

Health and healthcare in Sweden

MATERIAL FROM THE SWEDISH CANCER SOCIETY FOR USE IN SWEDISH
FOR IMMIGRANTS CLASSES, ABOUT HEALTHY HABITS, ACCESSING
HEALTHCARE IN SWEDEN AND HOW CANCER RESEARCH SAVES LIVES.



FOREWORD

Who gets cancer and who survives cancer is affected by education, where people live and income. Language barriers can also be a factor that prevents many people from seeing a doctor or attending their invitation for screening. As part of our work to reduce the disparities in people getting cancer and surviving cancer, the Swedish Cancer Society has produced initiatives targeted towards students learning Swedish on Swedish for Immigrants (Sfi) programmes.

The aim is to increase awareness of the Swedish healthcare system, the disease cancer and what to do to access the right medical treatment in Sweden. The material also covers how to look after your health, stay healthy and avoid illness. We hope that combining language teaching with information about how the Swedish healthcare system works and about how to reduce the risk of cancer will help to bring about change.

The material contains exercises and texts in which learners can learn the names of different healthcare units, what a phone call to a health centre might sound like, and about how cancer screening works in Sweden. For example, in one exercise, learners read and interpret an invitation to have a mammogram. Here the teacher will explain what an invitation is, then the learners look at an invitation letter, and then they answer questions about the content to check understanding. The Swedish version also comes with a separate teacher's guide and a website containing the same material as in this booklet.

To beat cancer, the healthcare system needs to be better at meeting people where they are in life. This is a way of engaging with people at the very start of their journey in Sweden. We therefore hope that this teaching material can be a source of inspiration for other countries also looking to increase uptake of cancer screening and HPV vaccination coverage.

This material was created by the Swedish Cancer Society.

The Swedish Cancer Society works to ensure that fewer people get cancer and that more people who do get cancer are cured or live a long, good life. We raise money from people and businesses. The money is used to ensure that more people are able to research cancer, to provide information and support about cancer and to improve society's work on cancer in different ways. We are a non-profit organisation which receives no state funding. All our funding comes from donations.

This booklet was made in 2023 and is suitable for Sfi levels C and D.

Hello,

This material *Health and healthcare in Sweden* is about how you can look after your body and your health, how to access healthcare in Sweden, about the disease cancer, and about how to support someone who is ill.

It includes factual texts to read, lists of advice, a story and a letter from the health service. Each section comes with practice exercises. You may be asked to answer questions, complete a writing task or discuss what you have read.

All the text and exercises are also available at **cancerfonden.se/sfi**, where you can also find videos to watch.

We hope you find this content interesting and helpful!

To teachers

A teachers' guide can be downloaded at **cancerfonden.se/sfi/larare**.

SECTION 1

Your health



This section is about ways you can look after yourself to improve your health and reduce the risk of various diseases.





Look after yourself and your health

This text is about things that are good for your health and things you can do yourself to improve your health.

There is a lot you can do to look after your body and your health. Here are some of the most important things you can do to be healthy:

- eat healthily
- exercise
- sleep well
- don't smoke
- don't drink alcohol

These things help your body to be healthy and energetic. They also help your mental health. Your mental health is important for your physical health.

Things you can do to improve your mental health include spending time with people who make you feel good and doing things that make you happy.

Good food and healthy habits reduce the risk of several different diseases such as diabetes and cancer.



Physical health is about how your body feels and functions.

Mental health is about thoughts and feelings, your mood.

What is a healthy diet?

It's good to eat a varied diet, which means eating different kinds of food. This gives you the fibre, vitamins and minerals that your body needs.

Eating the right things helps to protect your body from different kinds of cancer.



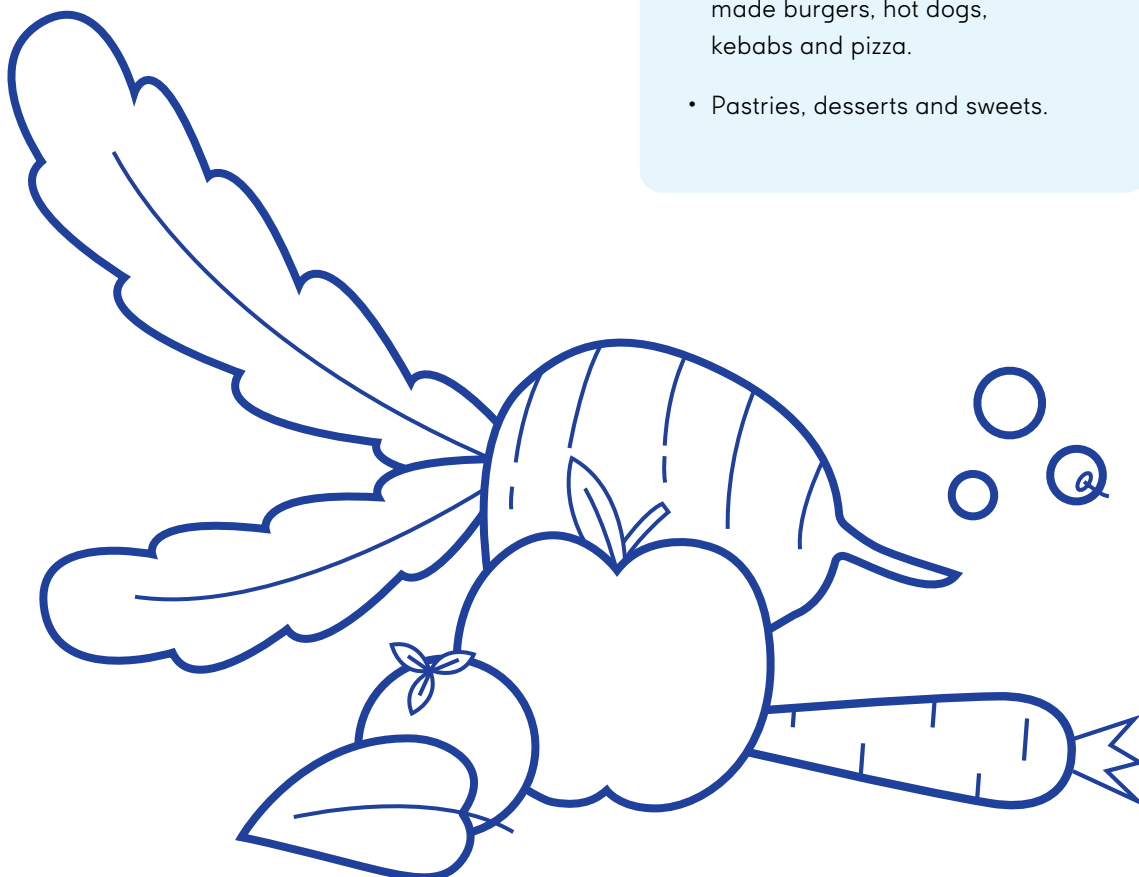
Things it's good to eat more of:

- Wholegrains, found in wholemeal bread and wholemeal pasta.
- Legumes, like lentils and beans.
- Fruit and vegetables every day.
- Fish a few times a week.
- Unsalted nuts and seeds. They contain fats the body needs.



Things it's not good to eat lots of:

- Sugary drinks. Drinks with sugar in.
- Red meat. This is beef, pork or lamb, meat from cows, pigs or sheep.
- Meat that is salted or smoked, such as ham and smoked sausage.
- Snacks like crisps and salted nuts.
- Fast food, like ready-made burgers, hot dogs, kebabs and pizza.
- Pastries, desserts and sweets.





Move every day

Physical activity helps to keep your body healthy and energetic. Try to move for at least 30 minutes every day and exercise so that you sweat a few times a week. There are lots of different ways to exercise. You don't need to join a gym. Lots of people enjoy going for a fast walk, running, dancing, swimming or cycling. If you do something you enjoy, you are more likely to exercise often. All movement counts. The more you move, the better!

Exercise makes lots of good things happen in your body. It improves your body's protection from bacteria and viruses and helps to keep you healthy. Movement also reduces the risk of mental health problems, such as depression and anxiety.

Eating healthily and getting exercise make it easier to maintain a healthy weight. This reduces the risk of different diseases, such as cancer. Being overweight increases the risk of different kinds of cancer and other diseases.

VOCABULARY

Sweating

When you get hot and your skin releases a fluid – sweat.

Depression

When you feel very sad and tired for a long time.

Anxiety

When you feel very worried or scared, you feel it in your body.

Healthy

Good health, things that make you feel well and are good for you.

Overweight

When you weigh too much and it can be bad for your health.



WHAT WAS THE TEXT ABOUT?

What was the text about? Put an X next to the right answer.

1. It's important to sleep well to stay healthy.

☐ YES ☐ NO

2. The body needs fibre, vitamins and minerals.

☐ YES ☐ NO

3. Junk food is food that contains lots of wholegrains.

☐ YES ☐ NO

4. It's good to eat lots of salted nuts.

☐ YES ☐ NO

5. Good food can protect the body from diseases.

☐ YES ☐ NO

6. Our bodies need lots of red meat to feel healthy.

☐ YES ☐ NO

7. You need to join a gym to exercise.

☐ YES ☐ NO

8. It's good to exercise for at least 30 minutes every day.

☐ YES ☐ NO



DISCUSSION

Class discussion

- What do you do to be physically healthy?
- What do you do to feel mentally healthy?
- Do you think it is easy or difficult to exercise regularly?
- What physical activity do you enjoy?
- What advice would you give to a person who doesn't like exercising?



USE THE WORDS

Read the text about looking after your health and then answer the questions:

1. Write three sentences about things that are important for good health.

2. Write down at least three things that are healthy to eat.

3. Write down at least three things it is not good to eat too much of.

4. How much should you exercise to be healthy, ideally?

5. Write three sentences about why exercising is good for the body.

REDUCING THE RISK OF CANCER

3 out of 10 cases of cancer in Sweden can be prevented by healthy habits. Here are our 6 pieces of advice about what you can do to reduce your risk of getting cancer.



1. Don't smoke

Not smoking is the best way to reduce your risk of getting cancer. It's never too late to stop smoking.

2. Be a healthy weight

Overweight and obesity increase the risk of 13 different kinds of cancer. So make sure to keep your weight at a reasonable level.



3. Eat a healthy diet

Eating a healthy diet reduces your risk of cancer. It also reduces the risk of cardiovascular disease, diabetes, and being overweight or obese.

4. Move every day

Physical activity protects against many cancers and also helps you maintain a healthy weight.



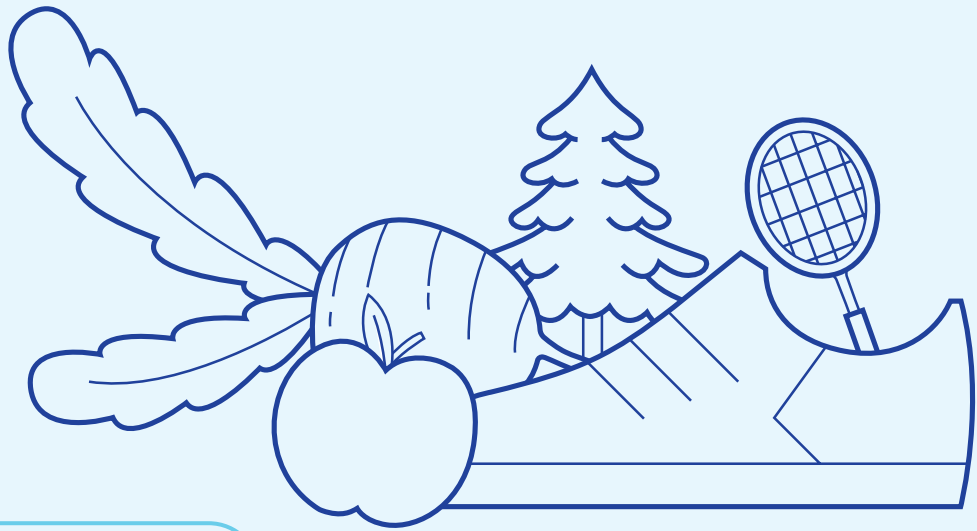
5. Drink only a small amount of alcohol – or none at all

Alcohol increases the risk of several different types of cancer. The more alcohol you drink, the higher the risk. To reduce the risk of getting cancer, it's best not to drink alcohol at all.

6. Sunbathe with caution

The sun can cause skin cancer. It's especially important to protect children. Their skin cells are very sensitive to the sun.





VOCABULARY

Prevent

Try to stop something bad before it happens.

Habits

Things you do often. Routines.



WRITING EXERCISE

Write a summary of the information and advice in the list.



WHAT WAS THE TEXT ABOUT?

What things reduce the risk of cancer? What things increase the risk of cancer? Put an X in the right box.

	Reduce the risk of cancer	Increase the risk of cancer
Smoking		
Being a healthy weight		
Eating a healthy diet		
Exercising every day		
Drinking alcohol		
Sunbathing		



USE THE WORDS

Fill in the missing words. Use the words above the exercise.

Words to use:

activity food protect eat exercise
not too late small amounts reduces increases

It's _____ good to smoke. Stopping smoking _____ the risk of getting cancer. It's never _____ to stop smoking.

Drinking alcohol _____ the risk of getting cancer. It's good not to drink any alcohol or only to drink _____ of alcohol.

It's important to _____ the skin from the sun.

It's good to _____. Physical _____ protects against cancer.

It's important to _____ healthily. Good _____ protects against cancer and other diseases.



DISCUSSION

Class discussion

- Was any of the advice new to you? What?
- Which of the advice do you follow already?
- What do you need to be better at?
- Which of the advice do you think is hardest to follow?



→ Read more about reducing the risk of cancer at cancerfonden.se/minska-risken

SCREENING

Screening is when lots of people are checked to find diseases early.

Many people are invited to screening checks regularly. These checks are done to find diseases early, or to find changes in the body that might develop into diseases. This is called screening. It's good if we can detect diseases before they have developed a lot or before they have symptoms. The healthcare system can treat the diseases early.

If you are a woman aged over 40, you will be invited for a breast examination regularly. This examination is called a mammogram. A mammogram can find signs of breast cancer. You will get an invitation in the post.

VOCABULARY

Regularly

When you do something several times, the same amount of time apart. For example, going for a walk every Saturday.

Change

When something changes. For example, something that develops the wrong way in the body.

Invitation

A letter inviting you to something, for example a medical examination.



WHAT WAS THE TEXT ABOUT?

Read the text about screening. Then answer the questions:

1. What is screening?

2. Why is screening offered?

3. What is a mammogram?



VIDEO

Watch the video “If you love life, you must attend your mammogram” at cancerfonden.se/sfi/therese where Therese Khamany talks about why she thinks it’s important to go for a mammogram.

VOCABULARY

Symptom

A sign of something, such as a sign that shows you are ill.



DISCUSSION

Watch the video.
Then discuss it in class.

- What was the video about?
- Did you learn anything new from the video? What?



USE THE WORDS

Watch the video about Therese and then write down the answers to these questions:

1. What symptom made Therese go to the health centre?

2. Who told Therese to contact the health centre?

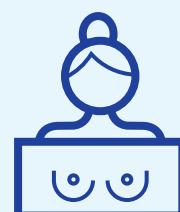
3. What did Therese think a mammogram meant at first?

4. How did Therese feel when she found out she had breast cancer?

5. What does Therese tell other women about breast cancer?



→ At cancerfonden.se/sfi/mammografi there is a video about what happens when you have a mammogram and an exercise to go with the video.





ÖSTRA SJUKHUSET

K1

Anna Andersson
Blomstervägen 35
431 52 Björkvik

Invitation

Invitation for a mammogram

An appointment has been made for you.

Time: 10 September 2023, 09.15

Place: Breast Unit, Eastern Hospital
Apelvägen 89
641 21 Katrineholm

The mammogram is free. You may need to wait.

Please bring your ID

VER202203



Why you have been invited for a mammogram

The Swedish National Board of Health and Welfare recommends that all women aged 40–74 are regularly invited to have a mammogram. A mammogram is an x-ray of your breasts. Mammograms are carried out to find changes that might be breast cancer at an early stage.



Every mammogram is important for your health!

Breast cancer is the most common type of cancer among women in Sweden. Not all breast cancer can be felt. About two-thirds of all breast cancer discovered within this age group is found in mammogram screening. This is why it is important that you go to your mammogram appointment. The examination is voluntary but it is recommended that you attend every time you get an invitation. If breast cancer is found early, there is a very good chance that you will be cured.



What happens

You will be asked some questions and you will be asked to remove your clothes on your top half. A radiographer will look to see if there are any visible changes to your breasts. Then one breast will be x-rayed at a time. The x-ray takes about 5 minutes. The appointment usually takes about 30 minutes, including any waiting time. You will be sent the results of the examination when the x-rays have been analysed.

Directions

Breast Unit Eastern Hospital,
Apelvägen 89, 641 21 Katrineholm.
Entrance by the Pharmacy.

Report to reception and follow the signs to the Mammography Department.

Changing your appointment time

Book a new time if you cannot come. Contact us if you have a disability or you need more time for your mammogram.

- **By logging in at 1177.se**
- **Phone:** 0150-543 90 00
Phone lines open: 8.00–11.30,
Monday–Thursday
- **Email:** brostcentrum@ostra.se

Need more information?

See 1177 Vårdguiden:
www.1177.se/mammografi
Andra språk / Other languages:
www.1177.se/mammo

**If you need an interpreter,
phone 0150-511 00 01.**

Your information will be saved in your notes and is protected under the Patient Data Act. Your healthcare provider is now able to access information in your notes with other healthcare providers (regions, municipalities and private healthcare providers). You have the right to refuse combined patient notes and to block your information. You can find more information about combined patient notes at www.1177.se/sammanhallen-journalforing. Your information will also be stored in the quality register for development work and is protected under the Public Access to Information and Secrecy Act. If you do not want your information to be stored in the quality register, please state this at your examination.

Cervical cancer screening is offered from the age of 23. Mammography screening for early detection of breast cancer is offered from the age of 40.

VOCABULARY

X-ray

An examination that uses radiation to see inside the body. The examination is done using a special camera.

Two-thirds

About 67% (percent).

Cure

To make someone healthy again after a disease.

Recommend

To give someone strong advice about something good.

Voluntary

When you choose to do something yourself. Something you don't have to do.

Top half

The upper part of your body. Stomach, chest, shoulders, arms and head.



UNDERSTANDING AN INVITATION

Read the invitation to a mammogram. Then answer the questions:

1. Who is the invitation sent to?

2. How much does the appointment cost?

3. What is the date of the mammogram?

4. What does the person need to take with them to the mammogram?

5. What is the name of the department that the person must go to?

6. What should the person do if they need an interpreter during the appointment?

7. How will the person get the results of the mammogram?

HPV AND HPV VACCINATION

Cervical cancer can be prevented.
There is a vaccine against the virus that commonly
causes the disease, the HPV virus.

When cells in the body look different from what they should look like, we call this cell changes. Cell changes can develop into cancer if they are not detected and treated.

Cell changes in the vagina and cervix are almost always due to a virus called HPV. The vagina and the cervix are parts of women's sexual organs.

HPV is many different viruses

HPV is actually a group of different viruses. Most of them are harmless and do not cause cell changes. It is common to have the HPV virus and usually you won't notice that you have it. The most common way that the HPV virus spreads is through sex. Both women and men can get HPV.

You can protect yourself against HPV with a vaccine

There is a vaccine against the types of HPV virus that can produce cell changes. All children in Sweden, girls and boys, are offered vaccination at school in year 5 or year 6. The school nurse vaccinates the children by giving them an injection in the arm. This can make their arm feel sore afterwards. But the vaccine is not dangerous. Vaccination is free.

It's important that as many people as possible are vaccinated to make sure that HPV doesn't spread.





Are you a woman born in 1994–1999?

If so, HPV vaccination is free. You can see where you can be vaccinated against HPV at [Cancerfonden.se/catchup](https://cancerfonden.se/catchup) and 1177.se.

HPV vaccination protects you and helps to make the disease cervical cancer disappear. If enough people are vaccinated, cervical cancer could disappear almost completely.

It is a good idea to have the vaccination even if you have already been vaccinated against HPV. The vaccine has been improved and provides better protection than before. Get vaccinated this year!

VOCABULARY

HPV

HPV stands for human papillomavirus.

Harmless

Not dangerous.

School nurse

A nurse who works in schools.



WHAT WAS THE TEXT ABOUT?

What was the text about? Put an X next to the right answer.

1. What is HPV?

- ☐ Many different viruses
- ☐ An uncommon disease
- ☐ A vaccine

2. Who can get HPV?

- ☐ Only women
- ☐ Only men
- ☐ Both women and men

2. Which children are offered vaccination against HPV?

- ☐ All children in year 5 or 6
- ☐ All girls in year 5 or 6
- ☐ All boys in year 5 or 6

4. What does HPV vaccination cost?

- ☐ 200 kronor
- ☐ Nothing, it's free
- ☐ The cost is different in different regions

NEWS

31 MARCH 2024

CERVICAL CANCER CAN BE ERADICATED IN SWEDEN

Cervical cancer screening has been carried out in Sweden since the 1950s. Children have been vaccinated against HPV since 2010. This has resulted in only half as many people getting cervical cancer now compared with 60 years ago. Researchers now say it is possible to eradicate cervical cancer completely.

“The work to detect HPV and cell changes early has been extremely effective, and vaccination against HPV is also having a major impact. We think that cervical cancer could be almost entirely eradicated in Sweden within a few years,” says researcher Jimmy Cederström.

Important for both girls and boys to be vaccinated

Jimmy Cederström points out that one thing is especially important, and that is for as many people as possible to be vaccinated against HPV.

“It’s vital that both boys and girls are vaccinated so that we can eradicate the virus.”

ALIA JONES
alia.jones@nyhetstidningen.se



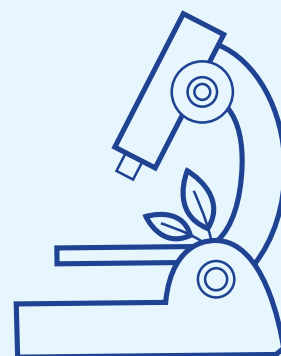
VOCABULARY

Eradicate

Make something disappear completely.
Remove.

Cervical cancer

Cancer of the cervix. The cervix is the neck of the womb.



USE THE WORDS

Read the newspaper article about cervical cancer and then write answers to the questions:

1. Why do fewer people in Sweden get cervical cancer now than they did before?

2. When does the researcher in the article think that the disease will be almost completely eradicated in Sweden?

3. What is especially important to make sure the disease of cervical cancer disappears almost completely, according to the researcher in the article?



WRITING EXERCISE

Read the newspaper article and then write on a separate piece of paper.

Write about the newspaper article "Cervical cancer can be eradicated in Sweden". You could write about something new that you learned or about something that you thought was especially interesting.



SCREENING FOR CERVICAL CANCER

Cervical screening is a test that all women are invited to have regularly from the age of 23 onwards.

The test is a way to reduce the risk of cervical cancer.

Cervical screening is an example of screening, in other words, a test that lots of people have in order to find signs of disease early. The test can find a virus called HPV, and identify cell changes in the cervix, the neck of the womb. HPV and cell changes are common and are usually harmless, but sometimes they can develop into cancer. Doctors can remove cell changes if necessary.

The disease cervical cancer has reduced a lot in Sweden because many people attend cervical screening.

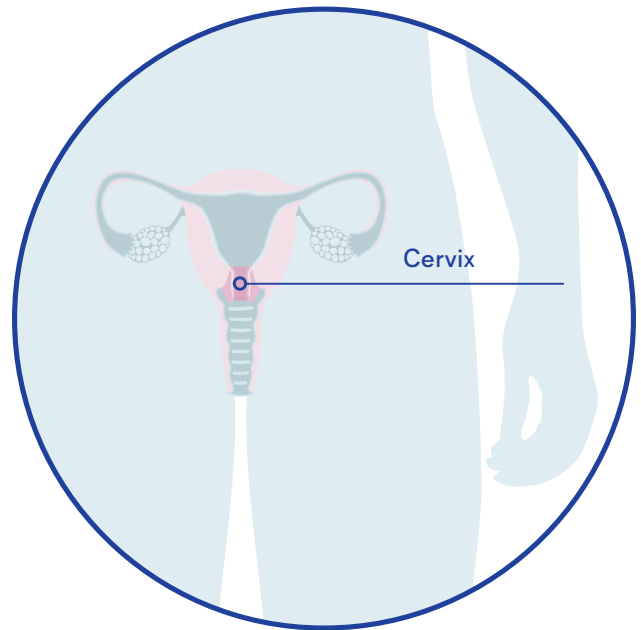
All women over the age of 23 are invited for cervical screening every five or every seven years. You will get an invitation in the post. Cervical screening is voluntary and it is always free.

What happens

The invitation will tell you which clinic to go to, what day and what time. Contact the clinic if you need to book a different time.

The test will be carried out by a midwife. The midwife usually starts by asking some questions and telling you about the cervical screening test. Then the midwife takes a sample from the cervix, inside your vagina. The whole screening test only takes a few minutes.

You will get the results a few weeks later. If the result shows that you have HPV, you will be called to a clinic to have another cervical screening test. The new test will show whether you have cell changes. Not all cell changes develop into cancer. Sometimes they can disappear on their own and sometimes they need to be removed.



→ You can see a video about cervical screening at cancerfonden.se/sfi/cellprov

You can do a test at home

You may not be called to a clinic for cervical screening.

You may also be able to do an HPV test yourself at home. It depends where you live, it is different in different regions.

An HPV test is also an example of screening. The test can detect the HPV virus, which is the most common reason for cell changes.

You will be sent an HPV test in the post. The test contains instructions and pictures explaining what to do. When you have done the test, you send it back. Then you wait a few weeks for the results. If the result shows that you have the HPV virus, you will be called for cervical screening at a clinic.





WHAT WAS THE TEXT ABOUT?

What was the text about? Put an X next to the right answer.

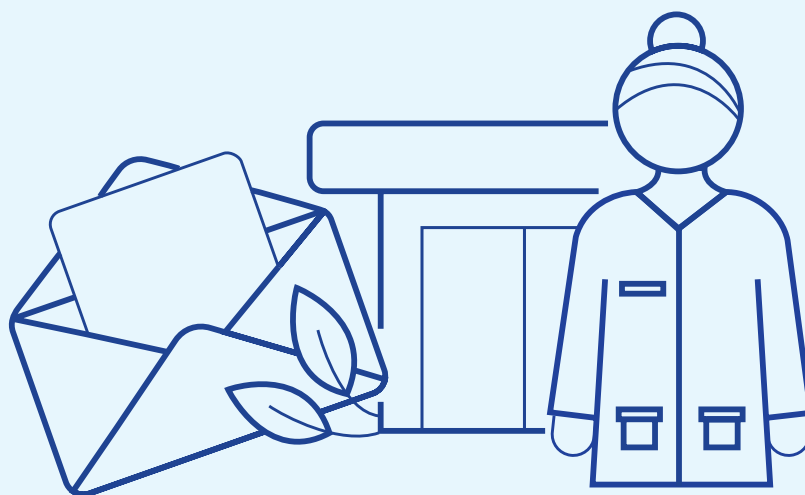
- 1.** Both cervical screening and HPV tests are examples of screening.
☐ YES ☐ NO
- 2.** HPV is a common virus.
☐ YES ☐ NO
- 3.** Cervical screening is voluntary.
☐ YES ☐ NO
- 4.** HPV tests are always done at a clinic.
☐ YES ☐ NO
- 5.** You get the results immediately after an HPV test or cervical screening.
☐ YES ☐ NO
- 6.** Sometimes cell changes can go away by themselves.
☐ YES ☐ NO



DISCUSSION

Class discussion

- Do you know any other tests that are carried out to detect the signs of disease (screening)?
- What do you think about screening?
- Is screening available in your home country?



USE THE WORDS

Fill in the missing words. Use the words above the exercise.

Words to use:

clinic home remove cell changes free
reduced cervical screening many early

Screening is tests that _____ people can have to find _____ signs of a disease. If _____ are found early, doctors can _____ them before they develop into cancer.

_____ is a way to reduce the risk of cervical cancer. Because lots of people have cervical screening, the disease has _____.

In some regions, you will be invited to a _____ for cervical screening. In some regions you can do an HPV test at _____.

Cervical screening and HPV tests are always _____.



SECTION 2

Accessing healthcare



This section is about what to do if you need healthcare, for example because you are ill or worried about something. You can go to different clinics for healthcare depending on the medical problem you have.

How to access healthcare in Sweden

This text is about how to access healthcare in Sweden.
You will find out about the most common clinics there are.



If a person's life is at risk: Phone 112 or go to an emergency department at a hospital.

Phone 1177

Start by phoning 1177, if you have a medical problem or are worried about your health. You can get help in Swedish or English. A nurse will advise you on what you can do yourself or will tell you if you need to go to a health centre or clinic.

Health centre

A health centre is usually the medical unit you will contact first. Health centres have different names, such as vårdcentral or hälsocentral or husläkarmottagning. You can get help for lots of different medical problems here. For example, if you are injured, are in pain, or in bad physical or mental health or if you think you have a disease. The health centre staff will help you to see a specialist if you need to.

Urgent care centre

An urgent care centre is a clinic open out of hours, at evenings and weekends. You should contact an urgent care centre if you have a medical problem and can't wait until the health centre opens.

Emergency department

You should go to an emergency department at a hospital if you have a very serious medical problem and it is urgent. You should not go to the emergency department if you have a medical problem that is not serious and it is not urgent.

Specialist clinic

A specialist clinic is a clinic where the staff are experts in a specific disease or a specific part of the body. There are many different specialist clinics. Some examples are the ear, nose and throat clinic, the breast clinic, and the oncology clinic, which treats cancer.

You can contact some specialist clinics yourself. But sometimes you need a referral. A referral is a message from a doctor at a health centre, for example, to the specialist clinic saying that you might need to go there.



Other clinics

Here are some other clinics you can contact yourself:

- dental clinic
- child health centre, BVC
- midwife clinic/maternity care centre, MVC
- psychiatric clinic and psychiatric emergency clinic
- child and youth psychiatry, BUP.



Tip! The website 1177.se contains excellent information about healthcare in Sweden.

VOCABULARY

Clinic

A healthcare centre that you can visit, where you can get help.

Medical problem

A problem to do with your health. Something feels wrong.

Urgent

When there isn't much time and something must be done quickly. Emergency.



WHAT WAS THE TEXT ABOUT?

Answer the questions by putting a cross next to the right answer.

1. Which phone number can you call if you are ill or injured but your life is not at risk?

- ☐ 1177
- ☐ 112
- ☐ 114 14

2. Which clinic should you contact first if you are ill or injured but your life is not at risk?

- ☐ Emergency department at a hospital
- ☐ Specialist clinic
- ☐ Health centre

3. What is a referral?

- ☐ A message to a specialist clinic saying you might need to go there.
- ☐ The time you have to wait to see a doctor.
- ☐ A health centre open at evenings and weekends.

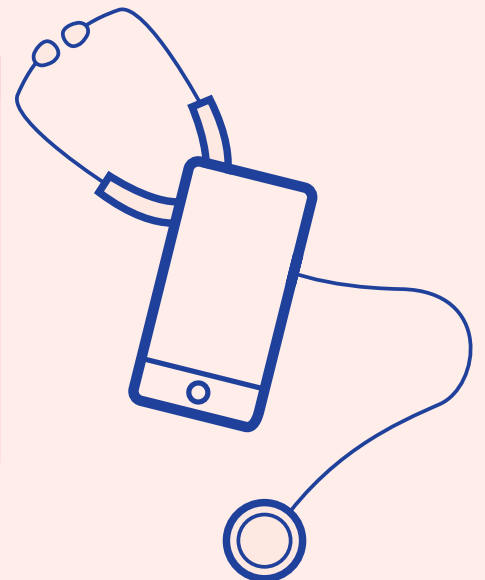
4. What is an oncology clinic?

- ☐ A specialist clinic for children
- ☐ A specialist clinic for investigating and treating cancer.
- ☐ A specialist clinic for mental problems.



Tip! It can be a good idea to prepare before going to see a doctor or nurse. It makes it feel easier. You could think about what you are going to say to the doctor. You can always ask healthcare staff to explain things to you again, or ask them to write the information down.

At cancerfonden.se/sfi/lakarbesok there is a list of advice before visiting a doctor if you think or know you have cancer.





USE THE WORDS

Fill in the missing words. Use the words above the exercise.

Words to use:

nurse referral oncology clinic
experts 1177 breast clinic emergency department
midwife clinic 112 doctor

Phone the number _____ or go to the _____ at a hospital if a person's life is at risk. Phone the number _____ to talk to a _____ and get advice on what you can do yourself and find out whether you should seek healthcare.

Ear, nose and throat clinic, _____ and _____ are examples of specialist clinics.

Staff at a specialist clinic are _____ in a specific area.

Sometimes you need a _____ to attend a specialist clinic.

This is a message that a _____ writes.

_____ is an example of a clinic you can contact yourself.



DISCUSSION

Class discussion

- Have you seen a doctor in Sweden?
- What did you do?
- How do you get healthcare in your home country?



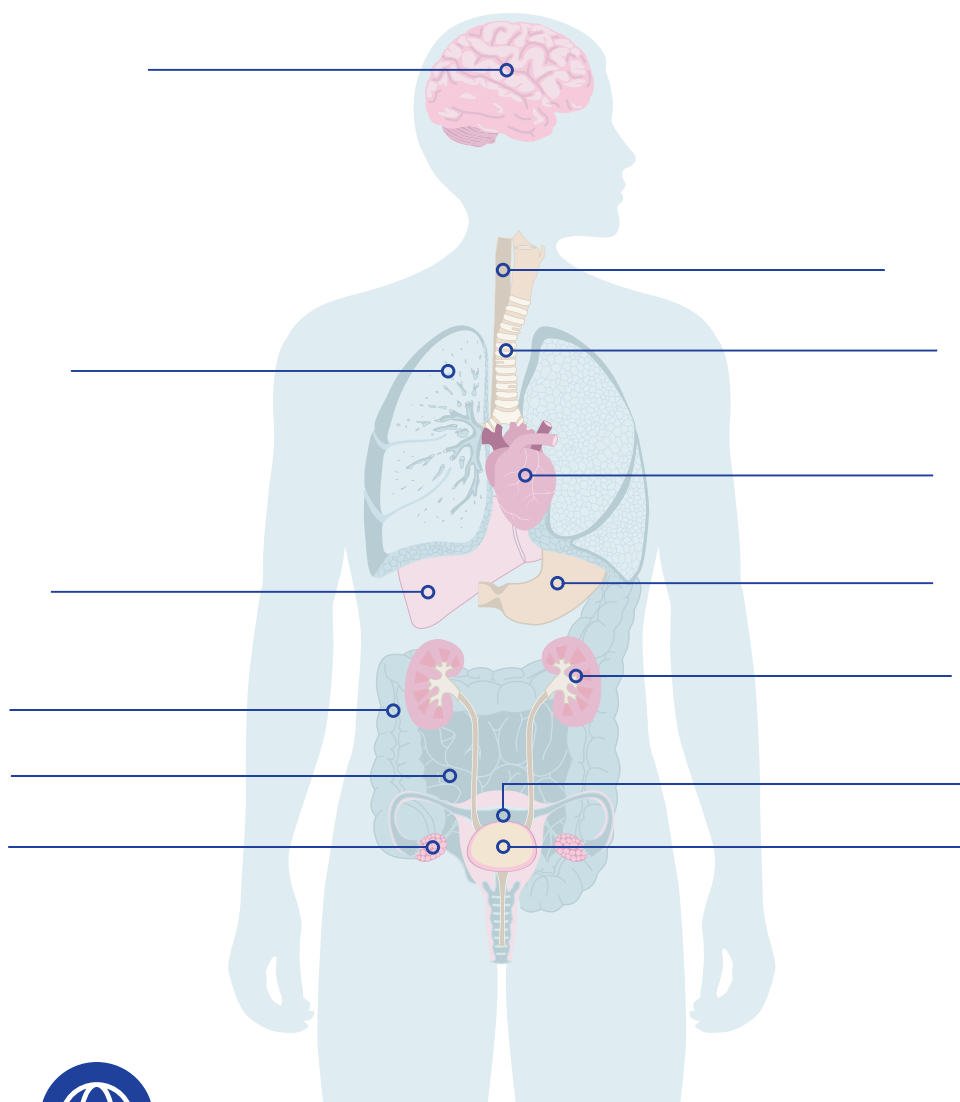
USE THE WORDS

It's helpful to know what different parts of the body are called. It makes it easier to talk to a doctor or nurse, to tell them where it hurts, for example, or if you have other problems.

Write the name of the part of the body in the right place. Use the words in the list.

Words to use:

heart	kidneys	liver	small intestine
bladder	womb	oesophagus	
brain	lungs	ovary	
stomach	colon	windpipe	



Tip! The diagram shows a woman's body and the organs inside it. At cancerfonden.se/sfi/kroppen there are pictures of different bodies and exercises where you name the internal and external parts of the body.



LISTENING

In the video "Ett samtal med vården" at cancerfonden.se/sfi/samtal you can listen to Isac phoning the health centre.

VOCABULARY

Confirmation

A message saying something you agreed has been decided. Such as an appointment time.



WHAT WAS THE CONVERSATION ABOUT?

Answer the questions. Put an X next to the right answer.

1. Who does Isac phone?

- ☐ Sörängen healthcare centre
- ☐ 112
- ☐ A friend who is a nurse

2. Who phones Isac?

- ☐ A doctor
- ☐ A nurse
- ☐ A receptionist

3. Where is Isac's birthmark on his body?

- ☐ On his stomach
- ☐ On his left arm
- ☐ On his left leg

4. When does Isac get an appointment at the health centre?

- ☐ The same day
- ☐ Tuesday the next week
- ☐ Friday the same week



USE THE WORDS

Write answers to the questions. Here you need to write the answers on a separate sheet of paper.

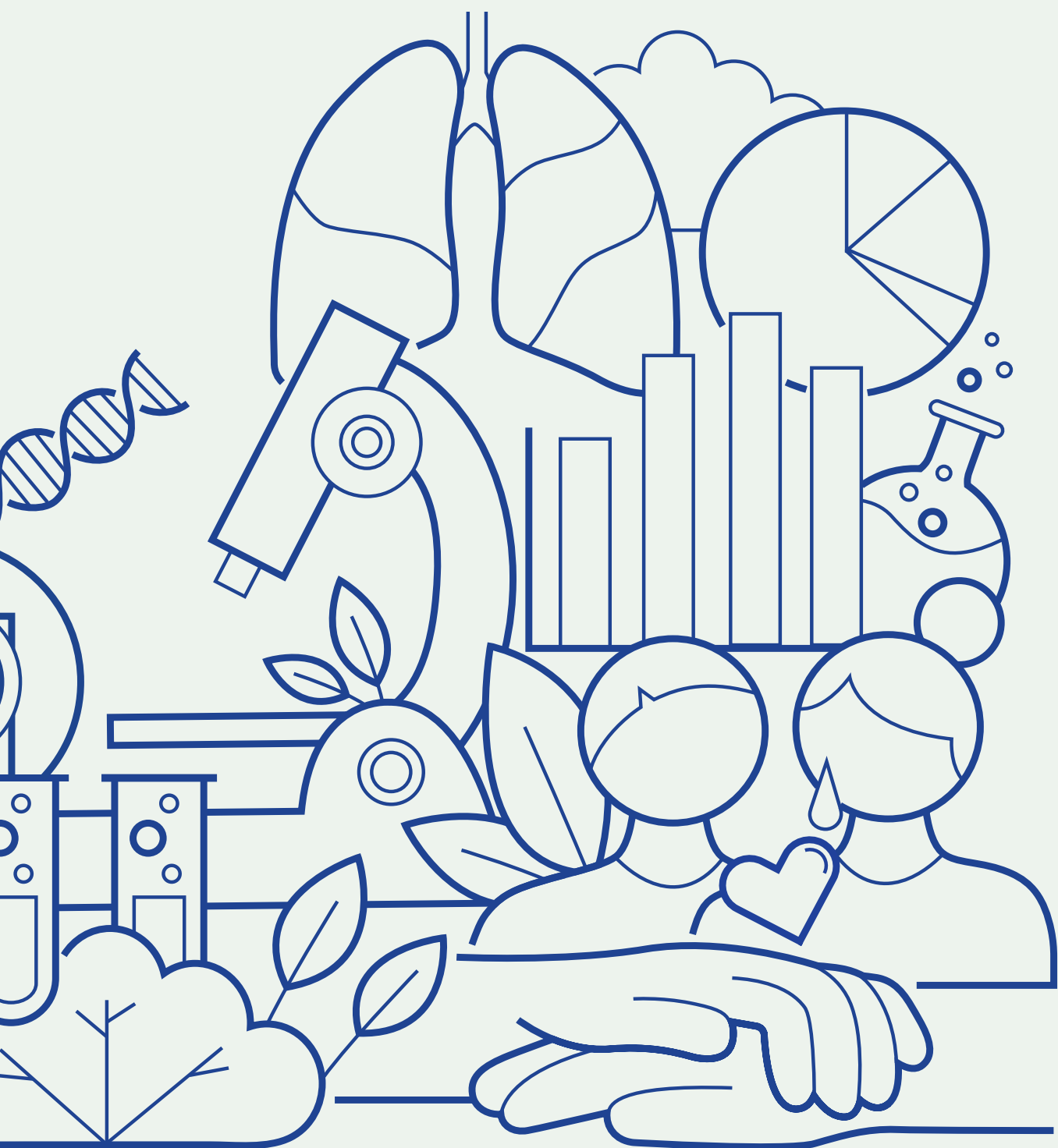
- What happens first when Isac phones the healthcare centre?
- What does Isac say about his birthmark?
- Write down two things that the nurse asks about Isac's birthmark.
- What does the nurse think Isac should do?
- What will the visit to the health centre cost Isac?

The disease cancer



This section is about cancer. Cancer is a disease that can be very serious and in some cases fatal.

But most people who get cancer are cured.



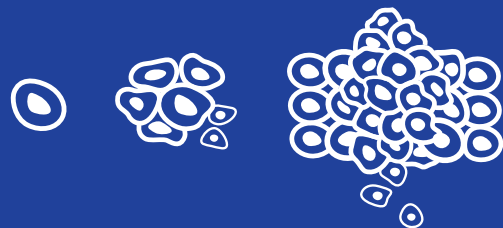
Cancer in the body

This text is about how cancer is formed in the body, what causes it and how cancer can be removed.

Healthy cells
dividing naturally.



Cancer cells dividing too
much and in the wrong way.



There are lots and lots of cells in the body

Cells are the smallest parts that make up the body. Cells have different jobs.

Some examples:

- Cells in the blood take oxygen to the different parts of the body.
- Cells in the stomach and intestines help you to digest food.
- Cells in the kidneys clean the blood.

New cells are formed all the time.

When a cell gets old and dies, it is replaced with a new cell, exactly the same. The new cell does the same important job as the old cell.

New cells are formed in the body all the time. They are formed by the old cell dividing.

Cancer is cells that start to go wrong

Sometimes a healthy cell goes wrong. It doesn't know when to stop dividing.

The new cells don't do their job properly. They keep dividing.



A clump of cells is called a tumour.

The new cells that go wrong keep increasing. After a while, they form a little clump of cells. That clump is called a tumour.

The tumour keeps growing and eventually it is so big that you can see or feel it. Not all tumours are cancer. Tumours can be harmless.

Cancer cells can spread in the body.

Cancer can spread to several places in the body. This makes it harder to remove the cancer cells. This is why it is important to get medical advice if you have signs of cancer or are worried.

Cancer can form in different parts of the body

The disease cancer can start in cells in different parts of the body. Different kinds of cancer can produce very different symptoms. The disease has different names depending on where it is in the body.

Some examples:

- cancer in the lungs is called lung cancer
- cancer in the breasts is called breast cancer
- cancer in the prostate gland is called prostate cancer.

What causes cancer?

Cancer is caused by something changing in the genes that control how the cells in the body should work. The genes then guide the cells in a different way from what they should do.

Changes in genes happen over a long time and are affected by lifestyle. This is why cancer is more common in older people. Cancer isn't infectious.

It isn't very common for cancer to be hereditary, but it can be sometimes. If this is the case, the healthcare service will usually tell you.

The risk of getting cancer can be reduced, for example by eating and living healthily. But cancer can also develop in people who live very healthy lives.

Mostly we can't exactly say why people get cancer.

There are different cancer treatments

The healthcare service knows a lot about cancer and how the disease can be treated. There are four different treatments: surgery, radiotherapy, chemotherapy and immunotherapy.

Cancer can be very different for different people. This is why people have different treatments. Which treatment is most suitable will depend on where in the body the disease began and how much it has spread. The doctor decides the most suitable treatment for each person. It is common to have several different treatments.

Read more about reducing the risk of cancer at www.cancerfonden.se/mindre-risk

Read more about different cancer treatments at: www.cancerfonden.se/behandling

VOCABULARY

Cells

The smallest parts that make up the body.

Replace

Swap something with something else.

Clump

A collection of a particular substance.
A lot of a material in one place.

Harmless

Not dangerous.

Spread

Increasing to a bigger area, spreading.

Genes

Parts of DNA in the body. Genes contain information about what you inherit from your parents, such as what you look like and other characteristics.

Infectious

When a disease is passed from one person to another.

Hereditary

When something is passed from parents to children, such as their appearance or a disease.

Treatment

The help an ill person gets to make them healthy.



Do you want to know more about different signs of cancer? On our website there is a video and a list of things that could be signs of cancer.

cancerfonden.se/tecken



WHAT WAS THE TEXT ABOUT?

Which statements are true? Put an X next to the right answer.

1. Cancer is often hereditary.

☐ YES ☐ NO

2. Cancer happens because cells in the body divide too much.

☐ YES ☐ NO

3. Cancer is infectious.

☐ YES ☐ NO

4. A tumour can be harmless.

☐ YES ☐ NO

5. Cancer cells can spread in the body.

☐ YES ☐ NO

6. There are several different treatments to cure cancer.

☐ YES ☐ NO



USE THE WORDS

Fill in the missing words. Use the words in the list above the exercise.

Words to use:

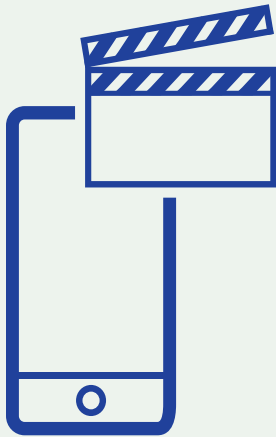
doctor tumours tumour cancer harmless new
treatments worried cells dividing wrong

There are lots and lots of _____ in the body, which have different jobs. New _____ are formed all the time. Cancer is when cells go _____. They don't know when to stop _____.

A clump of cells is called a _____.

Not all _____ are cancer. They can be _____.

You should see a _____ if you have signs of cancer or if you are _____. Healthcare staff know a lot about _____ and about how the disease is treated. There are many different _____.



VIDEO

Watch the video “Forskning ger ny kunskap om cancer” at **cancerfonden.se/sfi/forskning** where researcher Sahar Salehi talks about what research is and about different kinds of cancer research.



VOCABULARY

Science

When new knowledge is created using special methods and rules.

Systematic

When something is organised in a special way. When you follow a special plan.

Result

An answer. What you find out after an examination or a test.

Detail

A small part of something bigger, a small thing.

Discovery, discover

Seeing something, finding out something new.

Risk

Possibility of something bad happening.

Offer

Giving someone an opportunity. Asking whether a person wants something.

Side effects

When something has other effects that it shouldn't have. When a medicine has an effect other than the intended one.

[illegible]



WHAT WAS THE VIDEO ABOUT?

Watch the video and then answer the questions by putting an X next to the right answer.

1. What is research?

- ☐ A letter about a medical appointment.
- ☐ Science, working to produce new knowledge.
- ☐ A serious disease.

2. The video mentions one example of how people can reduce their risk of cancer. What is it?

- ☐ Researchers discovered that smoking increases the risk of cancer.
- ☐ Researchers discovered that it is good to eat vegetables.
- ☐ Researchers discovered that cancer is a disease in the cells of the body.

3. Why is it important to know what cancer looks like inside the body?

- ☐ So that researchers can take photos of cancer cells.
- ☐ So that medical staff have a better idea of what tests can find cancer.
- ☐ Because patients have the right to know.

4. What is chemotherapy?

- ☐ A cancer treatment.
- ☐ Feeling ill after treatment.
- ☐ A doctor who specialises in cancer.



DISCUSSION

Watch the video and then discuss it in class.

- What was the video about?
- Why is research important?
- In the video, Sahar Salehi says that “knowledge saves lives”. What does she mean?

PRACTISE STATISTICS!

Statistics means using numbers to collect and analyse information. Statistics are often shown in tables or using a diagram. There are different kinds of diagrams, such as pie charts and bar charts.

Here different statistical facts about health and the disease cancer are shown in tables and charts. Answer the questions in each section. You will also practise drawing your own diagrams.



TABLE

A table shows facts in **rows** and **columns**. This table shows what percentage of the Swedish population say they exercise enough. Enough is exercising so that you are short of breath for at least 150 minutes a week.

These are rows:

These are columns:

--	--	--	--	--

Percentage of women and men who say they exercise enough

Age	Women	Men
aged 16–29	72%	72%
aged 30–44	64%	70%
aged 45–64	65%	60%
aged 65–84	54%	54%

Source: National public health survey 2020, Public Health Agency of Sweden, published in Statistics Sweden, Gender equality

VOCABULARY

Analyse

Investigate in detail.

Short of breath

When you breathe more quickly than usual.



WHAT WAS THE TABLE ABOUT?

Look at the table on the left and write down answers to the questions.

1. What percentage of women aged 16-29 exercise for at least 150 minutes a week?

2. What percentage of men aged 30-44 exercise for at least 150 minutes a week?

3. At what age do women and men exercise the most?

4. At what age is there the biggest difference between women and men?



USE WHAT YOU LEARNED

Read the text and sort the information into the table. You need to start by writing which information will be in the rows and the columns.

A survey was conducted into how many children and young people exercise at least once a week. The survey shows that 65% of girls aged 12-15 exercise at least once a week. 68% of boys aged 12-15 exercise at least once a week. The survey also shows that 47% of girls aged 16-18 exercise at least once a week. 45% of boys aged 16-18 exercise at least once a week.

**Percentage of young people
who exercise once a week**

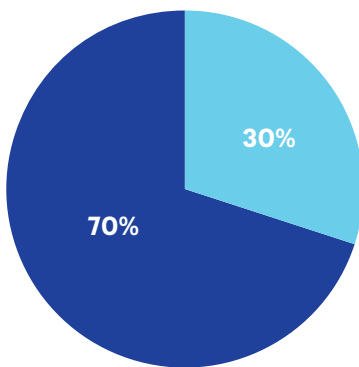
age 12-15		

Source: Surveys of children's living conditions (ULF/SILC), Statistics Sweden, published in Statistics Sweden, Gender equality

PIE CHARTS

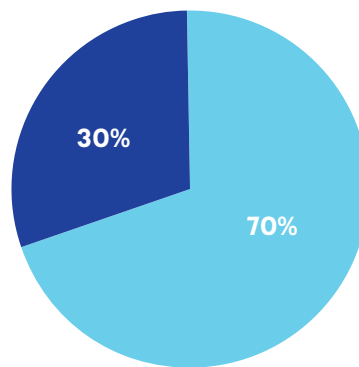
A pie chart uses segments of a circle to show proportions of the total amount (everything). There may be several different segments. The chart can show numbers or percentages. These pie charts show the percentage of people who were cured out of everyone who had cancer in Sweden in the 1970s and in 2020.

Cured of cancer in the 1970s



■ Cured of cancer
■ Not cured of cancer

Cured of cancer in 2020.



■ Cured of cancer
■ Not cured of cancer



WHAT WERE THE PIE CHARTS ABOUT?

Look at the pie charts and write down answers to the questions.

1. What percentage of people were cured of cancer in the 1970s?

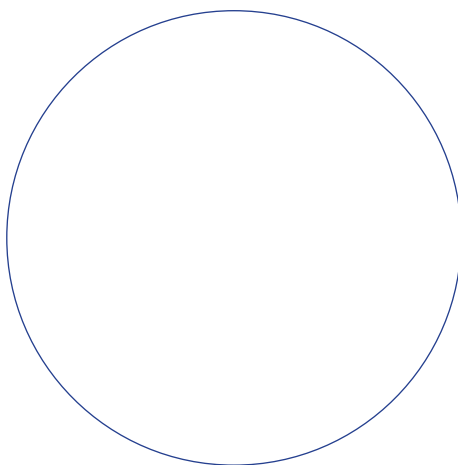
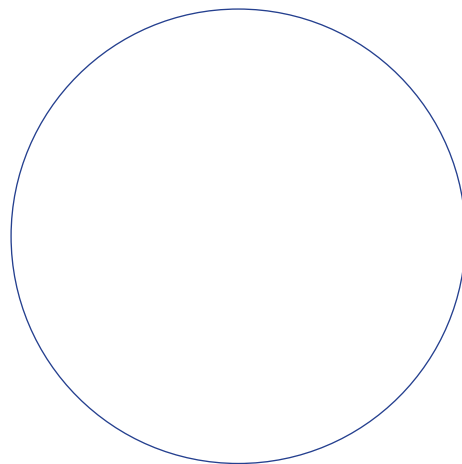
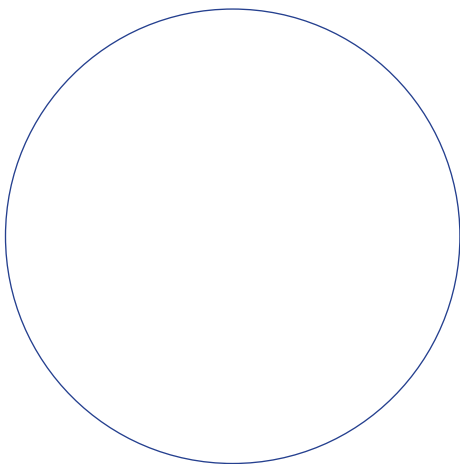
2. What percentage of people were cured of cancer in 2020?



USE WHAT YOU LEARNED

Draw the segments in the pie charts. Remember that the whole circle in a pie chart shows the total amount of something. The whole circle is always 100%.

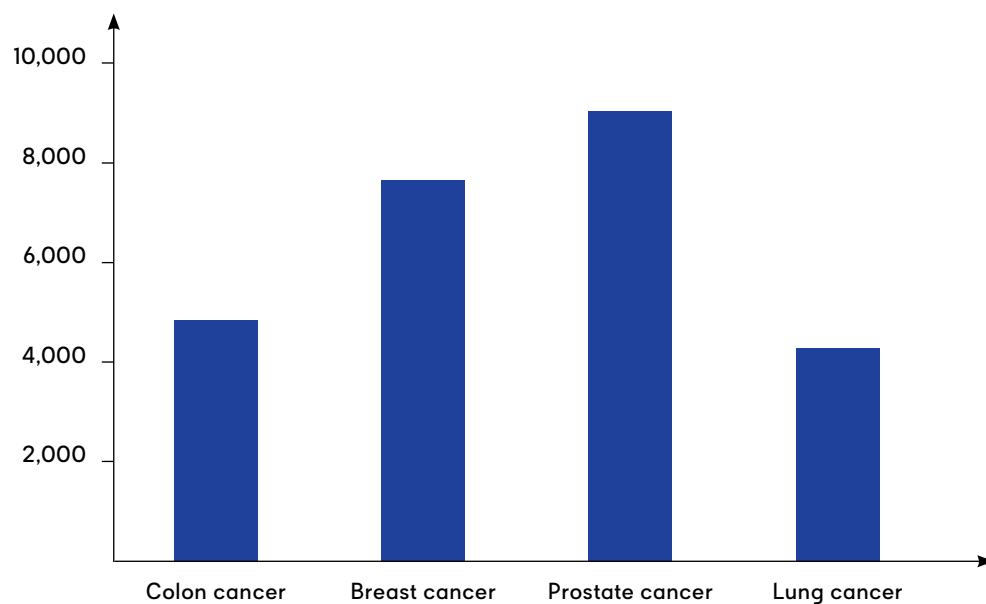
1. Draw a pie chart with two segments, 50% and 50%.
2. Draw a pie chart with three segments: 25%, 25% and 50%.
3. If you like, draw a pie chart showing statistics you have chosen yourself.



BAR CHARTS

A bar chart shows the amount of different things by the height of the columns. There can be different numbers of columns. The columns can show numbers or percentages. Here is a bar chart showing four common types of cancer and how many people in Sweden got that particular type of cancer in 2020.

The most common types of cancer



WHAT WAS THE CHART ABOUT?

Look at the bar chart and write down answers to the questions.

1. What is the most common type of cancer in the chart?

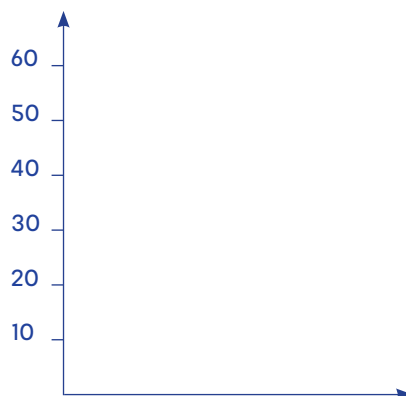
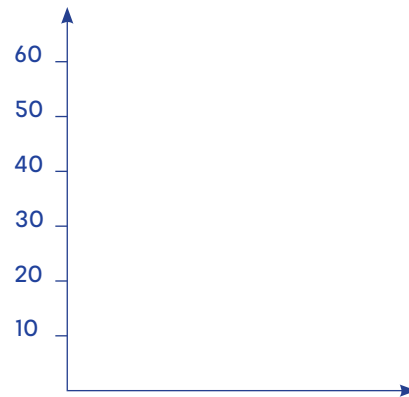
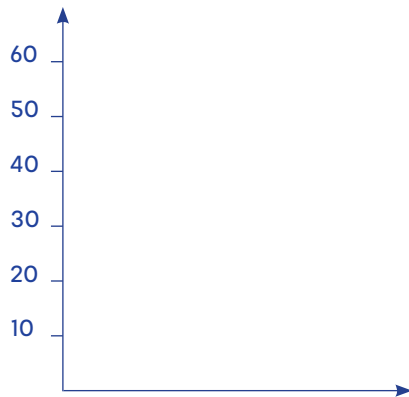
2. What is the second-most common type of cancer in the chart?



USE WHAT YOU LEARNED

Draw the columns on the charts.

1. Draw a bar chart where one column shows 10 and one column shows 50.
2. Draw a bar chart where one column shows 30, one shows 20, and one shows 10.
3. If you like, draw a bar chart with statistics you have chosen yourself.





STORY

Read the fictional story about when Kian's brother got ill. Then answer the questions on the right.

WHEN KIAN'S BROTHER GOT ILL

When Sam was 47, he got prostate cancer. The disease came as a shock and life came to a halt. This was many years ago and Sam is healthy today. But this story isn't about Sam. It's about his older brother Kian and how he felt when Sam got ill. Because when a person is seriously ill, lots of people are affected.

Kian remembers what it felt like when Sam got ill. He remembers he was worried and stressed. He had stomach ache and couldn't sleep. In the end, he also found it hard to concentrate at work. All he could think about was Sam and Sam's three children. What would happen? And what could he do? Kian wanted to support his brother so much. They had always been together and up until a few years earlier, they had even lived on the same street. And now Sam needed him more than ever. Kian felt guilty if he did things for himself so he stopped going to the gym and seeing his friends.

Late one night, when Kian couldn't sleep, he went out for a walk. On the street, he met a neighbour who was walking a dog. The neighbour asked why Kian was out so late. Kian said his brother had cancer and that he was worried and couldn't sleep. The neighbour told Kian about a group for relatives of people with serious illnesses, where people can talk to other people going through similar things. The neighbour said it usually feels good to talk about your feelings and feel that others understand. The neighbour also offered to help by doing Sam's grocery shopping.

Kian contacted the group the next day. At the group he could talk to other relatives and friends of people with serious illnesses. It was a good thing to do. The group also advised him to start exercising again and to ask his friends for help. That would help him to be better support for Sam. Another piece of advice was to lower his expectations. When life isn't like it usually is, it's OK to not be able to do all the things you would normally do.

VOCABULARY

Relative

A family member.

Come to a halt

Pause, stop suddenly.

Feel guilty.

Feel bad because of something you said or did.

Lower expectations

Accept that you don't have to do everything you used to do.



WHAT WAS THE STORY ABOUT?

What was the story about? Put an X next to the right answer.

1. Who is the story mostly about?

- ☐ Sam, who was diagnosed with a serious disease.
- ☐ Kian, who is a close relative.
- ☐ A neighbour with a dog.

2. Which symptoms of stress did Kian experience?

- ☐ He had stomach ache, couldn't sleep and found it hard to concentrate.
- ☐ He was tired all the time and forgot things.
- ☐ He had a headache.

3. What advice did Kian's neighbour give him?

- ☐ To get in touch with a relatives' group.
- ☐ To get more exercise.
- ☐ To tell his brother about his feelings.

4. What did Kian do to feel better?

- ☐ He tried to stop thinking about his feelings.
- ☐ He helped Sam by doing his grocery shopping.
- ☐ He talked to other people about his feelings.



USE THE WORDS

Write about a time when you supported someone or helped someone else. Think about different situations in your life. You don't have to write about someone who was ill.

Here are some questions to help you:

- Why did the person need your support?
- What did you do to help them?
- How did it feel?
- Was it difficult or easy?
- What did you do to look after yourself?
- What advice do you have to other people in similar situations?

Are you worried or do you want help?

If you are worried about your health or think you have cancer, it's important that you contact a health centre. Tell them how you are feeling. You will be examined and will get treatment if it is needed.

Talking about cancer can be difficult and tough. You can get help if you are very worried, scared or sad. Start by phoning 1177 or contacting a health centre.

You can also contact our Cancer Support Line. You can get in touch with us if you have questions or feel worried. It might be about yourself or someone you know. Our staff have lots of experience in talking about cancer. You can phone or write to the Cancer Support Line in Swedish or English. You don't need to give your name.

Phone: 010-199 10 10

Email: Fill in the form at cancerfonden.se/cancerlinjen



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