

SPOTTING THE SIGNS OF CANCER



CANCER
RESEARCH
UK

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

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

Breathlessness

A persistent cough or change to a cough

Coughing up blood

A mouth or tongue ulcer that lasts longer than 3 weeks

Difficulty swallowing

Heartburn or indigestion

Changes in the size, shape or feel of a breast

A lump in your breast

Any puckering, dimpling or redness of the skin on your breast

Fluid leaking from the nipple in a woman who isn't pregnant or breastfeeding, changes in the position of a nipple, a rash or discharge

An unusual lump or swelling anywhere on your body

A change in the size, shape or colour of a mole

A sore that won't heal after several weeks

Unexplained weight loss

Very heavy night sweats

An unexplained pain or ache that doesn't go away

Bleeding from the vagina after sex, between periods or after the menopause

Blood in your pee

Problems peeing

Change in bowel habit such as constipation, looser poo or pooing more

Blood in your poo

Key signs and symptoms

It's 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.

- If you do develop any of these symptoms, they're most likely 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 tests are for healthy people without symptoms and aim to find cancer at an early stage when the chances of successful treatment are higher. Some types of screening can even prevent cancer too.

In the UK, we have 3 national cancer screening programmes, for breast, cervical and bowel cancers. You need to be registered with a GP to be invited for cancer screening.

Common concerns

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.

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.

For more information

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

Find out more about preventing cancer at www.cruk.org/prevent

To talk in confidence about cancer call our information nurses freephone on

0808 800 4040.

Monday to Friday, 9am to 5pm

Order our 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 www.cruk.org