

# Well-Being Walk



## Mallard

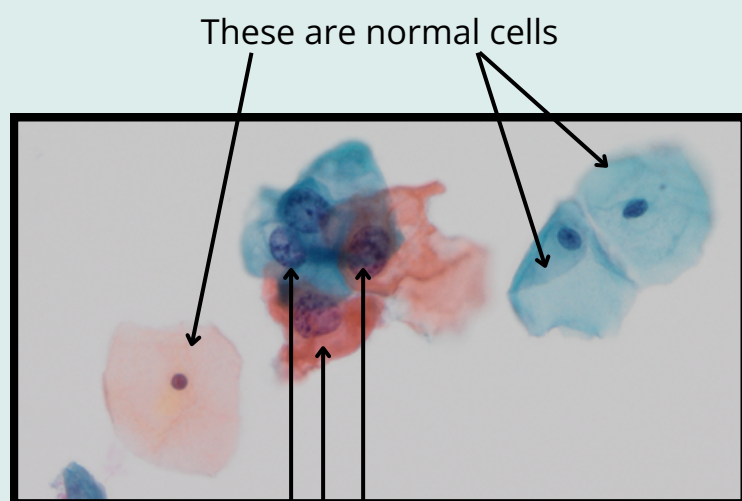
Scientific name: *Anas platyrhynchos*

The UK's most familiar duck, often found in local parks and ponds.

[Learn more about the Mallard](#)

### Can you spot the difference between normal and abnormal cells?

The abnormal changes we look for in cells is called 'dyskaryosis'. This comes from some Greek words. 'Dys' which means abnormal and 'karyon' which means nucleus. Dyskaryosis is not cancer but in very occasional circumstances it could become so if it is left unchecked. To spot the 'dyskaryosis' we look at the nucleus and whether it has become bigger than it should be, or it may have become an odd shape. We also look at the material in the nucleus which is called chromatin. In normal cells this is spread evenly throughout the nucleus, but in the abnormal cells it may become darker and be unevenly spread.



### HPV protection isn't just for teens.

Did you know the HPV vaccine is free for more than just school-aged children? Gay and bisexual men under 45, sex workers, and boys born after September 2006 may all be eligible. Check if it applies to you:

**[NHS HPV Vaccine Info](#)**