

Living With & Beyond Cancer Training Toolkit

Training and development guide for those working with people affected by cancer

Introduction

People are now living with cancer longer and cancer survival rates have dramatically improved - from one year median survival in the 1970s to over 10 years today. With 3 million people currently living with cancer in the UK (projected to reach 5.3 million by 2040)¹, there's growing demand for community-based support services. While during treatment care is well-coordinated, many people feel "lost" and uncertain about where to find support after treatment ends. This training pack provides resources for anyone supporting individuals living with cancer as a long-term condition in their community. The pack includes information on an introduction to cancer, medical terminology, signposting resources, local contacts, and training sessions on personalised care and communication.

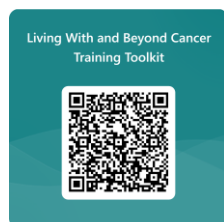
Four sections included:

1. **Introduction to cancer** - Self-paced learning covering what cancer is, treatment, prevention, early detection, family impact, and support needs (primarily using Macmillan and Cancer Research UK resources)
2. **E-learning directory** - Recommended courses for quality cancer care review delivery, personalised care and communication skills
3. **Further learning** – Suggestions for further learning on a range of topics
4. **Additional resources** - National signposting, contacts, and medical terminology glossary

For Healthcare Professionals:

Local Cancer Care Review (CCR) Resource Packs have been created for Primary Care HCPs for use alongside this training guide. The training has also been mapped against the ACCEND framework to formally capture personal development - see the Cancer Care Review Skills Framework for details (both available upon request by emailing wyicb-wak.wyandhcanceralliance@nhs.net).

We welcome feedback on this resource which will help us improve it for future learners. Please complete our 5 minute [survey](#) via the link or QR code to tell us what you think



¹ <https://www.macmillan.org.uk/dfsmedia/1a6f23537f7f4519bb0cf14c45b2a629/16768-10061/Cancer-statistics-fact-sheet-April-2024>

1. An introduction to cancer

Learn...	The basics	Further reading	Time	Aimed at Secondary Care(S)/ Primary Care (P) or VCSE	Skills framework (if applicable)	Completed (Y/N)
...what is cancer, how does it start and why do things like smoking can increase the chance of developing cancer	Start by watching this: What is cancer and how does it start? Cancer Research UK (youtube.com)	If you want to find out more read this: What is cancer? Cancer Research UK	3-10 mins	S/P/VCSE	Essential	
...why it is so important that we find (<i>diagnose</i>) cancer early How to spot cancer early	Start by reading this: Why is early cancer diagnosis important? Cancer Research UK	If you want to find out more about how to spot the early signs of cancer follow the link from Cancer Research UK	5-10 mins	S/P/VCSE	Essential	
...what cancer screening is ...about breast, bowel, cervical and research into screening for other cancers	Start by reading this: Cancer screening Macmillan Cancer Support	If you want to find out more about how cancer screening works read this: What is cancer screening? How does cancer screening work? (cancerresearchuk.org)	7-10 mins	S/P/VCSE	Essential	
...how cancer is diagnosed ...about different tests and scans that are used to diagnose cancer and help doctors work out how best to treat it	Start by reading this: Types of tests and scans Macmillan Cancer Support	You will see that there are lots of different tests for different types of cancer – find out more by clicking on the links on the Macmillan webpage or on this Cancer Research UK A to Z of tests: Tests and scans Cancer in general Cancer Research UK	3-10 mins	S/P/VCSE	Essential	

...about surgery to remove cancer and other ways that cancer is treated	Start by reading this: Cancer treatment - chemotherapy, radiotherapy, surgery Macmillan Cancer Support	Find out more about other types of cancer treatment by clicking on the links on the Macmillan webpage or see below for more information on surgery, chemotherapy and radiotherapy treatment and supportive treatments that are used to help with some of the side effects of cancer treatment	5-30 mins	S/P/VCSE	Essential	
...more about how surgery is used to diagnose and treat cancer	Read this: What is cancer surgery? Cancer Research UK		3-5 mins	S/P/VCSE	Essential	
...more about chemotherapy treatment for cancer, how it works, how it is given and some of the common side effects and how they are managed	Watch these videos: Cancer Treatment: Chemotherapy (youtube.com) Cancer treatment - chemotherapy, radiotherapy, surgery Macmillan Cancer Support		5 mins	S/P/VCSE	Essential	
...more about radiotherapy treatment for cancer, how it works, how it is given, what causes side effects and new techniques	Watch these videos: What Is Radiotherapy - Macmillan Cancer Support (youtube.com) What is radiotherapy and how does it work? Cancer Research UK (youtube.com)		5-7 mins	S/P/VCSE	Essential	
...what a holistic needs assessment is	Read this: Holistic Needs Assessment (HNA) Healthcare professionals Macmillan Cancer Support		5-10 mins	S/P/VCSE	Essential	
...what happens after treatment for cancer has finished	Read this: After treatment Macmillan Cancer Support		5-10 mins	S/P/VCSE	Essential	
...about support for those caring for people affected by cancer	Read this: Supporting someone with cancer Macmillan Cancer Support		5-10 mins	S/P/VCSE	Essential	

...about personalised care for people affected by cancer	Watch this video: Watch our easy-to-understand animation on how to access the support you need in your local community :: West Yorkshire and Harrogate Cancer Alliance		3 mins	S/P/VCSE	Essential	
...helping people live well with cancer and how a healthy lifestyle can help people recover following treatment for cancer	Watch this video: Live Well with Cancer Wellbeing Liverpool (youtube.com)	Read this: Lifestyle and well-being after treatment Macmillan Cancer Support	5-10 mins	S/P/VCSE	Essential	
...cancer care reviews, offered by primary care services, supporting holistic needs following cancer treatment and signpost them to sources of help in their local communities	What is a Cancer Care Review? A resource for healthcare professionals (youtube.com)		5 mins	S/P/VCSE	Essential	

2. E-Learning directory to support quality Cancer Care Reviews and develop and enhance personalised care and communication skills

2.1 Cancer Care Reviews <i>*Essential*</i>			Time	Aimed at Secondary Care(S)/ Primary Care (P) or VCSE	Skills Framework	Completed (Y/N)
Macmillan Cancer Support	Comprehensive online guide to Cancer Care Reviews	Cancer Care Reviews in Primary Care Macmillan Cancer Support	10-15 mins	S/P	Essential	
	Practical implementation guide for Cancer Care Reviews	Practical Implementation Guide for Cancer Care Reviews Macmillan Cancer Support	10 mins	S/P	Essential	

2.2 Personalised Care <i>*Recommended – Needs Based*</i>			Time	Aimed at	Skills Framework	Completed (Y/N)
Macmillan Cancer Support	Understanding Personalised Care: e-learning module (50 mins) introducing personalised care (including Cancer Care Reviews)	Understanding personalised care course information - Macmillan	50 mins	S/P	Personalised Care	
	Information about Personalised Care and Support (including Cancer Care Reviews)	Personalised care Healthcare professionals Macmillan Cancer Support	5-10 mins	S/P	Personalised Care	
	Information about Holistic Needs Assessments	Holistic Needs Assessment (HNA) Healthcare professionals Macmillan Cancer Support	10 mins	S/P/ VCSE	Personalised Care	
	Guide for professionals providing holistic needs assessment, care and support planning	providing-personalised-care-for-people-living-with-cancer-tcm9-355674	30 mins	S/P	Additional reading	
	Macmillan Digital Storytelling Project – videos documenting life experiences of people affected by cancer.	Macmillan Digital Storytelling Project Macmillan Cancer Support	5-10 mins	S/P	Additional reading	
Guys Cancer Academy	Comprehensive e-learning package	Personalised care planning for people with cancer - Overview	8hrs+	S/P	Additional reading	
Personalised Care Institute ²	A range of free online courses introducing a range of personalised care topics, including: Core Skills, Person-Centred Approaches, Personalised Care and Support Planning, Physical Activity and Health, Making Every Contact Count, Frailty, Shared Decision Making,	Personalised Care Institute Resources Menu *Login required-free to sign up	Vary in length	S/P/ VCSE	Personalised Care	
	PCI Personalised Care Curriculum	The-personalised-care-curriculum.pdf	Vary in length	S/P/ VCSE	Personalised Care	

² [Personalised Care Institute](#) is a virtual organisation, accountable for setting the standards for evidence-based training in personalised care in England

2.3 Communication Skills <i>*Recommended – Needs Based*</i>			Time	Aimed at	Skills Framework	Completed (Y/N)
Macmillan Cancer Support	Communications skills e-learning (essential level) available via Macmillan Learning Hub	Essential communication skills - Macmillan *Login required-free to sign up	Vary in length-broken into sections	S/P/VCSE	Communication	
Cancer Research UK	Top 10 tips to help you talk about cancer	Our 10 top tips to help you talk about cancer	6 mins	S/P/VCSE	Communication	
NHSE ACCEND programme	e-learning Foundations of Cancer Care: module entitled 'Communication and Team Working in Cancer Care'	Foundations of Cancer Care (ACCEND): Communication and Team Working in Cancer Care *Login required-free to sign up	Vary in length	S/P	Communication	

3. Further learning

Supporting holistic needs <i>*Needs based and further development*</i>			Time	Aimed at Secondary Care(S)/ Primary Care (P) or VCSE	Skills Framework	Completed (Y/N)
NHS e-Learning for Health	Bite-sized session to give health and care professionals an overview of financial wellbeing. Part of the 'All our health ³ ' programme	All our Health: Financial Wellbeing	Vary in length	S/P	Additional reading	
	e-learning: Supporting Link Workers to deliver Social Prescribing	Social Prescribing - elearning for healthcare *Login required-	Vary in Length	P	Additional reading	

³ All our Health is a collection of educational resources on critical public health topics for the health and care sector

		free to sign up				
NHS England	Information about the benefits of exercise for health and wellbeing	Benefits of exercise - NHS	5-10 mins	S/P/VCSE	Additional reading	
	Information about NHS England's Personalised Care programme	NHS England » Personalised care NHS England » Personalised care and support planning	30 mins	S/P/VCSE	Additional reading	
	Person Centred Practice: Part of NHSE Enhancing Generalist Skills Programme ('Enhance') is aimed primarily at Doctors in Training	Person Centred Practice NHS England Workforce, training and education	20 mins	S/P	Additional reading	
	Shared decision making	NHS England » Shared decision-making	20 mins	S/P	Additional reading	
	Social Prescribing	NHS England » Social prescribing	10 mins	S/P	Additional reading	
Moving Medicine	Online information: 'Why Moving Matters'	Why Moving Matters - Moving Medicine	30 mins	S/P/VCSE	Additional reading	
	The Art of Conversation: Online course developed for clinicians. Foundation and Full. May be more appropriate for clinical staff.	Online course - Moving Medicine	Vary in length	S/P	Additional reading	
Age UK	Information about frailty	What is frailty? Age UK	5 mins	S/P/VCSE	Additional reading	
Macmillan Cancer Support	Information about prehabilitation and rehabilitation for people with cancer	Prehabilitation and cancer treatment Macmillan Cancer Support	10 mins	S/P/VCSE	Additional reading	

	PRosPer Foundation level e-learning introduction to personalised care, prehabilitation and rehabilitation funded and developed in collaboration with Macmillan	PRosPer - Cancer Prehabilitation and Rehabilitation - elearning for healthcare	Vary in Length	S/P	Additional reading	
	Loneliness and cancer: includes links to support available via Macmillan	Get support for cancer and loneliness Macmillan Cancer Support	5-10 mins	S/P/VCSE	Additional reading	
	Social prescribing and care coordination in primary care: Top 10 tips	Top 10 tips on social prescribing in cancer care Macmillan Cancer Support	10 mins	P	Additional reading	
	12 week blended learning programme for learners who want to increase their knowledge and understanding of supporting people affected by cancer	Supporting Cancer Care Programme *Application required	13 week course	S	Additional reading	

4. Additional Resources- National Signposting

Action Bladder Cancer UK Action Bladder Cancer UK	Blood Cancer UK https://bloodcancer.org.uk/support-for-you/	Bob Champion Cancer Trust https://www.bobchampion.org.uk/	Bowel Cancer UK https://www.bowelcanceruk.org.uk/
Breast Cancer Now https://breastcancer.org/	Cancer Care Map https://www.cancercaremap.org/	Cancer Research UK Nurse Helpline Call freephone Mon to Fri 9am to 5pm 0800 800 00 00 https://www.cancerresearchuk.org/	Cancer Support UK https://cancersupportuk.org/
Ella Dawson Foundation https://www.elladawsonfoundation.org.uk/	GUTS UK – Upper GI Stomach Cancer - Guts UK	Head & Neck Cancer UK HANCUK - Head & Neck Cancer UK	Kidney Cancer UK Home - Kidney Cancer UK
Leukaemia UK Support & resources - Leukaemia UK	Liver Cancer UK Liver Cancer UK - Part of the British Liver Trust	Macmillan Cancer Support https://www.macmillan.org.uk/	Melanoma UK https://www.melanomauk.org.uk/
Pancreatic Cancer UK Support for you - Pancreatic Cancer UK	Prostate Cancer UK https://prostatecanceruk.org/get-support	Roy Castle Lung Cancer Foundation https://roycastle.org/	Target Ovarian Target Ovarian Cancer The ovarian cancer charity
Teenage Cancer Trust https://www.teenagecancertrust.org	The Eve Appeal- Gynaecology cancers https://eveappeal.org.uk/		

Useful Local Trust Contacts

Place	Contact Team contact details and services can be found using the links below:
Airedale NHS Foundation Trust	Cancer Services - Airedale NHS Foundation Trust
Bradford Teaching Hospitals NHS Foundation Trust	Cancer Services – Bradford Teaching Hospitals NHS Foundation Trust
Calderdale and Huddersfield NHS Foundation Trust	CHFT Cancer Services - CHFT
Harrogate and District NHS Foundation Trust	Cancer Services - Harrogate District Hospital
Leeds Teaching Hospitals Trust	Leeds Cancer Centre - Leeds Teaching Hospitals NHS Trust
Mid Yorkshire Teaching NHS Trust	MY Cancer Services Mid Yorks

Glossary of Cancer Terminology

A

Medical term	Definition
Abdomen	The part of your body with your stomach, bowel and other parts of the digestive system. It is often called your tummy.
Adjuvant therapy	The treatment given after your main cancer treatment. For example, your main treatment may be an operation to remove the cancer. You may then have chemotherapy as an adjuvant therapy to reduce the risk of the cancer coming back.
Advance care planning	Planning ahead for how you want to be cared for.
Alopecia	Hair loss. It can happen to the hair on your head, eyebrows, eyelashes, and other areas of the body. Hair loss can be a side effect of some cancer treatments, such as chemotherapy. Your healthcare team will talk to you about how to reduce the chance of this happening. They can also help you get a wig if you want one.
Anaemia	When you have a low number of red blood cells in your blood. This can make you feel tired and breathless.
Anaesthetic	A drug that makes people more comfortable during a medical procedure. A general anaesthetic puts a person to sleep for a while. A local anaesthetic numbs a part of the body so the person cannot feel anything.

B

Medical Term	Definition
Benign tumour	A lump in the body that is not cancer. Benign tumours usually grow slowly and do not spread to other parts of the body.
Biopsy	When your doctor takes a small sample of tissue from your body and looks at it under a microscope. This is to see if the cells are cancerous or not.
Blood count	A routine blood test to measure the number of red blood cells, white blood cells and platelets in your blood. It is also called a full blood count (FBC).

C

Medical term	Definition
Cancer Care Navigators (CCN)	Cancer Care Navigators work alongside Clinical Nurse Specialists to help and support people affected by cancer with their non-clinical needs.

Cancer Nurse Specialist (CNS)	Nurses with in-depth knowledge in the specific area of cancer care. They are the main contact during and after cancer treatment.
Carcinogen	A substance which can cause cancer, such as radiation or the chemicals in cigarettes.
Carcinoma	A type of cancer that starts in epithelial cells. These cells cover the outside of our body and our organs. Most cancers are carcinomas.
Carer's Assessment	A chance to talk to your local council or social services department about what help you need if you are caring for someone. If you care for someone aged over 18, you have the right to a carer's assessment and support. For more information, contact your local council in England, Wales and Scotland, or your Health and Social Care Board in Northern Ireland. You can also contact Carers UK.
Central Line	A long, hollow tube made from silicone rubber. The line is put into one of the veins in your chest. It can be used to give chemotherapy treatment and other medicines. It can also be used to take samples of your blood for testing. A Hickman® line is a type of central line
Chemotherapy	the use of anti-cancer (cytotoxic) drugs to destroy cancer cells, including leukaemia and lymphoma. It can be given alone or with other treatments.
Consent	Agreeing to have treatment. The doctor will usually ask you to sign a form before you have treatment to say that you give your permission. No medical treatment can be given without your consent.

CT Scan	(Computerised Tomography Scan) is a scan that uses x-rays to build a three-dimensional picture of the inside of the body. This scan usually takes 10 to 30 minutes and is painless.
Cytotoxic	Means toxic to cells. See chemotherapy.

D

Medical term	Definition
Diagnosis	A description of the illness a person has.
Diarrhea	Having frequent or watery bowel movements (poo). It can sometimes be a symptom of cancer or a side effect of some cancer treatments.
Dietitian	A specialist who can give you advice on healthy eating, especially if you're having trouble eating and drinking because of your cancer treatment.
Drip	A way of giving fluids or drugs such as chemotherapy into a vein. It is also called an intravenous (IV) infusion.

F

Medical term	Definition
Fatigue	When you feel extremely tired most, or all, of the time. Cancer and some of its treatments can cause fatigue.

Fertility	The ability to have children.
Fine Needle Aspiration	A test that uses a thin needle to take a small sample of cells from your body to be examined.

G

Medical term	Definition
Grade	A way for doctors to describe the growth of a cancer.

H

Medical term	Definition
Histology	The study of cells. Doctors look at cells under a microscope to see if they are normal or not. If there are cancer cells, they look to see what type of cancer it is. It is sometimes also called histopathology.
Histopathologist	A doctor who examines samples of tissue under a microscope to help diagnose a disease such as cancer.
Hormone Therapy	A treatment that can change the amount or action of certain hormones in the body. This can slow or stop cancer cells from growing.
Hormones	Substances produced naturally in the body. They act as chemical messengers and influence the growth and activity of cells.

I

Medical term	Definition
Immune System	Your body's natural defence system. It helps protect against infection and disease. See lymphatic system.
Incontinence	When you have trouble controlling your bladder or your bowel.
Inoperable	When cancer cannot be removed by an operation. It might mean cancer has spread to a part of the body where an operation is not possible or too risky.
Intramuscular injection (IM)	An injection into a muscle.
Intravenous (IV)	When a drug or fluid is given into one of your veins.

L

Medical term	Definition
Leukaemia	A cancer of the white blood cells. White blood cells fight and prevent infection.
Local Therapy	A treatment, for example, radiotherapy and surgery, which only affects a particular area of your body.
Lymph	A fluid that flows around your lymphatic system.

Lymphatic system	The system within our body that helps to protect us from infection and disease. It also drains lymph fluid from tissues in the body before returning it to the blood. The lymphatic system is made up of fine tubes called lymphatic vessels. They connect to groups of lymph nodes throughout the body.
Lymphoedema	Swelling in a part of the body. It develops because of a build-up of fluid in the body's tissues. This happens when the lymphatic system, which normally drains the fluid away, is not working properly. It can happen in any part of the body but is most likely to affect an arm or a leg.
Lymphoma	A cancer of the lymphatic system.
Lymph nodes (lymph glands)	Part of the lymphatic system. They are small and bean-shaped. They filter germs (bacteria) and disease from the lymph fluid.

M

Medical term	Definition
Malignant tumour	A lump in the body that is cancer. Malignant tumours can spread to different parts of the body.
Metastasis	When the cancer has spread from one part of the body to another. Cancer that has spread is sometimes called a metastatic disease or secondary cancer.
MRI Scan	(Magnetic Resonance Imaging Scan) is a scan that uses magnetism to build up a detailed picture of areas of your body.
Multidisciplinary team (MDT)	A group of health and social care professionals who work together to manage your treatment and care.

N

Medical term	Definition
Nausea	Feeling sick
Negative result	This means that something could not be found. For example, a negative lymph node biopsy means that cancer cells were not found in the lymph nodes.
Neo-adjuvant therapy	Treatment given before the main treatment. For example, you might have chemotherapy before surgery to shrink the tumour and make surgery easier or more effective.

O

Medical term	Definition
Occupational therapist	A health professional who can give practical assistance to help you manage everyday activities and increase your independence.
Oedema	The build-up of fluid in the body. It causes swelling.
Oncologist	A doctor who specialises in cancer care and has advanced knowledge and understanding of cancer treatments. Oncologists treat cancer using methods other than surgery, including chemotherapy and radiotherapy.
Oncology	The medical specialty that deals with cancer.
Orally	When you take something by mouth. For example, taking a tablet.

Outpatient	When you go into hospital for an appointment and leave on the same day. Outpatients do not stay in hospital overnight.
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P

Medical term	Definition
Paediatrics	The medical specialty that deals with children.
Palliative care	Treatment that is given to help improve quality of life when the cancer cannot be cured. Palliative treatment aims to meet the physical, spiritual, psychological, and social needs of a person with cancer.
Pathology	The study and diagnosis of disease.
PET Scan	(Positron Emission Tomography Scan) is a test that measures the activity of cells in different parts of the body. It can be used to find out more about a cancer and see if it has spread to other parts of the body.
Pharmacist	Prepares and checks the type and dose of medicine that your doctor prescribes. They can also advise you on how to take your medicine and the possible side-effects you may have.
Physicist	An expert in radiation who will help to plan your radiotherapy treatment.
Physiotherapist	A health professional that specialises in maintaining and improving movement and mobility.

PICC Line	A long, thin, flexible tube. It is put into a vein just above the bend in your elbow. It is used to give chemotherapy or other treatments. It usually stays in until treatment finishes.
Platelet	A type of cell found in your blood. Platelets help your blood to clot to help stop bleeding. Chemotherapy can reduce the number of platelets in your blood for a time, making you more likely to have bleeding and bruising.
Portacath	A long, thin tube that is put in under the skin to give chemotherapy and other drugs. The tube is connected to a small box under the skin.
Positive result	This means that something has been found. For example, a positive lymph node biopsy means that cancer cells were found in the lymph nodes.
Pre-med	(Pre-medication) is a medication that you may be given before a test or treatment. For example, you may have a pre-med before having chemotherapy to help stop you feeling sick.
Primary cancer	A cancer that starts in one area of the body. Most cancers are primary cancers.
Prognosis	The likely outcome of a disease. The prognosis gives an idea of how long a person might live.
Progression	(or progressed) means that the cancer is still growing, or has continued to spread.
Prosthesis	An artificial body part. A prosthesis is used if that part of the body has been removed. It helps with mobility and appearance.

Psychologist (or counsellor)	A health professional who specialises in emotional and behavioural problems; a counsellor is a health professional who also provides emotional support.
Pump	Something that may be used to give you chemotherapy or fluids. The pump makes sure that the right amounts are given over the right amount of time. Some pumps are small and can be taken home so that you do not have to stay in hospital.

R

Medical term	Definition
Radiographer	A diagnostic radiographer uses techniques such as X-ray, MRI and CT scans, to take images. A therapeutic radiographer operates the machine that delivers your radiotherapy treatment.
Radiologist	A doctor who specialises in using imaging methods to diagnose medical conditions, including cancer.
Radiology	The use of imaging such as x-rays and scans to help diagnose cancer.
Radiotherapy	Uses high-energy x-rays to destroy cancer cells while doing as little harm as possible to normal cells. It can help to shrink and control cancer and relieve symptoms.
Recurrence	When cancer has come back. If it comes back to the same area of the body, it is called local recurrence. If it has spread to other parts of the body, it is called distant recurrence.

Remission	When treatment is controlling the cancer or has made it temporarily disappear, but it may not have been cured.
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S

Medical term	Definition
Secondary cancers	(or secondaries) are where the primary cancer has spread to another part of the body. See metastasis.
Stage	A way for doctors to describe cancer. It means the extent of cancer. This usually means how big it is and whether it has spread from where it first started.
Subcutaneous injection (SC)	An injection given into the layer of fat under your skin.
Surgeon	A doctor who specialises in carrying out operations to treat an injury or condition. When treating cancer, different surgeons will specialise in operating on specific parts of the body.
Surgery	An operation, often to remove something (such as cancer) from the body.
Systemic therapy	A treatment that treats the whole body. For example, chemotherapy.

T

Medical term	Definition
Targeted Therapy	(or biological therapy) is a treatment that interferes with cell processes that cause the cancer to grow.
Therapy	Another word for treatment.
Tissue	The way your cells line up next to each other to form part of your body. For example, breast cells line up next to each other to make breast tissue.
Treatment Cycle	The time between one round of treatment until the next one starts.
Tumor	A group of cells that are growing in an abnormal way. Tumours can be made up of cells that are not cancerous (benign) or cancerous (malignant).
Tumor markers	Proteins produced by some types of cancer. They are found in the blood. They can sometimes help doctors to diagnose the cancer, or see how well treatments are working.

U

Medical term	Definition
Ultrasound scan	A scan that uses sound waves to create a picture of the inside of your body.

X

Medical term	Definition
X-Ray Scan	A way to take pictures of the inside of your body. It can show breaks or problems with your bones and joints. It can also show changes to other body tissues and organs, such as the lungs or breasts.