



# Spotting cancer early saves lives



EasyRead version





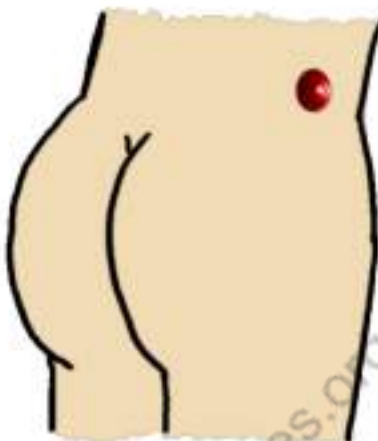
This leaflet tells you about some of the signs of cancer and what to look out for.



It also gives tips on seeing your doctor and information about screening.



Screening is when you have an X-ray or other tests to check for cancer.



If you spot something unusual with your body it is probably nothing serious.



But if it is cancer, spotting it early means you are much more likely to get better.



This leaflet is an EasyRead version of another leaflet about spotting cancer early.



You might like to have someone with you to support you when you look at this leaflet.

# Know your body



Knowing your body means getting to know what is normal for you.



This will help you spot any changes to how your body looks and feels and how you feel in yourself.



You should talk to your doctor if you spot anything new and not normal for you or something that does not go away.



Remember these signs are usually not cancer but you should always ask your doctor about them.



Here are some examples of changes.  
But if your change is not on the list you  
should still ask your doctor about it.

- being out of breath



- being very sweaty at night



- a croaky voice that does not go away



- heartburn or indigestion that does not go away



- ulcers in your mouth or on your tongue that you have had for more than 3 weeks



- bloating or feeling swollen in your tummy for a long time



- problems swallowing



- any changes when you go to the toilet, such as blood in poo or pee, or problems peeing



- not feeling hungry



- losing weight for no reason
- a new mole on your skin, or changes to a mole, or changes on your skin which do not go away
- a cough that does not go away
- coughing up blood



- an ache or pain that you cannot explain



- an unusual lump or swelling anywhere



- changes in the size, shape or feel of your chest, breast or nipple



- if you get periods, bleeding when you are not having your period.



# Talk to your doctor



If you are worried something is wrong you should talk to your doctor.



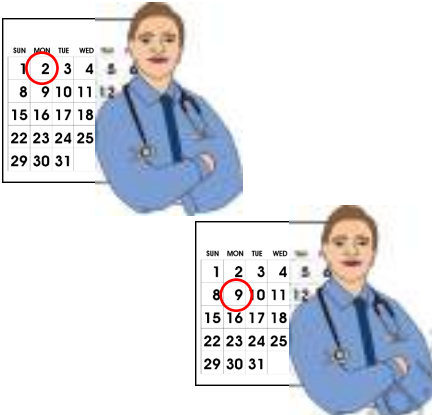
This can be a bit scary so here are some ideas to help you:

- tell the doctor about everything that does not feel normal for you
- tell them even if it does not seem important or is a bit embarrassing
- make sure you tell the doctor about all your signs





- most people who get cancer are aged over 50 but you can get it at any age



- if you talk to the doctor once but still think something is wrong, talk to them again



- you are not wasting anyone's time by talking to your doctor



- before you talk to the doctor, think about what you want to say and make a note of what you want to ask



- you may want someone to help you with this or to talk to the doctor with you.

# Keep a look out for your screening invitation



Screening is a test, like an X-ray, which checks for cancer.



It is for people who do not have any signs of cancer, to try to spot it early.



There are free screening checks for 3 types of cancer:

- breast



- bowel



• cervical (inside your vagina near your womb).



You need to be registered with a doctor to be asked to go for screening.



It is up to you if you want to be screened. You will get information with your invitation to help you decide if you want to be screened.



You will be asked if you want to go for different screening tests at different ages.



You can find out more about screening at:

**[www.cruk.org/screening](http://www.cruk.org/screening)**



Even if you have been screened, you should still tell your doctor if you notice something which is not normal for you.

# How to find out more



You can find out more about spotting cancer early and screening on our website at:

**[www.cruk.org/spotcancerearly](http://www.cruk.org/spotcancerearly)**



Or you can speak to our nurses on:

**0808 800 4040**



We hope you have found this leaflet helpful. If you would like to tell us what you think about this leaflet you can call **020 3469 8333** or email:

**[publications@cancer.org.uk](mailto:publications@cancer.org.uk)**



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Together we will beat cancer

