

Spotting cancer early saves lives: Information for men



CANCER
RESEARCH
UK

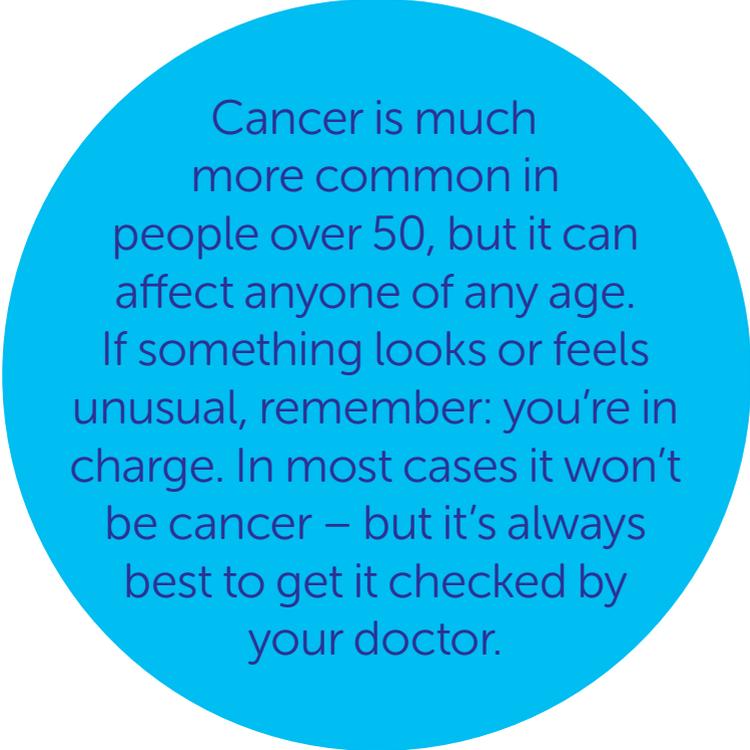
Together we will beat cancer



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 had it, or maybe you're just curious.

Whatever your situation, you'll find information about: when to talk to your doctor, tips for getting the most out of your appointment, and some key facts about screening.



Cancer is much more common in people over 50, but it can affect anyone of any age. If something looks or feels unusual, remember: you're in charge. In most cases it won't be cancer – but it's always best to get it checked by your doctor.

Listen to your body

You know your body best, so listen to it when you get the feeling something's not quite right. Talk to your doctor if you notice any of these symptoms, or anything else that's not normal for you or doesn't go away.

Even if it's not on this list, it's still best to get any unusual changes checked out by your doctor.

Persistent heartburn or indigestion

A change in bowel habit, such as constipation, looser poo or pooing more often

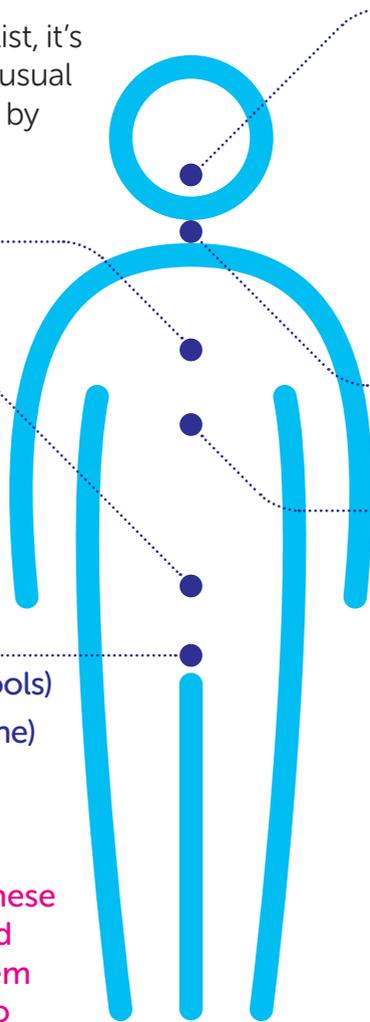
Persistent bloating

Blood in your poo (stools)

Blood in your pee (urine)

Problems peeing

Experienced any of these symptoms? You could highlight or circle them and show this page to your doctor.



Croaky voice or hoarseness that won't go away

Mouth or tongue ulcer that lasts longer than three weeks

Coughing up blood
Persistent cough

Breathlessness
Difficulty swallowing

Very heavy night sweats

A sore that won't heal

Appetite loss

Unexplained weight loss

A new mole or changes to a mole

An unexplained pain or ache

An unusual lump or swelling anywhere on your body

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



Be honest. Tell the doctor about anything unusual, even if it doesn't seem that important or you think it might be a bit embarrassing.



Be thorough. Mention all your symptoms and don't put it down to 'just getting older', or assume it's part of another health condition. If it's something that's bothering you, then your doctor will want to hear about it.



Be stubborn. Don't worry you might be wasting your doctor's time. Even if you've been to see them already, they want to know if your symptoms haven't gone away, or if you still feel something's not quite right.

Look out for your screening invite

Screening is for people who feel healthy and don't have any symptoms. In the UK, men are invited for bowel cancer screening every 2 years between the ages of 60 and 74 (or 50–74 if you live in Scotland). To be invited for screening, you need to be registered with a doctor.

It's important you read the information that comes with your invitation, so you can decide if you'd like to take part or not. You'll be sent a poo testing kit which you do in your own home.

Visit cruk.org/screening to find out more, including tips for completing your kit.

Even if you've taken part in bowel screening and no matter what age you are, it's important to tell your doctor if you notice anything that's not normal for you.



Example of a test kit

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 cancer screening across the UK, at cruk.org/spotcancerearly



...and on the phone

Our Nurse Helpline is there if you're looking for 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**.

