



CANCER
RESEARCH
UK

SPOTTING THE SIGNS OF CANCER FOR MEN



 **YOUR
CANCER
GUIDE**

Thousands of people survive cancer every year. When cancer is diagnosed at an early stage, treatment is more likely to be successful. So finding cancer early can make a real difference.

More than 1 in 2 men in the UK will develop cancer at some point in their lives. The disease is more common in older people, with more than half of cancer cases in men being diagnosed at age 70 and over.

In this leaflet you can find out about:

- some key signs and symptoms men should look out for
- why it's important to get these symptoms checked out by a doctor
- screening tests for cancer



Why is spotting cancer early so important?

Spotting cancer early, and getting treated, gives you a better chance of beating the disease.

The chance of survival is better when cancer is diagnosed at an early stage.

Cancer survival in the UK has doubled in the last 40 years. This is mainly because of better treatments, screening and earlier diagnosis. But thousands more lives could be saved each year if we improved early diagnosis and treatment even further.

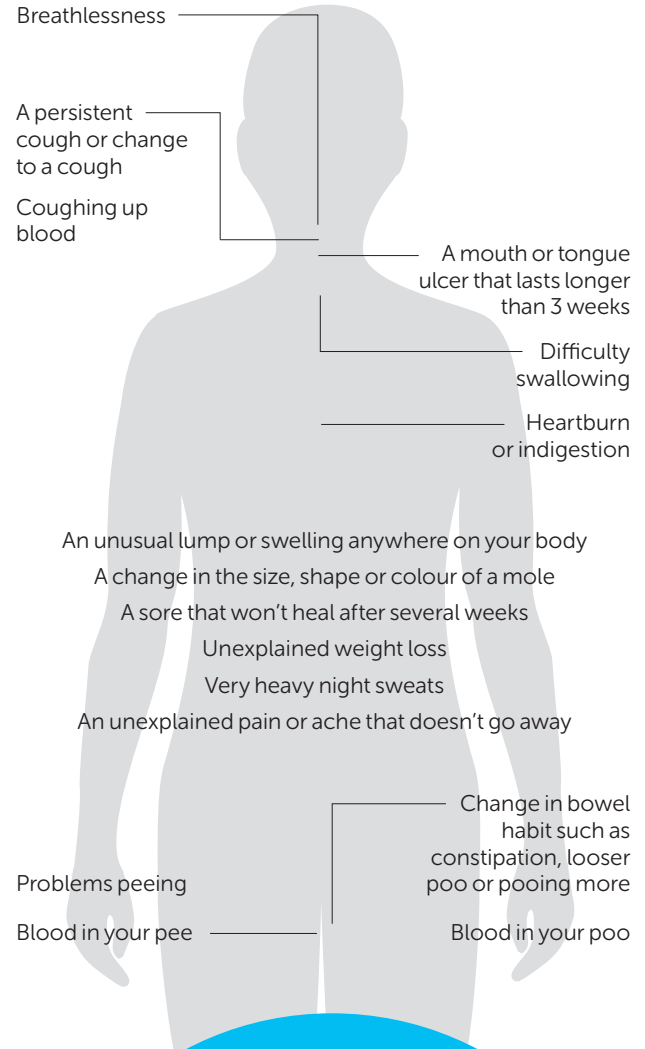
Cancer signs and symptoms

There are more than 200 different types of cancer, which can cause many different symptoms. The changes listed in this leaflet are some of the most important to look out for and act on.

It's also a good idea to get to know your body and what's normal for you. This will make it easier for you to spot any changes that are unusual or don't go away, which should be checked out by a doctor.

Today more people than ever are surviving cancer.

What should you look out for?



Do any of these apply to you?

They're most likely to be caused by something much less serious than cancer, but it's worth getting checked out by your doctor. You could take this leaflet with you to explain why you're there.

Cancer screening

Cancer screening is for healthy people without symptoms and aims to prevent or find cancer at an early stage when the chances of successful treatment are higher. You need to be registered with a GP to be invited. Screening has harms as well as benefits, you should read the information with your invite to help you decide if you would like to take part.

Bowel cancer screening

Bowel screening with a testing kit looks for hidden traces of blood in your poo. This can be a sign of bowel cancer, or changes that could develop into cancer. When you reach the right age, you will receive a screening kit to do the test at home.

In England a new screening test called bowel scope has started to be introduced. This test uses a tiny camera on the end of a flexible tube to look for growths.

Prostate cancer

There is no prostate screening programme in the UK because there isn't a good enough test available. The Prostate Specific Antigen (PSA) test can lead to false alarms or find cancers that would not have caused any problems in a man's lifetime, leading to unnecessary investigations and treatment.

Overall the evidence shows prostate screening doesn't reduce the number of men who die from prostate cancer. Men over 50 can ask their doctor for a PSA test. Your doctor should discuss the harms and benefits to help you decide if it's right for you.



**JUST
TELL
YOUR
DOCTOR**

Common concerns

① I find it difficult to make an appointment

It's important to get checked out if you notice something that's not normal for you. You may be able to book appointments online and many doctors have extended opening hours on weekdays or at weekends. You could also ask for a telephone consultation if you're finding it difficult to go to the surgery.

② I don't want to tell the receptionist my symptoms

When you ask for an appointment, the receptionist might ask you about your symptoms, but that's just so they make sure you see the right person. You don't have to tell the receptionist what you want to see the doctor about if you don't want to.

③ I've already seen the doctor about my symptoms and I don't want to bother him/her again

If your symptoms haven't gone away, have changed or have got worse, your doctor will want to know. Be stubborn if your symptom is stubborn.



"Spotting cancer early saved my life. Now I'm back to my old self."

Clive Barley
Bowel cancer survivor

.....
Clive went to see his GP after he noticed some blood in his poo

"My cancer was caught in the very early stages and thanks to excellent treatment my experience has been a very positive one.

I now have my life back again and have been able to see 4 more grandchildren born and see my youngest daughter graduate and get married. Since completing treatment I also took up running and have gone on to complete several marathons and half marathons."

Tips for visiting your doctor:

- Take a notebook
- Write down what you want to say
- Think about what's been happening, how long it's been going on for, and how often. Make sure you include everything even if you think it's not serious or related (such as if you've been feeling more tired or have lost weight).

Further information

For more about the signs and symptoms of cancer visit **www.cruk.org/spotcancerearly**

For more about cancer visit our patient information website:

www.cruk.org/about-cancer

Find out more about how to reduce the risk of cancer at **www.cruk.org/prevent**

If you want to talk in confidence about cancer, call our information nurses on freephone **0808 800 4040**, Monday to Friday, 9am to 5pm.

All our leaflets are thoroughly researched and based on the most up-to-date scientific evidence. They are reviewed externally by independent experts and updated regularly. You can order our full range of leaflets free online at **www.cruk.org/leaflets**

About Cancer Research UK

We pioneer life-saving research to bring forward the day when all cancers are cured. From our volunteers and supporters to our scientists, doctors and nurses, we're here right now to save more lives and prevent, control and cure all cancers.

Let's beat cancer sooner.

Join the fight now, call **0300 123 1861** or visit our website **www.cruk.org**