

SPOTTING CANCER EARLY SAVES LIVES



CANCER
RESEARCH
UK

INFORMATION
FOR MEN



TAKE CHARGE

You might have picked up this leaflet because you'd like to know about spotting the symptoms of cancer. Perhaps someone you know has been touched by it, or maybe you're just curious.

Whatever your situation, you'll find information about what to keep an eye out for, tips for seeing your doctor if something's not quite right, and some key facts about screening.



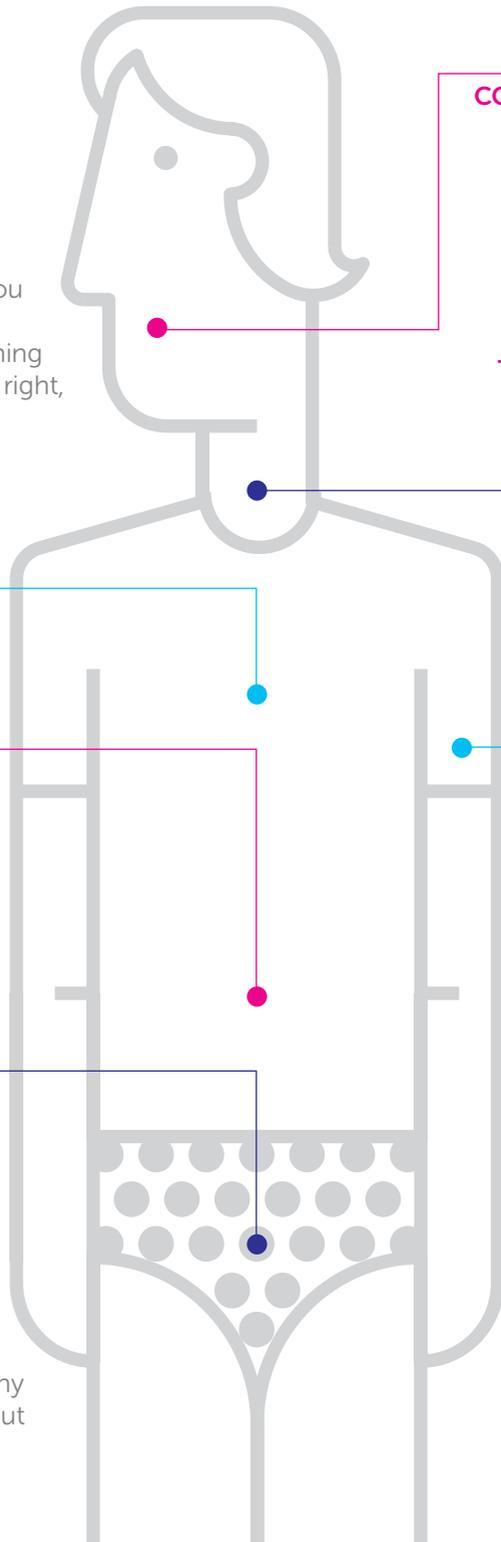
If you've spotted something unusual, remember: you're in charge here.

In most cases it won't be cancer – but it's always best to get it checked by your doctor.



KNOW YOUR BODY

Get to know what's normal for you. If you notice any of these symptoms, or anything else that's not quite right, see your doctor.*



COUGHING UP BLOOD

**CROAKY VOICE OR
HOARSENESS THAT
WON'T GO AWAY**

PERSISTENT COUGH

**A TONGUE OR
MOUTH ULCER
THAT LASTS LONGER
THAN 3 WEEKS**

BREATHLESSNESS

**DIFFICULTY
SWALLOWING**

**PERSISTENT
HEARTBURN OR
INDIGESTION**

**CHANGE IN BOWEL
HABIT, SUCH AS
CONSTIPATION,
LOOSER POO
OR POOING
MORE OFTEN**

**PERSISTENT
BLOATING**

**BLOOD IN YOUR
POO (STOOL)**

PROBLEMS PEEING

**BLOOD IN YOUR
PEE (URINE)**

**AN UNUSUAL
LUMP OR
SWELLING
ANYWHERE ON
YOUR BODY**

**A NEW MOLE
OR CHANGES
TO A MOLE**

**A SORE THAT
WON'T HEAL**

**UNEXPLAINED
WEIGHT LOSS**

**VERY HEAVY
NIGHT SWEATS**

**AN UNEXPLAINED
PAIN OR ACHE**

APPETITE LOSS

*Don't forget, even if it's not on this list, it's still best to get any changes checked out by your doctor.

TALK TO YOUR DOCTOR

When you're worried that there's something wrong, telling a doctor can seem difficult. Here are some ideas for how to get the most out of your appointment.



Be honest. Tell the doctor everything you've experienced that is not normal for you, even if it doesn't seem that important or you think it might be a bit embarrassing.



Be thorough. Mention all your symptoms. When something doesn't feel right and doesn't go away, don't put it down to 'just getting older', or assume it's part of another health condition. Cancer is much more common in people over 50, but can affect anyone of any age, so tell your doctor everything you're feeling.



Be stubborn. Don't ever worry you might be wasting your doctor's time. They want to know if your symptoms haven't gone away, or if you still feel something's not quite right – even if you've already been to see them. So don't hesitate to make an appointment to go back.



Be prepared. Before you go, think about what you want to talk about in the appointment and write down any important questions to ask.

LOOK OUT FOR YOUR SCREENING INVITE

Screening is designed for people who are feeling healthy and don't have any symptoms.



There are three free national cancer screening programmes in the UK; breast, bowel and cervical.



To be invited for screening, you need to be registered with a doctor. When you receive your screening invitation, you'll also be sent information about the screening test. It's important you read this, so you can weigh up whether you'd like to take part or not.



Even if you've been screened and no matter what age you are, it's important to tell your doctor if you notice anything that's not normal for you.



People become eligible for the different screening tests at different ages. Use our simple online tool at cruk.org/screening to see when you'll be invited.

EARLY DIAGNOSIS SAVES LIVES

What if it is cancer? When cancer's spotted at an early stage, treatment is more likely to be successful. Thanks to research, treatments are now kinder and more effective than ever. And survival is on the up.

HOW TO FIND OUT MORE



WE'RE ONLINE...

Find out more about spotting cancer early, including information about screening across the UK, at cruk.org/spotcancerearly



...AND ON THE PHONE

Our Nurse Helpline is there if you're looking for any information or support. Just call **0808 800 4040**.

If you'd like to provide any feedback on this leaflet or would like to know more about the information sources used in creating it, please call 020 3469 8333 or email publications@cancer.org.uk

And if you have any questions about Cancer Research UK or would like to support what we're doing, you can call 0300 123 1022.



LET'S BEAT CANCER SOONER

