

- **Bladder cancer** Be aware of any blood in your urine.

- Be aware of a cough lasting more than 3 weeks.
- Be aware of coughing up blood.
- Be aware of shortness of breath or pain in the chest/shoulder or back.
- Be aware if you are a smoker or have COPD (chronic obstructive Airways Disease).

We are trying to raise awareness within our patients about cancer- without trying to worry you.

If caught early, cancer does not always have to be a life threatening experience. Going early, to share your concern with your GP, can **add** years to your life. We have listed a few possible early symptoms to be aware of:

- **Prostate cancer** Be aware of changes to the flow when passing your urine.
- **Ovarian cancer** Be aware of any swelling of your abdomen and/or a change in your bowel habit.
- **Breast cancer - Breast screening is available for those over aged 50** Be aware of any changes to your breasts or armpits.
- Be aware of any lumps or nipple discharge.
- **Bowel cancer - Bowel screening is available for those aged 60-74** Be aware of any bleeding from your bottom.
- Be aware of any change in your bowel habit.

Look out for your invitation request to provide a stool sample for testing.

Look out for your invitation to attend for mammography screening.

- Skin: malignant melanoma**
- Be aware of any changes in your skin that do not resolve.
 - Be aware of any change in your moles-itching/bleeding/ getting bigger.

These are just a few examples of some possible symptoms that we would investigate to exclude cancer- if you have access to a computer there are more details on the following website:

www.beclearoncancer.co.uk

Be Aware of
Cancer

Screening for cancer
saves lives


