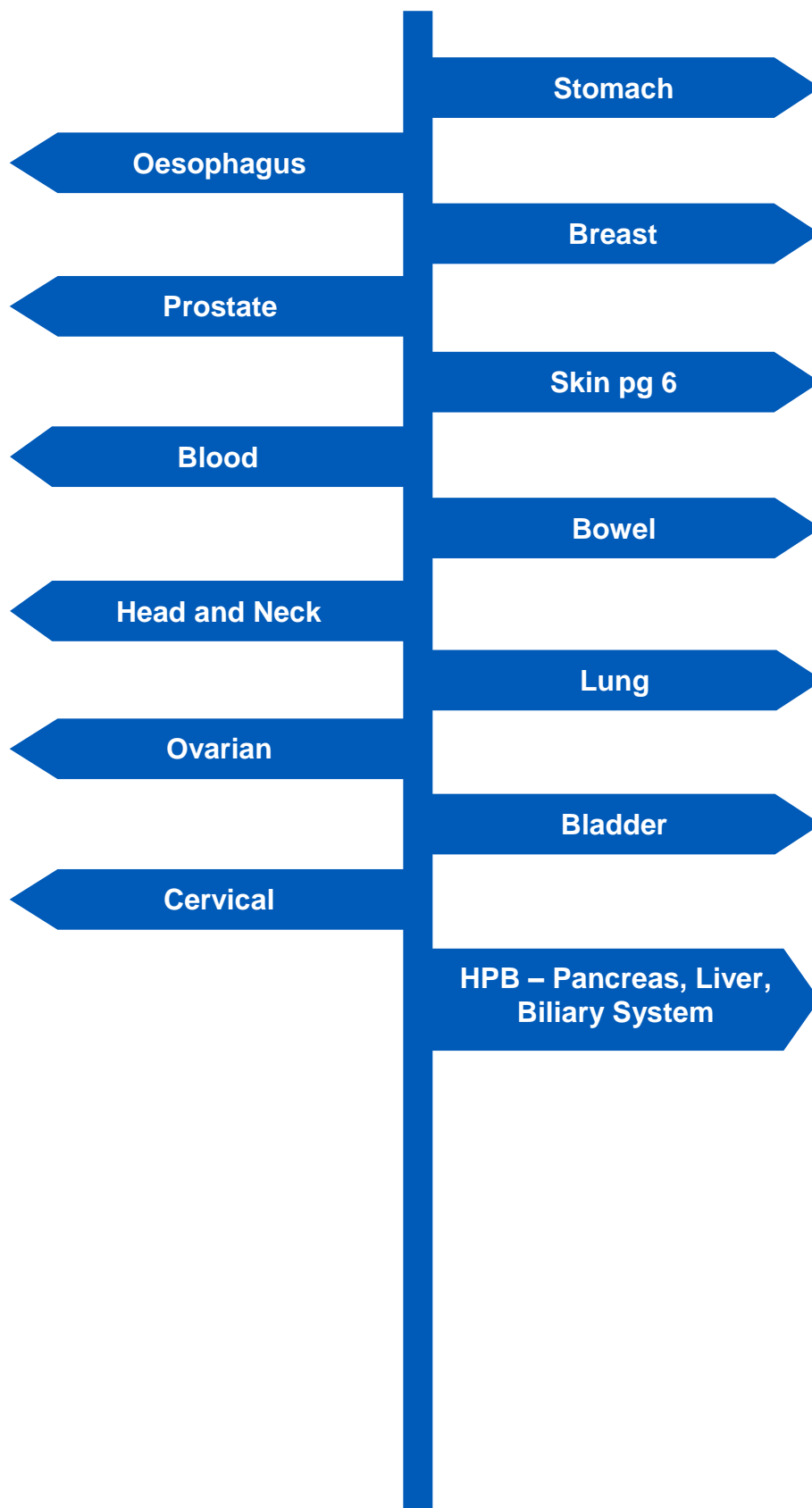


Be cancer aware

Patient Information

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Increase your awareness

The sooner cancer is diagnosed the easier it can be treated. Being aware of when to seek advice can make a difference.

Knowing how your body typically feels can help you recognise any early changes that may need further tests.

Always see your Doctor if you experience ongoing unfamiliar symptoms.

Ongoing symptoms

- Symptoms that last longer than 3 weeks.
- A cough that doesn't get better.
- A change in your bowel movements.
- A mouth ulcer that doesn't heal.
- You feel bloated.
- A sore that doesn't heal

Unfamiliar symptoms

A symptom that doesn't have a cause such as:

- a lump
- a swelling
- bleeding without injury
- changes to your skin / mole
- changes to your breasts.

Unexplained bleeding

Blood in your:

- urine
- bowel motion
- saliva / phlegm / 'spit'
- vomiting
- vaginal bleeding between periods, after sex, after the menopause.

Losing weight

If you lose weight without changing your diet or exercise routine tell your Doctor about it.

Lumps and swellings

If you develop any unusual lumps or swellings report it to your Doctor. It is helpful if you can tell your Doctor how long it has been there and if it has changed in size.

Pain

If you have a pain that is new for you that lasts longer than 3 weeks tell your Doctor about it. If you experience any of these symptoms then it is usually nothing to worry about, but it is wise to get them checked out.

Stomach

See your Doctor if you:

- Have heartburn or indigestion that doesn't go away.
- Are burping a lot.
- Have a reduced appetite.
- Feel full after only eating a small amount.

Experiencing these symptoms will not normally mean you have cancer but it is wise to get them checked.

Useful websites:

www.macmillan.org.uk

www.cancerresearch.uk.org

Oesophagus

See your Doctor if you:

- Have difficulty swallowing.
- Feel as though food is sticking in your throat
- Have pain when swallowing.
- Have heartburn or indigestion that doesn't go away.
- Develop a hoarse voice or a cough.
- Experience weight loss.
- Have a dull pain behind your breastbone or in your back.

Experiencing these symptoms will not normally mean you have cancer but it is wise to get them checked.

Useful websites:

www.macmillan.org.uk

www.cancerresearch.uk.org

Breast

See your Doctor if:

- You notice a lump or a thickening in your breast or armpit.
- A change in the size or shape of your breast.
- A change to your nipple such as a rash, discharge, nipple turning in.
- A change to the skin on your breast such as puckering or dimpling.
- Pain or discomfort in your breast.

Experiencing these symptoms will not normally mean you have cancer but it is wise to get them checked.

Useful websites:

www.breastcancercare.org.uk

www.macmillan.org.uk

www.cancerresearch.uk.org

www.breastcancernow.org

Prostate

See your Doctor if you:

- Have difficulty starting to pass urine.
- Experience a weak flow of urine, perhaps stopping and starting
- Urgently need to pass urine.
- Need to pass urine more often than usual especially at night.
- Feel you have not emptied your bladder after passing urine.
- Have pain when you pass urine.
- Have blood in your urine or semen.

Experiencing these symptoms will not normally mean you have cancer but it is wise to get them checked.

Useful websites:

www.prostatecanceruk.org

www.prostate-cancer.org.uk

www.macmillan.org.uk

www.cancerresearch.uk.org

www.orchid_cancer.org.uk

www.tackleprostate.org

www.nhs.uk

Skin

See your Doctor if you:

- Develop a new mole or sore or notice a change in your skin
- Have a mole or sore that has:
 - Changed shape, size or colour.
 - Is not symmetrical.
 - A border with jagged edges.
 - More than one colour or shade of brown.
 - Is wider than 7mm.
 - Tingles or itches.
 - Bleeds or looks crusty or scaly
 - Feels tender to touch
 - Makes the skin raised in the area around it

Experiencing these symptoms will not normally mean you have cancer but it is wise to get them checked.

Useful websites:

www.macmillan.org.uk

www.cancerresearch.uk.org

Blood

See your Doctor if you:

- Feel generally tired / unwell.
- Have a reduced appetite.
- Feel full or tender on left side of abdomen.
- Develop sweating / high temperature at night.

Experiencing these symptoms will not normally mean you have cancer but it is wise to get them checked.

Useful websites:

www.macmillan.org.uk

www.cancerresearch.uk.org

Bowel

See your Doctor if you:

- See blood in your poo for longer than 3 weeks
- Experience looser poo, diarrhoea or constipation
- Have pain or a lump in your back passage / tummy
- Feel you haven't emptied your bowels properly after going to the toilet
- Lose weight without trying to
- Feel more tired than usual
- Have loss of appetite

Experiencing these symptoms will not normally mean you have cancer but it is wise to get them checked.

Useful websites:

www.bowelcanceruk.org.uk

www.beatingbowelcancer.org

www.macmillan.org.uk

www.cancerresearch.org.uk

Head and Neck

See your Doctor if you:

- Develop an ulcer in your mouth that doesn't heal.
- Develop a red or white patch in your mouth.
- Have a sore tongue or throat that doesn't get better.
- Develop a swelling or lump in your mouth or neck.
- Experience a hoarse voice or your voice changes.
- Experience difficulty swallowing or chewing.
- Feel something is stuck in your throat.
- Experience numbness of your tongue or other area of your mouth.
- Develop one or more loose teeth.

Experiencing these symptoms will not normally mean you have cancer but it is wise to get them checked.

Useful websites:

www.macmillan.org.uk

www.cancerresearch.uk.org

Lung

See your Doctor if you:

- Have a cough that lasts for 3 weeks or more.
- Notice a change in a cough you have had for a long time.
- Have a chest infection that doesn't get better.
- Experience repeated chest infections.
- Cough up blood.
- Feel breathless.
- Develop a hoarse voice that lasts longer than 3 weeks.
- Have pain in your chest or shoulder that doesn't get better.
- Feel more tired than usual.

Experiencing these symptoms will not normally mean you have cancer but it is wise to get them checked.

Useful websites:

www.roycastle.org

www.macmillan.org.uk

www.cancerresearch.uk.org

[www.nhs.uk /smokefree](http://www.nhs.uk/smokefree)

Ovarian

See your Doctor if you:

- Feel bloated (swollen tummy).
- Feel full quickly after eating.
- Have a reduced appetite.
- Have pain in your lower tummy or back.
- Need to wee more often or more urgently than normal.

Experiencing these symptoms will not normally mean you have cancer but it is wise to get them checked.

Useful websites:

www.macmillan.org.uk

www.cancerresearch.uk.org

www.ovacome.org.uk

www.ovarian.org.uk

Bladder

See your Doctor if you:

- Notice blood in your wee even if it's only once.
- Need to wee suddenly or urgently.
- Feel pain or a burning sensation when you wee.
- Have a lump in your tummy.

Experiencing these symptoms will not normally mean you have cancer but it is wise to get them checked.

Useful websites:

www.macmillan.org.uk

www.cancerresearch.uk.org

Cervical

See your Doctor if you:

- Experience any vaginal bleeding between periods.
- Experience any vaginal bleeding after sex.
- Experience any vaginal bleeding after the menopause.
- Experience any vaginal discharge unusual for you.
- Experience discomfort during sex.

Experiencing these symptoms will not normally mean you have cancer but it is wise to get them checked.

Useful websites:

www.macmillan.org.uk

www.cancerresearch.uk.org

See your Doctor if you:

- Experience unexplained, unintentional weight loss.
- Have persistent heartburn which is not resolved with prescribed medication.
- Have pale offensive smelling stools that are difficult to flush away.
- Have mid back pain or upper abdominal pain which is worse on eating.

Experiencing these symptoms will not normally mean you have cancer but it is wise to get them checked.

Useful websites:

www.macmillan.org.uk

www.cancerresearch.uk.org

www.pancreaticcancer.org.uk

www.pancreaticcanceraction.org

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Personal Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your personal information” leaflet which can be found on the Trust website:

www.wvl.nhs.uk/patient_information/Leaflets/default.aspx

This leaflet is also available in audio, large print, Braille and other languages upon request.

For more information call 01942 773106.

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