

What to look for...

signs and symptoms of cancer

Spotting cancer at an early stage saves lives, so tell your healthcare professional if you notice anything that isn't normal for you.

You don't need to try and remember all the signs and symptoms of cancer – listen to your body and talk to your doctor if you notice anything that isn't normal for you.

Signs and symptoms are more often caused by something less serious than cancer - but if it is cancer, spotting it early can make a real difference.



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'CRUK why is early cancer diagnosis important'**

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What to look for...

These are some of the key signs and symptoms of cancer.

If you spot anything that isn't normal for you - don't ignore it.

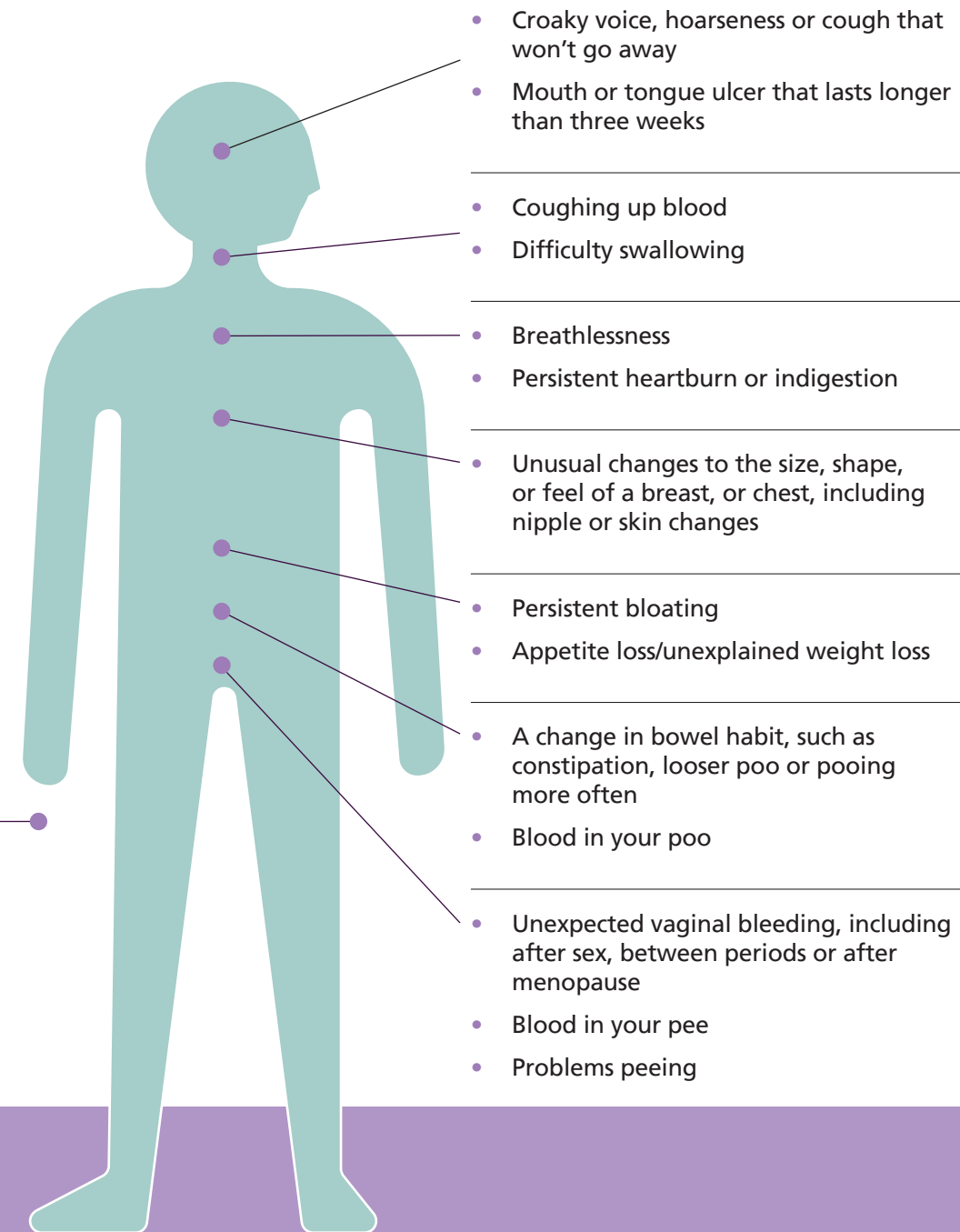
Whether it's on this list or not, get it checked out.

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- Very heavy night sweats
 - Fatigue
 - Unexplained bleeding or bruising
 - Unexplained pain or ache
 - Unexplained weight loss
 - An unusual lump or swelling anywhere on your body
 - A new mole or changes to a mole
 - A wound/sore which will not heal
 - A new or changing skin lesion such as a mole growing in size or changing colour
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Contact your GP practice about any of these symptoms if they are ongoing, unexplained or unusual for you.

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See a healthcare professional to get a symptom checked

Always get advice from your doctor, nurse, pharmacist or GP practice if you have symptoms that are ongoing, unexplained or unusual for you.

Tips for talking to your doctor, nurse, pharmacist or GP practice:

- Think about what you want to say.
- You may want to write down some details.
- Sometimes it is hard to book an appointment, you may need to call more than once.
- Take someone with you for support.
- Talk and listen, try to explain the symptoms in your own words.
- Answer any questions as honestly as you can.
- Your health professional can explain anything you are confused about.
- Remember, symptoms are often nothing to worry about.

Please remember, cancer screening aims to find cancer before you may have developed symptoms. If you have attended a screening appointment but have a symptom you are worried about please contact your GP practice. Find out more about free cancer screening - **Scan to find out more about cancer screening or search 'RM Partners Cancer Screening and you'**.



Call your GP practice and ask for advice about anything you are not sure about.

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