



look after
number one

Cancer – know the warning signs

When cancers are found early they are nearly always easier to treat and cure.

Facts about cancer

- More than one in three people in the UK will develop cancer during their lifetime.
- Cancer can develop at any age, but it mainly affects older people. Most cases occur in people aged 60 or over.
- More people in this country survive cancer now than ever before, thanks to earlier detection and better treatments.
- Knowing what to look out for gives you a better chance of finding the disease early.
- It is important to know your body so that you notice any changes, and see a doctor if you do.
- There are over 200 different types of cancer that may cause many different symptoms.

Turn over this page to find a list of the major cancer warning signs. This is not a complete list, but experts agree that these are some of the important changes to look out for:

reduce the risk
CANCER RESEARCH UK

www.reducetherisk.org.uk

What should I look out for?

See your doctor as soon as possible if you have any of the following changes. Usually they are not caused by cancer, but it is better to play safe.

- A new or unusual **lump** or swelling anywhere on your body
- A **sore** that will not heal, anywhere on your body or in your mouth
- A **change in** the shape, size or colour of a **mole**
- **Blood** in your urine or bowel motions
- A **cough**, croaky voice or difficulty swallowing that lasts longer than **4 weeks**
- A **change** to looser or more frequent **bowel motions** lasting longer than **4 to 6 weeks**
- **Difficulty** passing urine
- **Unexplained weight loss**
- **Bleeding** from the vagina after the menopause or between periods
- **Unexplained pain** or ache that lasts longer than **4 weeks**

Further information

For more about cancer visit our patient information website www.cancerhelp.org.uk

For more about the early signs of cancer and the healthy choices that could reduce your risk go to www.cancerresearchuk.org/health

If you need health information or advice at any time of the day or night, call NHS Direct on **0845 4647**.

If you want to talk in confidence about cancer, call our information nurses. Direct line **020 7061 8355** or freephone **0800 CANCER, that is 0800 226237**.

Order copies of this and other cancer awareness leaflets at www.cancerresearchuk.org/leaflets