

# Self-examination, Screening and Cancer Prevention

Our most popular resources



These resources can be borrowed by our library members. NHS staff and people who work in health promotion in the Bradford and Airedale area are eligible for membership. To join please complete a membership form in person at the library.

There is no standard loan on these items. We ask for loans to be under two weeks to allow other library users to borrow our resources.

We recommend placing advanced bookings on items by contacting us with your required resources and the dates that you need them for. This ensures that the resources are available when you need to borrow them.

To see our full range of resources search our library catalogue at <http://bradford.nhslibraries.com> or come to the library with a work ID badge to see them in person. We are based in the old building to the right of main reception, our address is:

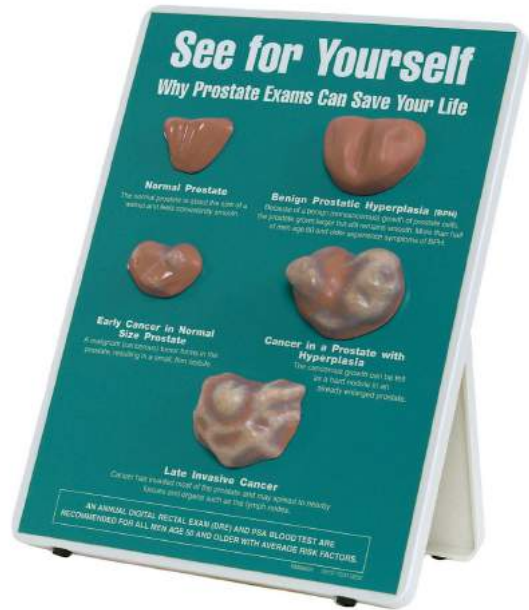
**Library and Health Promotion Resources,  
Lynfield Mount Hospital,  
Heights Lane,  
Bradford,  
West Yorkshire,  
BD9 6DP**



**Breast Self-Examination**

**B60312, B60877**

A small single breast designed to show you how to self-examine your breasts. Contains instructions and breast care leaflet.



**See for Yourself - Why Prostate Exams Can Save Your Life**

**B32199**

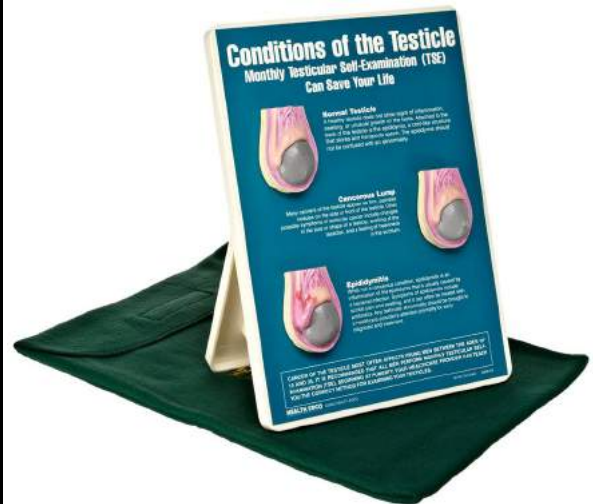
This A4 sized display model shows the five conditions of prostate, from a healthy prostate to late invasive cancer.



**Testicular Self-Examination**

**B40111, B40112, B60316, B04563**

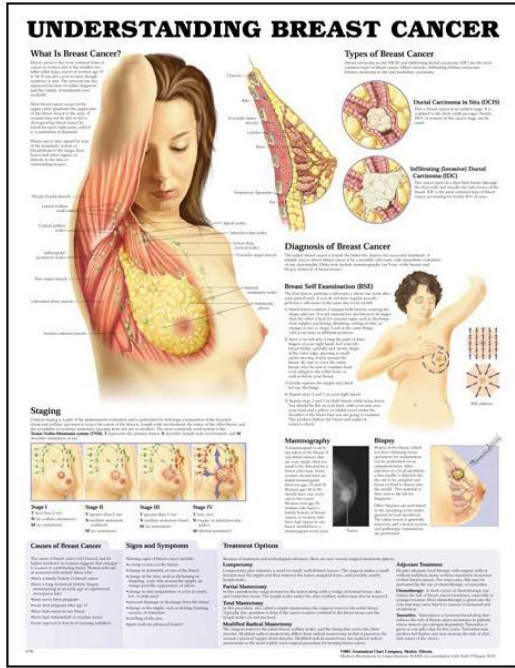
A testicles and scrotum model designed to show you how to self-examine your testicles. Contains an instruction leaflet.



**Conditions of the Testicle**

**B32200**

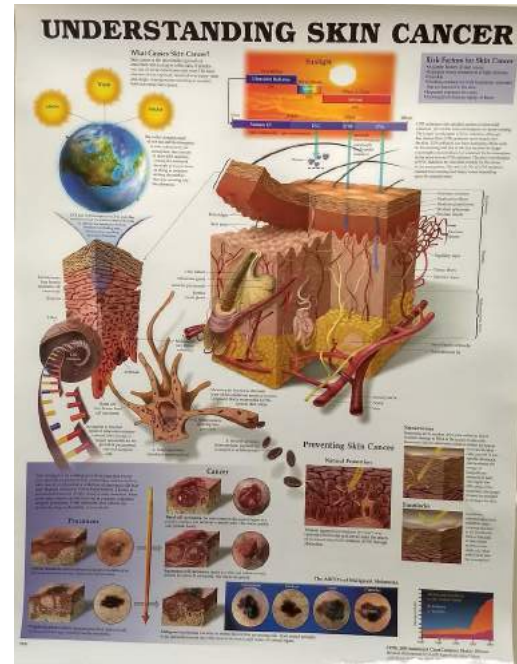
This A4 sized display model shows three conditions of testicle, from a healthy testicle to a testicle with epididymitis.



**Understanding Breast Cancer**

**B04535**

An A2 laminated poster showing the anatomical stages of breast cancer.



**Understanding Skin Cancer**

**B04539**

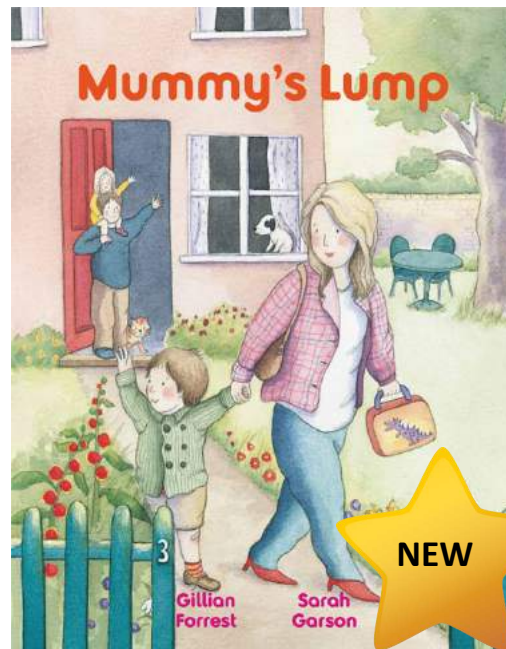
An A2 laminated poster showing the skin structure and common skin cancer symptoms.



**Breast Mates**

**B61158**

Workbook and set of 4 A3 laminated posters. To teach teenage girls about breast health including correct bra fitting, 'normal' breasts and how to check your breasts.

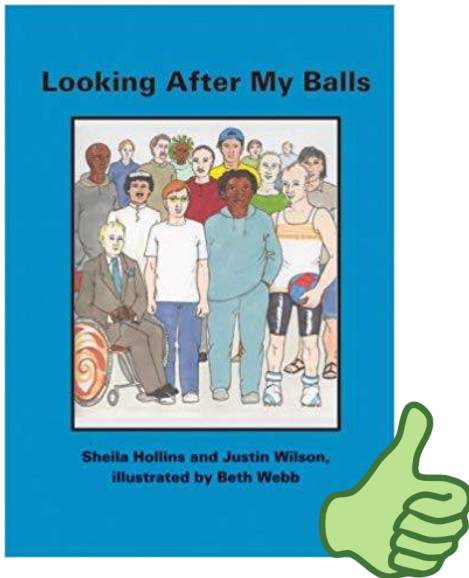


**Mummy's Lump**

**B61222**

A reassuring picture story for young children, to help them to understand what may be happening to a relative or family friend with breast cancer. The book covers diagnosis, going into hospital, treatments and hair loss.

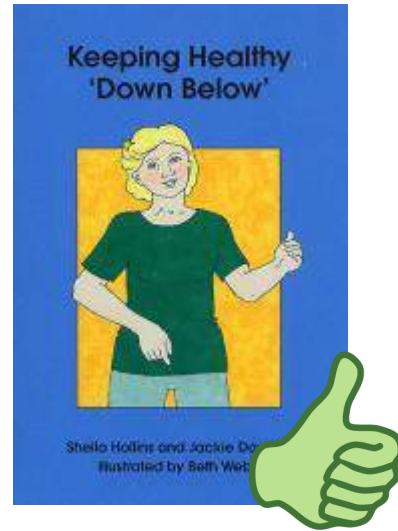




**Looking after my balls**

**B27757, B61406**

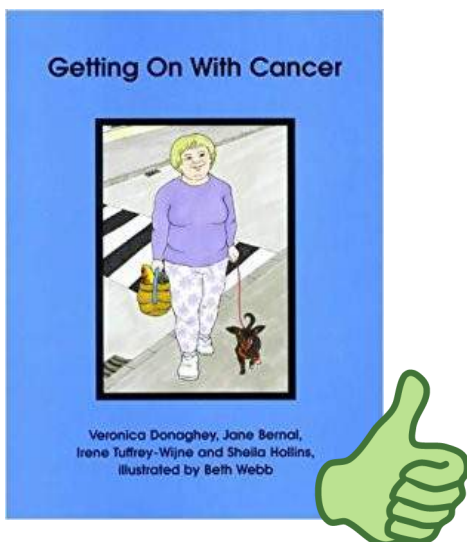
Beyond Words book for men with learning disabilities about testicular health. The story follows a man who finds a testicular lump and gets tests done. The back of the book contains accompanying words to pictures and further info



**Keeping healthy 'down below'**

**B27758, B61409**

Beyond Words book for women with learning disabilities about smear tests. The story shows a women getting a smear test. The back of the book contains suggested words to accompany the pictures.



**Getting on with Cancer**

**B27755**

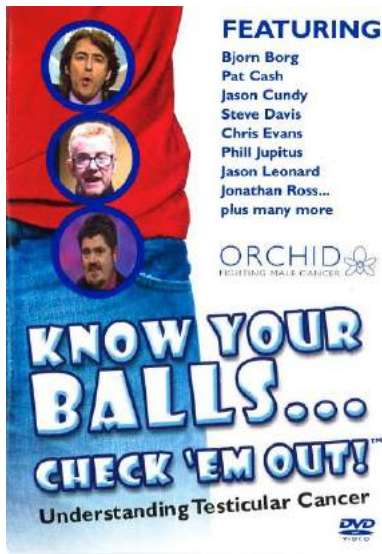
This A5 picture book from the Beyond Words series shows a woman going through cancer treatment. It also has suggested text for the pictures and guidance notes. Suitable for Learning Disabilities.



**Supporting people with learning disabilities to take care of their breasts**

**B49535**

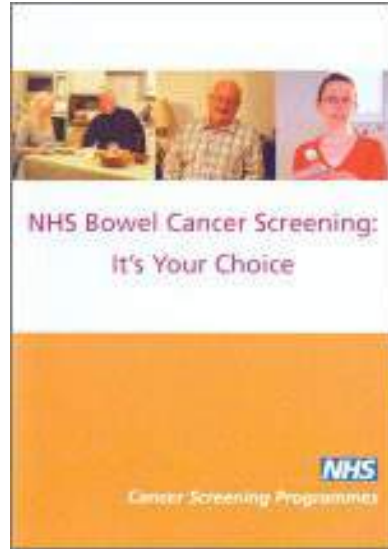
Teaching pack for staff and easy read booklet about breast self examinations and mammograms. Suitable for people with learning disabilities.



**Know your balls... Check em out!**

**B43864**

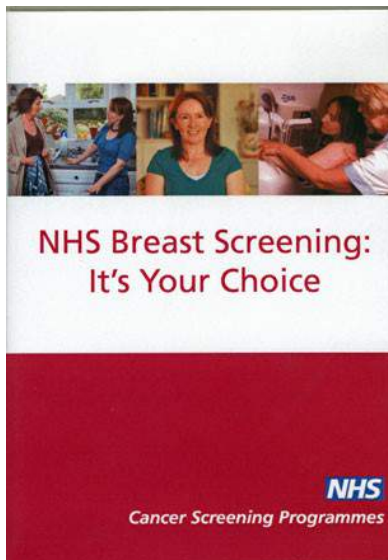
An informative DVD featuring celebrities talking about testicular cancer signs and treatment. Subtitles in Hindi, Punjabi, Urdu and British Sign Language.  
Running Time: 17 minutes



**NHS Bowel Cancer Screening**

**B43782**

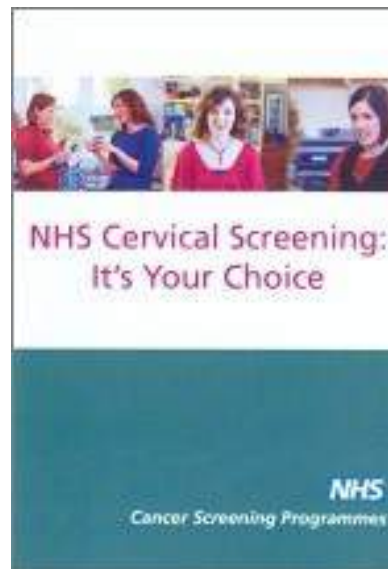
An informative DVD explaining the screening process for bowel cancer. Language options include English, Hindi, Punjabi, Urdu and British Sign Language.  
Running Time: 14 minutes



**NHS Breast Screening**

**B43789**

An informative DVD explaining the NHS breast screening process. Language options include English, Hindi, Punjabi, Urdu and British Sign Language.  
Running Time: 14 minutes



**NHS Cervical Screening**

**B43784**

An informative DVD explaining the NHS cervical screening process. Language options include English, Hindi, Punjabi, Urdu and British Sign Language.  
Running Time: 13 minutes