ABACus 3: Awareness and Beliefs About Cancer

Background

Seeking help for symptoms of cancer means that it can often be **detected sooner**

Earlier detection of cancer means treatments have a **better chance of success**

Sometimes people **may not be aware** of different **cancer symptoms**, or may be **reluctant to contact their GP**

The ABACus Health Check

- ✅ Our research team at Cardiff University created a simple touchscreen questionnaire called the ABACus Health Check

- ✅ The Health Check asks people about:
  - Their health and screening history
  - Their health behaviour
  - Whether they are aware of different types of cancer symptoms

- ✅ A trained lay advisor helps people through the questionnaire

- ✅ Once completed, everyone receives personalised results in an easy-to-understand traffic light system

- ✅ The advisor talks people through the results, helping them to think about where they can make positive changes, and encouraging them to see a GP if they experience any symptoms

The ABACus 3 Study

In a recent study funded by Yorkshire Cancer Research, we recruited almost **250 adults** from **South Wales** and **South West Yorkshire**, typically from local community centres.

Half the people in our study **received the ABACus Health Check**, the other half did not

We found that:

- After 6 months, people who had taken the Health Check could name more cancer symptoms

- This included less well-known symptoms, such as feeling tired or losing weight for no reason

- The Health Check group also said that they would see a doctor sooner if they noticed any possible cancer symptoms

Key Messages

1 Our research shows that the ABACus Health Check is a simple way of helping to raise awareness of possible cancer symptoms

2 It could save the NHS money in the long term through earlier detection of cancer

3 People who took the Health Check often shared their results with friends and family, helping to spread the message even further

4 Now we want to work with more community organisations across the UK to help even more people take the ABACus Health Check - and to help detect cancer sooner