bengali; Gujarati; Punjabi.

It can be difficult for grandparents to get information about their grandchild's cancer and treatment. This illustrated booklet uses a question and answer format to provide information and advice for grandparents on how to support their family and themselves.

**Children's Cancer and Leukaemia Group.** 22pp. BME language versions are available only on the CLIC Sargent website:

### **English**

[www.cclg.org.uk/families/publications/pdfs/CCLG-Grandparents.pdf](http://www.cclg.org.uk/families/publications/pdfs/CCLG-Grandparents.pdf)

### **Bengali**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main\\_content/grandparents-bengali.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main_content/grandparents-bengali.pdf)

### **Gujarati**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main\\_content/grandparents-gujarati.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main_content/grandparents-gujarati.pdf)

### **Punjabi**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main\\_content/grandparents-punjabi.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main_content/grandparents-punjabi.pdf)

## 066 How to help brothers and sisters (2004-2009)

Languages: English (2009); Bengali (2004); Gujarati (2004); Punjabi (2004).

This illustrated leaflet is designed to help adults who come into contact with the siblings of children with cancer. It explains the problems that siblings may have and how adults can best help them cope.

**Children's Cancer and Leukaemia Group.** 6pp. BME language versions are available only on the CLIC Sargent website:

### English

[www.cclg.org.uk/families/publications/pdfs/CCLG-HowToHelpBrothersSisters.pdf](http://www.cclg.org.uk/families/publications/pdfs/CCLG-HowToHelpBrothersSisters.pdf)

### Bengali

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main\\_content/How\\_to\\_Help\\_Siblings-Bengali.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main_content/How_to_Help_Siblings-Bengali.pdf)

### Gujarati

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main\\_content/How\\_to\\_Help\\_Siblings-Gujarati.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main_content/How_to_Help_Siblings-Gujarati.pdf)

### Punjabi

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main\\_content/How\\_to\\_Help\\_Siblings-Punjabi.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main_content/How_to_Help_Siblings-Punjabi.pdf)

## Written for children and young people

## 067 After cure. What does this mean for you? (2005)

Languages: English; Bengali; Gujarati; Punjabi.

Illustrated booklet for young adults (16+) who have survived cancer. It uses a question and answer format to provide information about the importance of follow-up and future care, education and employment, disability, life insurance and mortgages, travel and vaccinations, and fertility and sexual function. It also discusses feelings.

**Children's Cancer and Leukaemia Group.** 18pp. BME language versions are available only on the CLIC Sargent website:

### English

[www.cclg.org.uk/families/publications/pdfs/CCLG-AfterCure.pdf](http://www.cclg.org.uk/families/publications/pdfs/CCLG-AfterCure.pdf)

### Bengali

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main\\_content/aftercure-bengali.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main_content/aftercure-bengali.pdf)

### Gujarati

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main\\_content/aftercure-gujarati.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main_content/aftercure-gujarati.pdf)

### Punjabi

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main\\_content/aftercure-punjabi.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main_content/aftercure-punjabi.pdf)

## **068 Ben's bone marrow transplant. A children's guide to BMT (2005)**

Languages: English; Bengali; Gujarati; Punjabi.

This illustrated book is for children who need a bone marrow transplant. Using the story of Ben it explains what bone marrow is, what the treatment involves, what happens in hospital and going home.

**Children's Cancer and Leukaemia Group.** 28pp. BME language versions are available only on the CLIC Sargent website:

### **English**

[www.cclg.org.uk/families/publications/pdfs/CCLG-BensBMT.pdf](http://www.cclg.org.uk/families/publications/pdfs/CCLG-BensBMT.pdf)

### **Bengali**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main\\_content/Bens\\_BMT-Bengali.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main_content/Bens_BMT-Bengali.pdf)

### **Gujarati**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main\\_content/Bens\\_BMT-Gujarati.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main_content/Bens_BMT-Gujarati.pdf)

### **Punjabi**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main\\_content/Bens\\_BMT-Punjabi.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main_content/Bens_BMT-Punjabi.pdf)

## **069 Cancer. What's the score? (2006)**

Languages: English; Bengali; Gujarati; Punjabi.

Information for young people recently diagnosed. It covers the effects cancer may have on the body and what treatment will be like, as well as 'embarrassing' topics such as how cancer will affect relationships, sex and fertility.

**CLIC Sargent.** 22pp. BME language versions are available only on the CLIC Sargent website:

### **Bengali**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main\\_content/cancer\\_whats\\_the\\_score-ben.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main_content/cancer_whats_the_score-ben.pdf)

### **Gujarati**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main\\_content/cancer\\_whats\\_the\\_score-guj.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main_content/cancer_whats_the_score-guj.pdf)

### **Punjabi**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main\\_content/cancer\\_whats\\_the\\_score-pun.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main_content/cancer_whats_the_score-pun.pdf)

## **070 Chemotherapy, cakes and cancer. An A-Z survival guide to living with childhood cancer (2007)**

Languages: English; Lithuanian; Spanish.

The author was diagnosed with osteosarcoma when she was 12. She wrote this booklet two years later when she had finished treatment because there was nothing for people her age about what it was like to be in hospital and how to handle it. There

are tips for surviving long stays in hospital and keeping positive, and explanations of medical terms.

**CLIC Sargent.** 38pp. BME language versions are available only on the CLIC Sargent website:

**English**

[www.clicsargent.org.uk/Publicationsresources/CLICSargentpublications/Youngpeople/main\\_content/CC.pdf](http://www.clicsargent.org.uk/Publicationsresources/CLICSargentpublications/Youngpeople/main_content/CC.pdf)

**Lithuanian**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/ChemotherapyCakesandCancer/main\\_content/CCCLithuanian.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/ChemotherapyCakesandCancer/main_content/CCCLithuanian.pdf)

**Spanish**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/ChemotherapyCakesandCancer/main\\_content/CCCSpanish.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/ChemotherapyCakesandCancer/main_content/CCCSpanish.pdf)

**071 Fighting the big 'C'. A guide for young people and their families to understanding cancer and its treatment (1994 , reprinted 2010)**

Languages: English; Bengali; Gujarati; Punjabi.

This booklet has been written to help young people understand more about cancer, its treatment, how it may affect them, and how to look after themselves while having treatment. It briefly describes cancer, the treatment options (chemotherapy, radiotherapy, and surgery), the different blood cells and bone marrow, and neutropaenia and infection. It also has advice on preventing infections (body hygiene, mouth care, diet, exercise), hair loss, keeping a positive attitude, and thinking about the future.

**CLIC Sargent.** 36pp. ISBN 0-9515876-2-5. Free. BME language versions are available only on the CLIC Sargent website:

**English**

[www.clicsargent.org.uk/Publicationsresources/CLICSargentpublications/Youngpeople/main\\_content/FightingtheBigC-Nov2010edition.pdf](http://www.clicsargent.org.uk/Publicationsresources/CLICSargentpublications/Youngpeople/main_content/FightingtheBigC-Nov2010edition.pdf)

**Bengali**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main\\_content/FightingtheBigC-Bengali.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main_content/FightingtheBigC-Bengali.pdf)

**Gujarati**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main\\_content/FightingtheBigC-Gujarati.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main_content/FightingtheBigC-Gujarati.pdf)

**Punjabi**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main\\_content/FightingtheBigC-Punjabi.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main_content/FightingtheBigC-Punjabi.pdf)

**072 I'm still me. A guide for young people living with cancer (June 2010)**

Languages: English; Welsh.

A booklet for young people aged 12-21 years. It aims to help answer some of their questions and to provide tips and guidance. It covers the following topics: What is

cancer; Discovering you have cancer; Going into hospital; Treatment for cancer; Am I still me?; Cancer and relationships; Going home; Common questions (including space for people to make notes or record their feelings and experiences). It also has a list of the most common medical terms used and details of useful organisations and websites.

**Macmillan Cancer Support.** 5<sup>th</sup> edition. 126pp. Free. The Welsh language version is available only on the Macmillan Cancer Support website:

### **Welsh**

<http://be.macmillan.org.uk/Downloads/MAC670610E51mstillmeWelshfinalproofRC7-6-10.pdf>

### **073 Joe has leukaemia (2001)**

Languages: English; Bengali; Gujarati; Punjabi.

Joe is diagnosed with leukaemia in his first year at school. This illustrated, colour storybook describes what happens when Joe has to go into hospital for tests. The story follows Joe from first feeling ill, through diagnosis and treatment, to recovery and returning to normal life.

**CLIC Sargent.** 34pp. BME language versions are available only on the CLIC Sargent website:

### **English**

[www.clicsargent.org.uk/Publicationsresources/CLICSargentpublications/Children/main\\_content/JoehasLeukaemia.pdf](http://www.clicsargent.org.uk/Publicationsresources/CLICSargentpublications/Children/main_content/JoehasLeukaemia.pdf)

### **Bengali**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main\\_content/Joe\\_has\\_Leukaemia-Bengali.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main_content/Joe_has_Leukaemia-Bengali.pdf)

### **Gujarati**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main\\_content/Joe\\_has\\_Leukaemia-Gujarati.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main_content/Joe_has_Leukaemia-Gujarati.pdf)

### **Punjabi**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main\\_content/Joe\\_has\\_Leukaemia-Punjabi.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main_content/Joe_has_Leukaemia-Punjabi.pdf)

### **074 Lucy has a tumour (2001)**

Languages: English; Bengali; Gujarati; Punjabi.

Lucy is five years old when she is diagnosed with cancer. This illustrated, colour storybook describes what happens when she has to go to the hospital for tests and treatment. The story follows Lucy from first feeling ill, through diagnosis and treatment, to recovery and returning to normal life.

**CLIC Sargent.** 30pp. BME languages are available only on the CLIC Sargent website:

### **Bengali**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main\\_content/Lucy\\_has\\_a\\_Tumour-Bengali.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main_content/Lucy_has_a_Tumour-Bengali.pdf)

## **Gujarati**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main\\_content/Lucy\\_has\\_a\\_Tumour-Gujarati.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main_content/Lucy_has_a_Tumour-Gujarati.pdf)

## **Punjabi**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main\\_content/Lucy\\_has\\_a\\_Tumour-Punjabi.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main_content/Lucy_has_a_Tumour-Punjabi.pdf)

## **075 Mary has a brain tumour (2001)**

Languages: English; Bengali; Gujarati; Punjabi.

Mary is five years old when she is diagnosed with a brain tumour. This illustrated, colour storybook describes what happens when she has to go to the hospital for tests and treatment. The story follows Mary from first feeling ill, through diagnosis and treatment, to recovery and return to normal life.

**CLIC Sargent.** 34pp. BME language versions are available only on the CLIC Sargent website:

## **Bengali**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main\\_content/Mary\\_has\\_a\\_brain\\_tumour-Bengali.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main_content/Mary_has_a_brain_tumour-Bengali.pdf)

## **Gujarati**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main\\_content/Mary\\_has\\_a\\_brain\\_tumour-Guj.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main_content/Mary_has_a_brain_tumour-Guj.pdf)

## **Punjabi**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main\\_content/Mary\\_has\\_a\\_brain\\_tumour-Punjabi.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main_content/Mary_has_a_brain_tumour-Punjabi.pdf)

## **076 Mummy's lump (2008-2009)**

Languages: English (2008); Welsh (2009).

This booklet is aimed at children under six and follows Elly and Jack as they learn of their mother's diagnosis and treatment for breast cancer.

**Breast Cancer Care.** 20pp. Free. Also available on the Breast Cancer Care website:

## **English**

[www.breastcancercare.org.uk/upload/pdf/MummysLump\\_-\\_English\\_%28BCC164%29.pdf](http://www.breastcancercare.org.uk/upload/pdf/MummysLump_-_English_%28BCC164%29.pdf)

## **Welsh**

[www.breastcancercare.org.uk/upload/pdf/MummysLump\\_-\\_Welsh\\_%28BCC193%29.pdf](http://www.breastcancercare.org.uk/upload/pdf/MummysLump_-_Welsh_%28BCC193%29.pdf)

## **077 My brother has cancer (2004-2009)**

Languages: English (2009); Bengali (2004); Gujarati (2004); Punjabi (2004).

This illustrated booklet tells the story of a brother and sister whose little brother has cancer and how they cope with the illness and the changes it brings. It is aimed at brothers and sisters under the age of nine.

**Children's Cancer and Leukaemia Group.** 20pp. BME language versions are available only on the CLIC Sargent website:

**English**

[www.cclg.org.uk/families/publications/pdfs/CCLG-MyBrotherHasCancer.pdf](http://www.cclg.org.uk/families/publications/pdfs/CCLG-MyBrotherHasCancer.pdf)

**Bengali**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main\\_content/My\\_Brother\\_has\\_Cancer-Bengali.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main_content/My_Brother_has_Cancer-Bengali.pdf)

**Gujarati**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main\\_content/My\\_Brother\\_has\\_Cancer-Gujarati.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main_content/My_Brother_has_Cancer-Gujarati.pdf)

**Punjabi**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main\\_content/My\\_Brother\\_has\\_Cancer-Punjabi.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main_content/My_Brother_has_Cancer-Punjabi.pdf)

**078 When your brother or sister gets cancer (2004-2009)**

Languages: English (2009); Bengali (2004); Gujarati (2004); Punjabi (2004).

This illustrated booklet is aimed at 9-16 year old children whose sibling has cancer. It describes what cancer is and how it is treated. Children describe their experiences, how they felt and how they coped.

**Children's Cancer and Leukaemia Group.** 14pp. BME language versions are available only on the CLIC Sargent website:

**English**

[www.cclg.org.uk/families/publications/pdfs/CCLG-WhenYourBrotherSisterGetsCancer.pdf](http://www.cclg.org.uk/families/publications/pdfs/CCLG-WhenYourBrotherSisterGetsCancer.pdf)

**Bengali**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main\\_content/for\\_siblings-Bengali.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Bengali/main_content/for_siblings-Bengali.pdf)

**Gujarati**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main\\_content/for\\_siblings-Gujarati.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Gujarati/main_content/for_siblings-Gujarati.pdf)

**Punjabi**

[www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main\\_content/for\\_siblings-Punjabi.pdf](http://www.clicsargent.org.uk/Publicationsresources/Otherlanguages/Punjabi/main_content/for_siblings-Punjabi.pdf)

# Colorectal cancer

## 079 Sehat Apni Apni (Our own health) (DVD) (2009)

Languages: English; Hindi; Punjabi.

In this short DVD, South Asian actors discuss the risk of bowel cancer, how to reduce the risk, and screening (the faecal occult blood test). The DVD is in English with the option to watch it dubbed into Hindi or Punjabi.

**Bowel Cancer UK.** 10 minutes. Free to health professionals but a donation of £10 appreciated.

## 080 Understanding colon cancer (2009)

Languages: English; Welsh.

This booklet describes the causes, symptoms, diagnosis and treatment of cancer of the colon. It explores the emotions that arise on diagnosis, and has advice on coping with these as well as on practical issues such as financial help. It also includes details of useful organisations, books and websites.

**Macmillan Cancer Support.** 1<sup>st</sup> edition. 104pp (English); 112pp (Welsh). Free. Order reference MAC12474 (English); MAC12474\_Welsh (Welsh).

# Diagnosis and screening

## 081 Bowel cancer screening [Audio CD set] (2006)

Languages: English; Arabic; Bengali; Chinese (Cantonese); Polish; Punjabi; Urdu.

This audio CD contains recordings of the following three leaflets: *Bowel cancer screening. The colonoscopy investigation* (entry 082); *Bowel cancer screening. The facts* (entry 083); and *How to use the NHS bowel cancer screening test kit*. Each leaflet is recorded in the following languages: English; Arabic; Bengali; Chinese (Cantonese); Polish; Punjabi; and Urdu.

**NHS Cancer Screening Programmes.** Free to NHS staff. Others £10 inc. p&p. Quote reference 278189

## 082 Bowel cancer screening. The colonoscopy investigation (2006)

Languages: English; Arabic; Bengali; Chinese (Cantonese); Chinese (Traditional), Farsi, French; Greek, Gujarati; Hindi; Italian; Kurdish-Sorani; Polish; Portuguese; Punjabi; Somali; Spanish; Turkish; Ukrainian; Urdu, Vietnamese.

This leaflet gives information about how a colonoscopy is carried out, and explains the benefits and risks of having the investigation. It aims to help people make an informed choice about having a colonoscopy. English, Arabic, Bengali, Chinese (Cantonese), Polish, Punjabi, Urdu audio versions are also available on the *Bowel Cancer Screening Audio CD Set* (entry 081) and on the NHS Bowel Cancer Screening Programme website:

[www.cancerscreening.nhs.uk/bowel/publications/nhsbcsp-leaflets-audio-version.html](http://www.cancerscreening.nhs.uk/bowel/publications/nhsbcsp-leaflets-audio-version.html)

**NHS Cancer Screening Programmes.** Various page lengths. BME language versions are available only on the NHS Bowel Cancer Screening Programme website:

**English** (16pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation.pdf)

**Arabic** (8pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-arabic.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-arabic.pdf)

**Bengali** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-bengali.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-bengali.pdf)

**Chinese (Traditional)** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-chinese.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-chinese.pdf)

**Farsi** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-farsi.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-farsi.pdf)

**French** (8pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-french.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-french.pdf)

**Greek** (8pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-greek.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-greek.pdf)

**Gujarati** (8pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-gujarati.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-gujarati.pdf)

**Hindi** (8pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-hindi.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-hindi.pdf)

**Italian** (8pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-italian.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-italian.pdf)

**Kurdish-Sorani** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-sorani.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-sorani.pdf)

**Polish** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-polish.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-polish.pdf)

**Portuguese** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-portuguese.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-portuguese.pdf)

**Punjabi** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-punjabi.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-punjabi.pdf)

**Somali** (9pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-somali.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-somali.pdf)

**Spanish** (8pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-spanish.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-spanish.pdf)

**Turkish** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-turkish.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-turkish.pdf)

**Ukrainian** (8pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-ukrainian.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-ukrainian.pdf)

**Urdu** (8pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-urdu.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-urdu.pdf)

**Vietnamese** (8pp)

[www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-vietnamese.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/colonoscopy-investigation-vietnamese.pdf)

### **083 Bowel cancer screening. The facts (2006-2009)**

Languages: English (2009); Arabic (2006); Bengali (2006); Chinese (Cantonese); Chinese (Traditional) (2006); Farsi (2006); French (2006); Greek (2006); Gujarati (2006); Hindi (2006); Italian (2006); Kurdish-Sorani (2006); Polish (2006); Portuguese (2006); Punjabi (2006); Somali (2006); Spanish (2006); Turkish (2006); Ukrainian (2006); Urdu (2006); Vietnamese (2006).

Information about bowel cancer, and the benefits and risks of bowel cancer screening. English, Arabic, Bengali, Chinese (Cantonese), Polish, Punjabi, Urdu audio versions are also available on the *Bowel Cancer Screening Audio CD Set* (081) and on the NHS Bowel Cancer Screening Programme website:

[www.cancerscreening.nhs.uk/bowel/publications/nhsbcsp-leaflets-audio-version.html](http://www.cancerscreening.nhs.uk/bowel/publications/nhsbcsp-leaflets-audio-version.html)

**NHS Cancer Screening Programmes.** Various pages. BME language versions are available only on the NHS Bowel Cancer Screening Programme website:

**English** (16pp)

[www.cancerscreening.nhs.uk/bowel/publications/bowel-cancer-the-facts.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/bowel-cancer-the-facts.pdf)

**Arabic** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-arabic.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-arabic.pdf)

**Bengali** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-bengali.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-bengali.pdf)

**Chinese (Traditional)** (6pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-chinese.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-chinese.pdf)

**Farsi** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-farsi.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-farsi.pdf)

**French** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-french.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-french.pdf)

**Greek** (8pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-greek.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-greek.pdf)

**Gujarati** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-gujarati.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-gujarati.pdf)

**Hindi** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-hindi.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-hindi.pdf)

**Italian** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-italian.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-italian.pdf)

**Kurdish-Sorani** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-sorani.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-sorani.pdf)

**Polish** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-polish.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-polish.pdf)

**Portuguese** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-portuguese.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-portuguese.pdf)

**Punjabi** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-punjabi.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-punjabi.pdf)

**Somali** (8pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-somali.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-somali.pdf)

**Spanish** (8pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-spanish.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-spanish.pdf)

**Turkish** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-turkish.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-turkish.pdf)

**Ukrainian** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-ukrainian.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-ukrainian.pdf)

**Urdu** (8pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-urdu.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-urdu.pdf)

**Vietnamese** (7pp)

[www.cancerscreening.nhs.uk/bowel/publications/the-facts-vietnamese.pdf](http://www.cancerscreening.nhs.uk/bowel/publications/the-facts-vietnamese.pdf)

## **084 Bowel cancer screening: your test at home (2008)**

Languages: English; Hindi.

This short fictional bollywood-esque story explains the bowel cancer screening programme simply in Hindi and English. It follows Harry and Dolly, a couple in their sixties who have been sent a test kit. Dolly is worried by the test kit, but Harry calms her fears by explaining the screening programme, simply and with humour.

**NHS Cancer Screening Programmes.** Quote ref BCSPDVDSA.

## **085 Bowel screening: know the facts (2009-2010)**

Languages: English (2010); Bengali (2009); Chinese (Traditional) (2009); French (2009); Hindi (2009); Lithuanian (2009); Polish (2009); Russian (2009); Spanish (2009); Urdu (2009).

Information about the Bowel Screening Programme in Scotland. Basic information about bowel cancer (including a diagram of the digestive system), and explains what is involved in the test. It concludes with a list of changes in bowel habit that might necessitate a visit to the doctor.

**NHS Health Scotland.** 16pp. BME language versions are available only on the NHS Health Scotland website:

**English**

[www.healthscotland.com/uploads/documents/14676-Bowel%20Screening%20Know%20the%20Facts.pdf](http://www.healthscotland.com/uploads/documents/14676-Bowel%20Screening%20Know%20the%20Facts.pdf)

**Bengali**

[www.healthscotland.com/uploads/documents/11872-BowelScreening\\_Knowthefacts\\_Bengali.pdf](http://www.healthscotland.com/uploads/documents/11872-BowelScreening_Knowthefacts_Bengali.pdf)

**Chinese (Traditional)**

[www.healthscotland.com/uploads/documents/11872-BowelScreening\\_Knowthefacts\\_Traditional\\_Chinese.pdf](http://www.healthscotland.com/uploads/documents/11872-BowelScreening_Knowthefacts_Traditional_Chinese.pdf)

**French**

[www.healthscotland.com/uploads/documents/11872-BowelScreening\\_Knowthefacts\\_French.pdf](http://www.healthscotland.com/uploads/documents/11872-BowelScreening_Knowthefacts_French.pdf)

**Hindi**

[www.healthscotland.com/uploads/documents/11872-BowelScreening\\_KnowtheFacts\\_Hindi.pdf](http://www.healthscotland.com/uploads/documents/11872-BowelScreening_KnowtheFacts_Hindi.pdf)

**Lithuanian**

[www.healthscotland.com/uploads/documents/11872-BowelScreening\\_Knowthefacts\\_Lithuanian.pdf](http://www.healthscotland.com/uploads/documents/11872-BowelScreening_Knowthefacts_Lithuanian.pdf)

**Polish**

[www.healthscotland.com/uploads/documents/11872-BowelScreening\\_Knowthefacts\\_Polish.pdf](http://www.healthscotland.com/uploads/documents/11872-BowelScreening_Knowthefacts_Polish.pdf)

**Russian**

[www.healthscotland.com/uploads/documents/11872-BowelScreening\\_Knowthefacts\\_Russian.pdf](http://www.healthscotland.com/uploads/documents/11872-BowelScreening_Knowthefacts_Russian.pdf)

**Spanish**

[www.healthscotland.com/uploads/documents/11872-BowelScreening\\_Knowthefacts\\_Spanish.pdf](http://www.healthscotland.com/uploads/documents/11872-BowelScreening_Knowthefacts_Spanish.pdf)

**Urdu**

[www.healthscotland.com/uploads/documents/11872-BowelScreening\\_Knowthefacts\\_Urdu.pdf](http://www.healthscotland.com/uploads/documents/11872-BowelScreening_Knowthefacts_Urdu.pdf)

# Liver cancer

## 086 Liver cancer (2007)

Languages: English; Bengali; Chinese (Cantonese); Gujarati; Hindi; Punjabi; Urdu.

This booklet describes how liver cancer is caused, who is at risk, the symptoms, how it is diagnosed, and the treatment options. Includes a glossary and sources of further information and support.

**British Liver Trust.** 36pp. Single copy free. Multiple copies (2-199) 49p each plus postage. BME language versions are available only on the British Liver Trust website:

### English

[www.britishlivertrust.org.uk/content/retrieve.aspx?id=759&name=42f4504a95272e4cd6d314a3a592ee13&type=docs](http://www.britishlivertrust.org.uk/content/retrieve.aspx?id=759&name=42f4504a95272e4cd6d314a3a592ee13&type=docs)

### Bengali

[www.britishlivertrust.org.uk/content/retrieve.aspx?id=136&name=cd591fce228278b1541ccdabdcaf97d5&type=docs](http://www.britishlivertrust.org.uk/content/retrieve.aspx?id=136&name=cd591fce228278b1541ccdabdcaf97d5&type=docs)

### Chinese (Cantonese)

[www.britishlivertrust.org.uk/content/retrieve.aspx?id=1725&name=e183250b83270eb1d034e6ee06acd4a4&type=docs](http://www.britishlivertrust.org.uk/content/retrieve.aspx?id=1725&name=e183250b83270eb1d034e6ee06acd4a4&type=docs)

### Gujarati

[www.britishlivertrust.org.uk/content/retrieve.aspx?id=1726&name=b0a8fb2c12322ebb12a5c4919825253e&type=docs](http://www.britishlivertrust.org.uk/content/retrieve.aspx?id=1726&name=b0a8fb2c12322ebb12a5c4919825253e&type=docs)

### Hindi

[www.britishlivertrust.org.uk/content/retrieve.aspx?id=137&name=42ae17c7d42e4eddb5ed426b7f1b47b2&type=docs](http://www.britishlivertrust.org.uk/content/retrieve.aspx?id=137&name=42ae17c7d42e4eddb5ed426b7f1b47b2&type=docs)

### Punjabi

[www.britishlivertrust.org.uk/content/retrieve.aspx?id=1728&name=c8d3e55f05ac434d55d31247d37f5a33&type=docs](http://www.britishlivertrust.org.uk/content/retrieve.aspx?id=1728&name=c8d3e55f05ac434d55d31247d37f5a33&type=docs)

### Urdu

[www.britishlivertrust.org.uk/content/retrieve.aspx?id=135&name=283c153551c8531410a6f514d74eb814&type=docs](http://www.britishlivertrust.org.uk/content/retrieve.aspx?id=135&name=283c153551c8531410a6f514d74eb814&type=docs)

# Lung cancer

## 087 Signs and symptoms of lung cancer (No date)

Languages: Arabic; Bengali; Chinese; French; Gujarati; Korean; Polish; Portuguese; Punjabi; Somali; Spanish; Turkish; Urdu.

This booklet briefly describes the signs and symptoms of lung cancer, what lung cancer is, who gets it and why, and how to reduce the risk. The booklets are also available as an audio CD (entry 089).

**Macmillan Cancer Support.** Lung Cancer Series; Booklet 1. Various page lengths. Free.

## Treatment

## 088 Diagnosis and treatments of lung cancer (No date)

Languages: Arabic; Bengali; Chinese; French; Gujarati; Korean; Polish; Portuguese; Punjabi; Somali; Spanish; Turkish; Urdu.

This booklet describes what lung cancer is and the different types, staging, the diagnostic tests, treatments (surgery, chemotherapy, and radiotherapy), and the possible side-effects. It also has information about clinical research trials and getting a second opinion. Each booklet includes an English translation. The booklets are also available as an audio CD (entry 089).

**Macmillan Cancer Support.** Lung Cancer Series booklet 2. Various page lengths. Free.

## Living with lung cancer

## 089 Let's talk about lung cancer (2009)

Languages: Arabic; Bengali; Chinese; French; Gujarati; Korean; Polish; Portuguese; Punjabi; Somali; Spanish; Turkish; Urdu.

An audio CD of the three lung cancer booklets produced for people whose first language is not English (Signs and symptoms of lung cancer (entry 087); Diagnosis and treatments of lung cancer (entry 088); Living with lung cancer (entry 090). The CD provides information about the signs and symptoms of lung cancer, diagnosis and treatment, and living with lung cancer, including helpful organisations.

**Macmillan Cancer Support.** c 30 minutes. Free.

### **090 Living with lung cancer (No date)**

Languages: Arabic; Bengali; Chinese; French; Gujarati; Korean; Polish; Portuguese; Punjabi; Somali; Spanish; Turkish; Urdu.

This booklet has information for people living with lung cancer and includes: financial support; work and cancer; the emotional and psychological effects of cancer; spiritual support; social care and support; palliative care and symptom control; complementary therapies; and hospice and end of life care. It also has sources of further support. The booklets are also available as an audio CD (entry 089).

**Macmillan Cancer Support.** Lung Cancer Series; booklet 3. Various page lengths. Free.

### **091 Living with lung cancer. A guide to help you through the journey ahead (No date)**

Languages: English; Arabic; Bengali; Chinese; French; German; Gujarati; Hindi; Italian; Polish; Spanish; Urdu; Welsh.

This DVD has been produced with the help of people whose lives have been affected by lung cancer, and health care professionals. The content is divided into chapters so that users can select the most relevant section at any time in their cancer journey. Chapters include: Getting the news; Your hospital team; Your treatment; Surgery; Chemotherapy; and Radiotherapy. There is also a section on Life after treatment, which covers: Emotions and emotional support (depression, the role and support of carers; sexual relationships); Positive actions (finance, breathlessness, tiredness, exercise, diet, pain control); and Staying positive (support groups). The DVD is in English, with options to have a French, German, Italian, Polish, Spanish or Welsh translation or subtitles in Arabic, Bengali, Chinese; Gujarati, Hindi and Urdu.

**Roy Castle Lung Cancer Foundation.** 63 minutes. Free.

# Mouth cancer

## 092 Cancer in the mouth can affect you (March 2008)

Language: Bengali/English.

This leaflet describes cancer in the mouth, what happens if it is not treated, how smoking and chewing paan with tobacco or supari can cause mouth cancer, and how to prevent it. It uses illustrations to demonstrate how to check the mouth and photographs to show the things to look out for, such as ulcers or sores, and red or white patches. Includes information on who to contact for support when stopping smoking or chewing tobacco or supari.

**Cancer Research UK.** 12pp. Free. Also available on the Cancer Research UK website:

### **Bengali/English**

[http://publications.cancerresearchuk.org/WebRoot/crukstoredb/CRUK\\_PDFs/ED060B.pdf](http://publications.cancerresearchuk.org/WebRoot/crukstoredb/CRUK_PDFs/ED060B.pdf)

## 093 Mouth cancer can affect you (2008)

Language: Urdu/English.

This leaflet describes cancer in the mouth, what happens if it is not treated, how smoking and chewing paan with tobacco or supari can cause mouth cancer, and how to prevent it. It uses illustrations to demonstrate how to check the mouth and photographs to show the things to look out for, such as ulcers or sores, and red or white patches. Includes information on who to contact for support when stopping smoking or chewing tobacco or supari.

**Cancer Research UK.** 12pp. Free. Also available on the Cancer Research UK website:

### **Urdu/English**

[http://publications.cancerresearchuk.org/WebRoot/crukstoredb/CRUK\\_PDFs/ED063B.pdf](http://publications.cancerresearchuk.org/WebRoot/crukstoredb/CRUK_PDFs/ED063B.pdf)

# Ovarian cancer

## 094 Swollen tummy? Can't eat? Tummy pain? Always feeling full? (February 2009)

Languages: English; Arabic; Bengali; Chinese (Cantonese); Gujarati; Polish; Punjabi; Somali; Urdu; Welsh.

This leaflet describes the symptoms of ovarian cancer and what to do if you are worried.

**Target Ovarian Cancer.** 8pp. Free. BME language versions are available only on the Target Ovarian Cancer website:

### **English**

[www.targetovarian.org.uk/core/core\\_picker/download.asp?id=178](http://www.targetovarian.org.uk/core/core_picker/download.asp?id=178)

### **Arabic**

[www.targetovarian.org.uk/core/core\\_picker/download.asp?id=237&filetitle=Symptoms+leaflet+%2D+Arabic](http://www.targetovarian.org.uk/core/core_picker/download.asp?id=237&filetitle=Symptoms+leaflet+%2D+Arabic)

### **Bengali**

[www.targetovarian.org.uk/core/core\\_picker/download.asp?id=236&filetitle=Symptoms+leaflet+%2D+Bengali](http://www.targetovarian.org.uk/core/core_picker/download.asp?id=236&filetitle=Symptoms+leaflet+%2D+Bengali)

### **Chinese (Cantonese)**

[www.targetovarian.org.uk/core/core\\_picker/download.asp?id=238&filetitle=symptoms+leaflet+Cantonese](http://www.targetovarian.org.uk/core/core_picker/download.asp?id=238&filetitle=symptoms+leaflet+Cantonese)

### **Gujarati**

[www.targetovarian.org.uk/core/core\\_picker/download.asp?id=239&filetitle=symptoms+leaflet+Gujarati](http://www.targetovarian.org.uk/core/core_picker/download.asp?id=239&filetitle=symptoms+leaflet+Gujarati)

### **Polish**

[www.targetovarian.org.uk/core/core\\_picker/download.asp?id=240&filetitle=symptoms+leaflet+Polish](http://www.targetovarian.org.uk/core/core_picker/download.asp?id=240&filetitle=symptoms+leaflet+Polish)

### **Punjabi**

[www.targetovarian.org.uk/core/core\\_picker/download.asp?id=241&filetitle=symptoms+leaflet+Punjabi](http://www.targetovarian.org.uk/core/core_picker/download.asp?id=241&filetitle=symptoms+leaflet+Punjabi)

### **Somali**

[www.targetovarian.org.uk/core/core\\_picker/download.asp?id=247&filetitle=Symptoms+leaflet+%2D+Somali](http://www.targetovarian.org.uk/core/core_picker/download.asp?id=247&filetitle=Symptoms+leaflet+%2D+Somali)

### **Urdu**

[www.targetovarian.org.uk/core/core\\_picker/download.asp?id=242&filetitle=symptoms+leaflet+Urdu](http://www.targetovarian.org.uk/core/core_picker/download.asp?id=242&filetitle=symptoms+leaflet+Urdu)

### **Welsh**

[www.targetovarian.org.uk/core/core\\_picker/download.asp?id=246&filetitle=Symptoms+leaflet+%2D+Welsh](http://www.targetovarian.org.uk/core/core_picker/download.asp?id=246&filetitle=Symptoms+leaflet+%2D+Welsh)

# Prostate cancer

## 095 Cancer of the prostate (2008)

Languages: Arabic; Bengali; Chinese (Cantonese); French; Gujarati; Polish; Portuguese; Punjabi; Somali; Spanish; Turkish; Urdu.

Brief information about prostate cancer, including symptoms, causes, diagnosis, treatment and prevention.

**NHS Choices.** Page length varies. BME language versions are available only on the NHS Choices website:

**Arabic** (4pp)

[www.nhs.uk/translationarabic/Documents/Topics/Cancer\\_of\\_the\\_prostate\\_Arabic\\_FINAL.pdf](http://www.nhs.uk/translationarabic/Documents/Topics/Cancer_of_the_prostate_Arabic_FINAL.pdf)

**Bengali** (3pp)

[www.nhs.uk/translationbengali/Documents/Cancer\\_of\\_the\\_prostate\\_Bengali\\_FINAL.pdf](http://www.nhs.uk/translationbengali/Documents/Cancer_of_the_prostate_Bengali_FINAL.pdf)

**Chinese (Cantonese)** (2pp)

[www.nhs.uk/translationcantonese/Documents/Cancer\\_of\\_the\\_prostate\\_Cantonese\\_FINAL.pdf](http://www.nhs.uk/translationcantonese/Documents/Cancer_of_the_prostate_Cantonese_FINAL.pdf)

**French** (3pp)

[www.nhs.uk/translationfrench/Documents/Cancer\\_of\\_the\\_prostate\\_French\\_FINAL.pdf](http://www.nhs.uk/translationfrench/Documents/Cancer_of_the_prostate_French_FINAL.pdf)

**Gujarati** (5pp)

[www.nhs.uk/translationgujarati/Documents/Cancer\\_of\\_the\\_prostate\\_Gujarati\\_FINAL.pdf](http://www.nhs.uk/translationgujarati/Documents/Cancer_of_the_prostate_Gujarati_FINAL.pdf)

**Polish** (3pp)

[www.nhs.uk/translationpolish/Documents/Cancer\\_of\\_the\\_prostate\\_Polish\\_FINAL.pdf](http://www.nhs.uk/translationpolish/Documents/Cancer_of_the_prostate_Polish_FINAL.pdf)

**Portuguese** (3pp)

[www.nhs.uk/translationportuguese/Documents/Cancer\\_of\\_the\\_prostate\\_Portuguese\\_FINAL.pdf](http://www.nhs.uk/translationportuguese/Documents/Cancer_of_the_prostate_Portuguese_FINAL.pdf)

**Punjabi** (4pp)

[www.nhs.uk/translationpunjabi/Documents/Cancer\\_of\\_the\\_prostate\\_Punjabi\\_FINAL.pdf](http://www.nhs.uk/translationpunjabi/Documents/Cancer_of_the_prostate_Punjabi_FINAL.pdf)

**Somali** (3pp)

[www.nhs.uk/translationsomali/Documents/Cancer\\_of\\_the\\_prostate\\_Somali\\_FINAL.pdf](http://www.nhs.uk/translationsomali/Documents/Cancer_of_the_prostate_Somali_FINAL.pdf)

**Spanish** (3pp)

[www.nhs.uk/translationspanish/Documents/Cancer\\_of\\_the\\_prostate\\_Spanish\\_FINAL.pdf](http://www.nhs.uk/translationspanish/Documents/Cancer_of_the_prostate_Spanish_FINAL.pdf)

**Turkish** (3pp)

[www.nhs.uk/translationturkish/Documents/Cancer\\_of\\_the\\_prostate\\_Turkish\\_FINAL.pdf](http://www.nhs.uk/translationturkish/Documents/Cancer_of_the_prostate_Turkish_FINAL.pdf)

**Urdu**

[www.nhs.uk/translationurdu/Documents/Topics/Cancer\\_of\\_the\\_prostate\\_Urdu\\_FINAL.pdf](http://www.nhs.uk/translationurdu/Documents/Topics/Cancer_of_the_prostate_Urdu_FINAL.pdf)

## 096 Understanding early (localised) prostate cancer (2009)

Languages: English; Welsh.

This booklet gives information about early cancer of the prostate gland, i.e. cancer that has not spread into the surrounding tissues or to other parts of the body. It describes the prostate gland and prostate cancer, the cause of prostate cancer, the symptoms, PSA testing and other diagnostic tests, the grading and staging of prostate cancer, and the treatment options. It concludes with guidance on coping with early prostate cancer, financial help and benefits, and sources of further information and support (organisations, books, and websites).

**Macmillan Cancer Support.** 2<sup>nd</sup> edition. 88pp (English); 96pp (Welsh). Order reference MAC11639 (English); MAC11639\_Welsh (Welsh)

## Prostate awareness

### **097 What do you know about prostate cancer? Information for African Caribbean men (March 2009)**

Language: English.

African Caribbean men are three times more likely to be diagnosed with prostate cancer than are white men. This illustrated leaflet describes the prostate, the symptoms of prostate cancer and how to reduce the risk.

**The Prostate Cancer Charity.** 6pp. Free. Also available on the Prostate Cancer Charity website: [www.prostate-cancer.org.uk/pdf/acLeaflet.pdf](http://www.prostate-cancer.org.uk/pdf/acLeaflet.pdf)

# Testicular cancer

## 098 A guide to examining your testicles (2003-2009)

Languages: English (2009); Polish (2003).

Illustrated booklet aimed at men with learning difficulties. It explains how and when to examine the testicles and what to do if a change is noticed. Includes tips on general health.

**Family Advice and Information Resource.** 12pp. £0.50. The Polish version is available only on the NHS Health Scotland website:

### English

[www.healthscotland.com/uploads/documents/12057-AGuideToExaminingYourTesticles.pdf](http://www.healthscotland.com/uploads/documents/12057-AGuideToExaminingYourTesticles.pdf)

### Polish

[www.healthscotland.com/uploads/documents/3069-KeepYourselfHealthytesticles\\_LR\\_Polish\\_Sep03\\_pdf.pdf](http://www.healthscotland.com/uploads/documents/3069-KeepYourselfHealthytesticles_LR_Polish_Sep03_pdf.pdf)

## 099 Know your balls... check 'em out! Understanding testicular cancer (2007)

Languages: English; Gujarati; Hindi; Punjabi; Urdu, Welsh.

This video/DVD takes a light-hearted and frank look at testicular cancer. It outlines the possible symptoms, shows what the treatment involves, talks to patients, and hears from sportsmen who have experienced testicular cancer. The DVD is in English with the option to have signing, or subtitles in English, Gujarati, Hindi, Punjabi, Urdu and Welsh.

**Orchid – Fighting Male Cancer.** 17 minutes. £9.00 (video) or £12.00 (DVD). A resource pack for teachers is also available.



# Suppliers

**Afiya Trust**, 27-29 Vauxhall Grove, Vauxhall, London SW8 1SY; tel 020 7582 0400; website <http://afiyatrust.org.uk>

**Bowel Cancer UK**, 7 Rickett Street, London, SW6 1RU; tel 020 7381 9711; email: [admin@bowelcanceruk.org.uk](mailto:admin@bowelcanceruk.org.uk) ; website [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

If you would like to order a copy of the Sehat Apni Apni DVD (entry 079), please send an email with your name, organisation, address, and phone number to [caroline.pundyke@bowelcanceruk.org.uk](mailto:caroline.pundyke@bowelcanceruk.org.uk)

**Breast Cancer Care**, 5-13 Great Suffolk Street, London SE1 0NS; tel 0845 092 0800; helpline 0808 800 6000 (textphone 0808 800 6001); email [info@breastcancercare.org.uk](mailto:info@breastcancercare.org.uk); website [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

**Breast Test Wales** [www.screeningservices.org.uk/btw](http://www.screeningservices.org.uk/btw)

For the screening DVD (entry 038) contact Alison Clement, Screening Promotion Officer, West Wales Breast Screening Centre, 24 Alexandra Road, Swansea SA1 5DY; tel 01792 453140; order form [www.screeningservices.org.uk/btw/news/dvd\\_word.doc](http://www.screeningservices.org.uk/btw/news/dvd_word.doc)

**British Liver Trust**, 2 Southampton Road, Ringwood BH24 1HY; tel 01425 481320; helpline 0800 652 7330; email [info@britishlivertrust.org.uk](mailto:info@britishlivertrust.org.uk); website [www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk)

**Cancer Equality**, 27-29 Vauxhall Grove, Vauxhall, London SW8 1SY; tel 020 7735 7888; email [info@cancerequality.org.uk](mailto:info@cancerequality.org.uk) ; website [www.cancerequality.org.uk](http://www.cancerequality.org.uk)

**Cancer Research UK**, Angel Building, 407 St John Street, London EC1V 4AD; tel 020 7242 0200; email: [publications@cancer.org.uk](mailto:publications@cancer.org.uk); website: [www.cancerresearchuk.org](http://www.cancerresearchuk.org)

**Carers UK**, 20 Great Dover Street, London, SE1 4LX; tel 020 7378 4999; email [info@carersuk.org](mailto:info@carersuk.org) ; website [www.carersuk.org](http://www.carersuk.org)

**Children's Cancer and Leukaemia Group**, University of Leicester, Hearts of Oak House, 9 Princess Road West, Leicester LE1 6TH; tel 0116 249 4460; email [info@cclg.org.uk](mailto:info@cclg.org.uk); website [www.cclg.org.uk](http://www.cclg.org.uk)

**Christie Hospital NHS Trust**, Patient Information Officer, Centre for Cancer Epidemiology, Kinnaird Road, Manchester M20 4QL; tel 0161 446 3576; email [margaret.watson@christie.nhs.uk](mailto:margaret.watson@christie.nhs.uk); website [www.christie.nhs.uk](http://www.christie.nhs.uk)

**CLIC Sargent**, Griffin House, 161 Hammersmith Road, London W6 8SG; tel 020 8752 2800; Child Cancer helpline 0800 197 0068; email [helpline@clicsargent.org.uk](mailto:helpline@clicsargent.org.uk); website [www.clicsargent.org.uk](http://www.clicsargent.org.uk)

**Cruse Bereavement Care**, PO Box 800, Richmond TW9 1RG; tel 020 8939 9530; email [info@cruse.org.uk](mailto:info@cruse.org.uk); website [www.cruse.org.uk](http://www.cruse.org.uk)

**Department of Health**, Publications Orderline, PO Box 777, London SE1 6XH; tel 0300 123 1002;; website [www.orderline.dh.gov.uk](http://www.orderline.dh.gov.uk)

**Family Advice and Information Resource (FAiR Multimedia)**, 95 Causewayside, Edinburgh EH9 1QG; tel 0131 662 1962; email [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk) ; website [www.fairadvice.org.uk](http://www.fairadvice.org.uk)

**Macmillan Cancer Support**, 89 Albert Embankment, London SE1 7UQ; tel 0800 500 800 (publications orders); 0800 808 0000 (Macmillan Support Line for questions about cancer); website: [www.be.macmillan.org.uk](http://www.be.macmillan.org.uk) (publications orders).

**NHS Cancer Screening Programmes**, Fulwood House, Old Fulwood Road, Sheffield S10 3TH; tel 0114 271 1060; email [info@cancerscreening.nhs.uk](mailto:info@cancerscreening.nhs.uk) ; website [www.cancerscreening.nhs.uk](http://www.cancerscreening.nhs.uk). **Order publications from the Department of Health.**

**NHS Choices** website [www.nhs.uk](http://www.nhs.uk)

**NHS Choose and Book** tel 08453 700760; website [www.chooseandbook.nhs.uk](http://www.chooseandbook.nhs.uk). **Order printed leaflets from the Department of Health.**

**NHS Health Scotland**, Woodburn House, Canaan Lane, Edinburgh EH10 4SG; tel 0131 536 5500; email [publications@health.scot.nhs.uk](mailto:publications@health.scot.nhs.uk) ; website [www.healthscotland.com](http://www.healthscotland.com)

**NHS Smoke Free website** <http://smokefree.nhs.uk>

**NHS Smoking helpline** 0800 022 4 332.

**Orchid – Fighting Male Cancer**, St Bartholomew's Hospital, London EC1A 7BE; tel 0203 465 5766; email [info@orchid-cancer.org.uk](mailto:info@orchid-cancer.org.uk); website [www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)

**The Prostate Cancer Charity**, Cambridge House, 100 Cambridge Grove, London W6 0LE; tel 020 8222 7622; helpline 0800 074 8383; email [literature@prostate-cancer.org.uk](mailto:literature@prostate-cancer.org.uk); website [www.prostate-cancer.org.uk](http://www.prostate-cancer.org.uk)

**Roy Castle Lung Cancer Foundation**, Patient Support Office, Rothesay House, 134 Douglas Street, Glasgow G2 4HF; tel 0141 331 4530; helpline 0800 358 7200; email [patientsupport@roycastle.org](mailto:patientsupport@roycastle.org); website [www.roycastle.org](http://www.roycastle.org)

**Scottish Intercollegiate Guidelines Network (SIGN)**, Elliott House, 8-10 Hillside Crescent, Edinburgh EH7 5EA; tel 0131 623 4720; website [www.sign.ac.uk](http://www.sign.ac.uk)

**Target Ovarian Cancer**, 30 Angel Gate, London EC1V 2PT; tel 020 7923 5470; fax 020 7923 5471; email [info@targetovarian.org.uk](mailto:info@targetovarian.org.uk); website [www.targetovarian.org.uk](http://www.targetovarian.org.uk)

# Title index

- About your breast screening [DVD] **038**
- About your cervical smear test [DVD] **055**
- After cure. What does this mean for you? **067**
- All you need to know about the HPV vaccine that reduces the risk of cervical cancer. Information for girls aged 12 and 13 (S2) **050**
- All you need to know about the HPV vaccine that reduces the risk of cervical cancer. Information for girls born on or after 1 September 1990, eligible for the catch-up campaign **051**
- All you need to know about the HPV vaccine that reduces the risk of cervical cancer. Questions and answers. Information for girls born on or after 1 September 1990, eligible for the catch-up campaign **052**
- All you need to know about the HPV vaccine that reduces the risk of cervical cancer. Questions and answers. Information for parents and carers **053**
  
- Balancing life and caring. Finding ways to live your own life **023**
- Be breast aware **034**
- Being breast aware [DVD] **035**
- Ben's bone marrow transplant. A children's guide to BMT **068**
- Bowel cancer screening [Audio CD set] **081**
- Bowel cancer screening. The colonoscopy investigation **082**
- Bowel cancer screening. The facts **083**
- Bowel cancer screening: your test at home [DVD] **084**
- Bowel screening: know the facts **085**
- Breast cancer **028**
- Breast cancer and you: diagnosis, treatment and the future **029**
- Breast screening [Audio CD set] **039**
- Breast screening explained **041**
- Breast screening. The facts **040**
- Breast screening: your health, your choice [DVD] **042**
- Brothers and sisters. A guide for parents of children and young people with cancer **064**
  
- The cancer guide. What to expect when you're affected by cancer **001**
- Cancer in the mouth can affect you [English - Bengali] **092**
- Cancer of the breast (female) **030**
- Cancer of the breast (male) **031**
- Cancer of the prostate **095**
- Cancer pain. Booklet for patients and carers **021**
- Cancer survivor's guide **025**
- Cancer. What's the score? **069**
- Caring for someone with cancer **024**
- Cervical screening [Audio CD set] **056**
- Cervical screening. The colposcopy examination **057**
- Cervical screening. The facts **058**
- Cervical screening. What your abnormal result means **059**

The cervical screening test. Put it on your list **060**  
 The cervical screening test. Put it on your list. Information for lesbian and bisexual women **061**  
 The cervical screening test. Put it on your list. Your first test **062**  
 The cervical screening test. Your results explained **063**  
 Chemotherapy **010**  
 Chemotherapy: a guide for patients and their families **011**  
 Chemotherapy, cakes and cancer. An A-Z survival guide to living with childhood cancer **070**  
 Coping with eating difficulties when you have cancer. A guide for African and Caribbean patients **018**  
 Coping with eating difficulties when you have cancer. A guide for Chinese patients **019**

Deciding to give up tobacco use - for yourself, your family and your friends **003**  
 Diagnosing and treating breast cancer **046**  
 Diagnosis and treatments of lung cancer **088**  
 Do you want to know about breast cancer screening **043**

Eating well-being active. Healthy living after breast cancer [DVD] **048**  
 Embracing life after cancer. Asian women talk about their lives **017**

Fighting the big 'C'. A guide for young people and their families to understanding cancer and its treatment **071**

Giving up for life **004**  
 Grandparents. A guide for grandparents of children and young people with cancer **065**  
 A guide to examining your testicles **098**

Health awareness: cancer **002**  
 Help with the cost of cancer. A guide to benefits and financial help for people affected by cancer. Benefit rates apply April 2010 - April 2011 **020**  
 How a community matron can help you with your long term condition **022**  
 How to give up tobacco use **005**  
 How to help brothers and sisters **066**  
 How to stop smoking and stay stopped **006**

I'm still me: a guide for young people living with cancer **072**

Joe has leukaemia **073**

Know your balls... check 'em out! Understanding testicular cancer [DVD/Video] **099**

Let's talk about lung cancer **089**  
 Liver cancer **086**  
 Living with lung cancer **090**  
 Living with lung cancer. A guide to help you through the journey ahead (DVD) **091**  
 Lucy has a tumour **074**

Mary has a brain tumour **075**

Mouth cancer can affect you **093**

Mummy's lump **076**

My brother has cancer **077**

A new way to choose and book your hospital appointment **008**

Over 70? You are still entitled to breast screening **044**

Primary (early) breast cancer. Resource pack **032**

Questions to ask **009**

Radiotherapy **013**

Radiotherapy: a guide for patients and their families **014**

Sehat Apni Apni (Our own health) (DVD) **079**

Signs and symptoms of lung cancer **087**

Stop smoking - start living **007**

Surgery **016**

Swollen tummy? Can't eat? Tummy pain? Always feeling full? **094**

Take each day. Living with secondary breast cancer [DVD] **049**

Treating breast cancer **047**

Understanding breast cancer **033**

Understanding chemotherapy **012**

Understanding colon cancer **080**

Understanding early (localised) prostate cancer **096**

Understanding radiotherapy **015**

What do you know about prostate cancer? Information for African Caribbean men **097**

When someone dies. Help for young people coping with grief **026**

When someone dies. How schools can help bereaved students **027**

When your brother or sister gets cancer **078**

Your breast screening appointment explained **045**

Your breasts, your health - a quick guide to being breast aware **036**

Your breasts, your health. Throughout your life **037**

Your guide to the HPV vaccination **054**

# Subject index

Adolescents **050-053, 064-067, 069-072**  
African Caribbeans **018, 097**  
After treatment SEE Life after treatment  
Appetite **018, 019**  
Appointments **008**  
Asian women **017**

Benefits and grants **020, 025**  
Bereavement **026, 027**  
Bisexual women **061**  
Black and ethnic minorities **017-019, 097**  
Bladder problems **025**  
Body image **025**  
Bone marrow transplantation **068**  
Bowel screening **081, 082, 083, 084, 085**  
Brain tumours **075, 075, 075, 075**  
Breast awareness **034-037, 039, 044**  
Breast cancer **017, 028-049, 076, 076**  
Breast cancer (early) **032, 032**  
Breast cancer, secondary **049**  
Breast screening **034, 038-045, 055**

Cancer services **001, 008, 024**  
Carers **020, 023, 024**  
Cervical cancer **050-063**  
Cervical screening **055-063**  
Chemotherapy **010-012, 024, 070**  
Children **064-078**  
Children's cancers **064-078**  
Choose and book **008**  
Colonoscopy **081, 082**  
Colorectal cancer **079-085**  
Colposcopy **056, 057**  
Community care **022**  
Complementary therapies **001, 024**  
Constipation **018, 019**  
Contraception **013**  
Counselling **025**

Diarrhoea **018, 019**  
Diet and nutrition **018, 019, 048**  
Doctor-patient relationship **009**  
Dry mouth **018, 019**

Eating problems **018, 019**  
Emotions **025, 029**  
Employment **025, 067**  
Erectile dysfunction **025**  
External beam radiotherapy **015**

Family **065, 066, 077, 078**  
Fatigue **025**  
Fertility **025, 067**  
Follow-up **067**

Grandparents **065**

Hodgkin lymphoma **017**  
Hormone replacement therapy **033**  
Human papilloma virus (HPV) **050-054**

Insurance (life) **067**

Lesbian women **061**  
Leukaemias **068, 073**  
Life after treatment **017, 025, 067**  
Liver cancer **086**  
Long term care **022**  
Lung cancer **087-091**  
Lymphoedema **016, 025**

Mammography SEE Breast cancer screening  
Men **031** See also Breast cancer (men); Prostate cancer; Testicular cancer)  
Menopause **025**  
Money matters **020, 025, 067**  
Mortgages **067**  
Mouth cancer **092, 093**  
Mouth care **025**  
Mucositis **018, 019**

Nausea **018, 019**  
NHS Breast Screening Programme **042**

Older women **039, 044**  
Osteosarcoma **070**  
Ovarian cancer **017, 094**

Pain **021**  
Peripheral neuropathy **025**  
Physical activity **048**  
Prostate awareness **097**  
Prostate cancer **017, 095-097**  
PSA test **096**

Radiotherapy **013-015, 024**  
Radiotherapy, internal **013, 015**  
Relationships **066, 072**  
Risk factors **002, 007, 092-094**

Sexual relationships **025**  
Siblings **066, 077, 078**  
Smoking **003-007**  
Surgery **016, 024**  
Survivorship **017, 025**

Taste **018, 019**  
Testicular awareness **098, 099**  
Testicular cancer **098, 099**  
Tobacco **003**  
Travel **067**  
Treatment **071** SEE ALSO Chemotherapy, Radiotherapy, Surgery

Vaccinations **050-053**  
Vaccinations (travel) **067**

Weight loss **018, 019**

Young adults **067, 072**  
Young women **062**

# Language index

Albanian **002, 004, 007, 008**

Arabic **002, 004, 006, 007, 008, 009, 022-024, 030, 031, 034, 035, 039-041, 043-046, 048, 054, 056-059, 081-083, 087-091, 094, 095**

Belarusian **004, 007**

Bengali **002, 003, 005, 008, 009, 010, 013, 016, 022-024, 028, 030, 031, 034, 039, 040, 043-046, 054, 056-059, 064, 066-069, 071, 073-075, 077, 078, 081-083, 085-092, 094, 095** SEE ALSO Sylheti

Chinese **002, 004, 006-008, 011, 014, 019, 023, 024, 030, 031, 034, 035, 039, 040-046, 048-054, 056-063, 081-083, 085, 087-091, 094, 095**

Czechoslovakian **004, 007, 054**

Estonian **004, 007**

Farsi **002, 004, 007, 034, 040, 043, 054, 058, 082, 083**

French **002, 004, 007, 008, 009, 022, 030, 031, 034, 040, 041, 043, 045, 046, 054, 058, 082, 083, 085, 087-091, 095**

French, African **024**

German **043, 091**

Greek **004, 007, 034, 040, 043, 054, 058, 082, 083**

Gujarati **002, 003, 005, 008, 009, 010, 013, 016, 022-024, 028, 030, 031, 034, 035, 040, 043, 046, 048, 049, 054, 058, 064-069, 071, 073-075, 077, 078, 082, 083, 086-091, 094, 095, 099**

Hindi **003, 005, 010, 013, 016, 024, 028, 034, 040, 043, 046, 058, 079, 082-086, 091, 099**

Italian **034, 040, 054, 058, 082, 083, 091**

Japanese **043**

Korean **087, 088, 089, 090**

Kurdish **004, 008, 054**

Kurdish (Sorani) **007, 034, 040, 058, 082, 083**

Kurdish (Kurmanji) **007**

Latvian **004, 007**

Lithuanian **041, 045, 070, 085**

Mirpuri, (Urdu) **042**

Pashto **004, 007, 054**

Polish **004, 006, 007, 008, 009, 022, 030, 031, 034, 039, 040, 041, 043-046, 050-054, 056-063, 081-083, 085, 087-091, 094, 095, 098**

Portuguese **002, 004, 007, 008, 009, 022, 030, 031, 034, 040, 043, 054, 058, 082, 083, 087-090, 095**

Punjabi **002, 003, 005, 008, 009-011, 013, 014, 016, 022-024, 028, 030, 031, 034, 039, 040, 043, 044, 046, 054, 056-059, 065-069, 071, 073-075, 077-079, 081-083, 086-090, 094, 095, 099** SEE ALSO Mirpuri

Romanian **004, 007**

Russian **004, 007, 041, 045, 085**

Slovak **007, 043**

Somali **004, 007, 008, 009, 022, 024, 030, 031, 034, 040, 054, 058, 082, 083, 087-090, 094, 095**

Somali, (North) **043**

Somali, (South) **043**

Sorani SEE Kurdish (Sorani)

Spanish **002, 004, 007, 008, 009, 022, 030, 031, 034, 040, 041, 043, 045, 054, 058, 070, 082, 083, 085, 087-091, 095**

Sylheti **035, 042, 048, 049**

Tagalog **043**

Tamil **008, 024, 054**

Turkish **002, 004, 007, 008, 030, 031, 040, 043, 049, 054, 058, 082, 083, 087-090, 095**

Ukrainian **004, 007, 034, 040, 058, 082, 083**

Urdu **002, 003, 005, 008-011, 013, 014, 016, 021-024, 028, 030, 031, 034, 035, 039-041, 043-046, 048-053, 056-063, 081-083, 085-091, 093-095, 099**

Vietnamese **004, 007, 034, 040, 043, 054, 058, 082, 083**

Welsh **001, 012, 015, 020, 025-027, 029, 032, 033, 035-038, 043, 047-049, 055, 072, 076, 080, 091, 094, 096, 099**

# Index to materials for people with a disability

## Hearing loss (Subtitled or signed DVDs and videos)

Arabic **091**  
Bengali **091**  
Chinese **091**  
Gujarati **091, 099**  
Hindi **091, 099**  
Punjabi **099**  
Urdu **091, 099**  
Welsh **035, 048, 049, 091, 099**

## Learning difficulties

Polish **098**

## Visual impairment (Audio CDs, downloads, and tapes)

Arabic **024, 034, 039, 040, 044, 046, 056-059, 081-083, 089**  
Bengali **024, 034, 039, 040, 044, 046, 056-059, 081-083, 089**  
Chinese **011, 014, 024, 034, 039, 040, 044, 046, 056-059, 081-083, 089**  
French **046, 089**  
French African **024**  
Gujarati **024, 046, 089**  
Hindi **024, 046**  
Korean **089**  
Polish **039, 046, 056, 081, 089**  
Polish **034, 040, 044, 057-059, 082, 083**  
Portuguese **089**  
Punjabi **011, 014, 024, 034, 039, 040, 044, 046, 056-059, 081-083, 089**  
Somali **024, 089**  
Spanish **089**  
Tamil **024**  
Turkish **089**  
Urdu **011, 014, 024, 034, 039, 040, 044, 046, 056-059, 081-083, 089**

# Index to non-print materials

## Audio CDs, audiotapes and audio downloads

Arabic **024, 034, 039, 040, 044, 046, 056-059, 081-083, 089**  
Bengali **024, 034, 039, 040, 044, 046, 056-059, 081-083, 089**  
Chinese **011, 014, 024, 034, 039, 040, 044, 046, 056-059, 081-083, 089**  
French **046, 089**  
French African **024**  
Gujarati **024, 046, 089**  
Hindi **024, 046**  
Korean **089**  
Polish **039, 046, 056, 081, 089**  
Polish **034, 040, 044, 057-059, 082, 083**  
Portuguese **089**  
Punjabi **011, 014, 024, 034, 039, 040, 044, 046, 056-059, 081-083, 089**  
Somali **024, 089**  
Spanish **089**  
Tamil **024**  
Turkish **089**  
Urdu **011, 014, 024, 034, 039, 040, 044, 046, 056-059, 081-083, 089**

## DVDs and videos

Arabic **035, 048, 091**  
Bengali **091**  
Chinese **035, 042, 048, 049, 091**  
French **091**  
German **091**  
Gujarati **035, 048, 049, 091, 099**  
Hindi **079, 084, 091, 099**  
Italian **091**  
Mirpuri **042**  
Polish **091**  
Punjabi **079, 099**  
Spanish **091**  
Sylheti **035, 042, 048, 049**  
Turkish **049**  
Urdu **035, 048, 049, 091, 099**  
Welsh **035, 038, 048, 055, 091, 099**



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