If something doesn’t feel quite right – don’t ignore it.

When cancer is found at an early stage, treatment is more likely to be successful.
Tips for seeing your doctor

Listen to your body. Tell your doctor about any unusual changes or something that won’t go away.

Be thorough. Mention all your symptoms and don’t put any unusual changes down to just getting older.

Find out more at cruk.org/spotcancerearly
Tips for seeing your doctor

Be stubborn. If your problem doesn’t go away, don’t be afraid to come back to your doctor.

Ask your doctor to explain anything you don’t understand.

Find out more at cruk.org/spotcancerearly
Spotting cancer early saves lives

- When cancer is diagnosed at an early stage, treatment is more likely to be successful
- Tell your doctor if something’s unusual or won’t go away
- In most cases it won’t be cancer, but it’s best to get it checked out
The UK has three cancer screening programmes

- Bowel
- Cervical
- Breast

For more info, visit cruk.org/screening or ask your doctor

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Screening helps diagnose cancer early by looking for signs of disease

- It is for people who don’t have symptoms, and might feel healthy
- Read the information you are sent with your invitation carefully to help you decide if you want to take part

For more info, visit cruk.org/screening or ask your doctor

Together we will beat cancer
If you’d like to take part in bowel screening, it’s easier than you think

The test can help pick up bowel cancer at an early stage, by looking for hidden blood in your poo.

When you become eligible, you’ll be sent a free bowel screening kit every 2 years.

Collecting your sample doesn’t take long and you can do it at home, then you send it off for testing.

For more info, visit cruk.org/bowelscreening

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Together we will beat cancer
Want to chat about your experience with cancer?

- If you or someone close to you have been affected by cancer, you can **call our free nurse helpline** on **0808 800 4040**
- Our service is confidential and open Monday to Friday, 9am to 5pm

And chat to other people affected by cancer at [cancerchat.org.uk](http://cancerchat.org.uk)