

...about how seeing
your doctor early could
save your life



I had a lump on the back of my neck the size of a marble and another under my jaw line which was very hard. There was no pain – the lumps were just annoying. But when my daughter noticed the one on my jaw, I went to the doctor. I had blood tests and a biopsy at the hospital and was diagnosed with lymphoma, a type of cancer. Today I lead an active life and do a lot for charities to raise awareness of cancer.

Maureen Charlton, aged 67,
Supporter of Cancer Research UK



I'd always been healthy, and enjoyed running to keep fit. But between January and May 2009 I had several bouts of illness, feeling sick with an ache across my stomach. I went to my doctor, who, after seeing my blood test results, referred me to my local hospital in Nottingham. Following further tests, they found a growth in my pancreas. I was prepared for the worst, but was fortunate – my cancer could be operated on. It is almost four years since my operation and all in all, life is great – I work part-time and I'm even running again.

Cliff Pettifor, aged 71,
Supporter of Pancreatic Cancer UK

...about how to reduce
your chances of getting
cancer

Stop smoking

It's never too late to stop smoking. No matter what age you stop, it reduces your chances of getting cancer and makes a real difference to your health in general. There's plenty of support and help available from the NHS. Visit smokefree.nhs.uk or call **0800 169 0169**.

Look after yourself

Try to maintain a healthy weight and keep active. Swimming, cycling, dancing – the more you can do, the better. Even walking to your local shops instead of taking the car can make a difference. And try to eat more fruit and vegetables, so that you get your 5-a-day.

Cut down on alcohol

Drinking too much alcohol can lead to a number of health problems and is linked with some cancers. By drinking less, you'll reduce your health risks.

Protect your skin from sun damage

Avoid getting sunburnt. Cover up in the sun and wear a hat and sunglasses. Use sunscreen with a sun protection factor (SPF) of at least 15 and spend time in the shade between 11am and 3pm.

Unclear on anything?
Visit nhs.uk/know4sure

© Crown copyright 2012. 2900685 1p 100k Dec12 (TAU)
Produced by Williams Lea for the Department of Health.

NHS



Dr David Isaac

Know 4 sure

Key signs of cancer

BE CLEAR
ON CANCER



Dr Barbara Barrie

...about cancer

You're twice as likely to survive cancer as you were 40 years ago.

Around 268,000 new cases of cancer are diagnosed in England every year. It mainly affects older people, with almost 9 out of 10 cases diagnosed in people aged 50 or over.

But thousands of people survive cancer every year, and patients say the quality of care for people being treated for cancer is improving.

...about how to spot it

When it comes to cancer, there are 4 key signs to look out for:

1. Unexplained blood that doesn't come from an obvious injury
2. An unexplained lump
3. Unexplained weight loss, which feels significant to you
4. Any type of unexplained pain that doesn't go away.

If you notice any of these, make an appointment to see your doctor. Chances are it's nothing serious, but if it is cancer, then finding it early makes it more treatable.

These are four key signs of cancer, but you should also see your doctor if you notice anything that is persistent, unexplained or an unusual change in your body:

- Persistent – symptoms that last three weeks or more, such as a cough, a mouth or tongue ulcer, a sore that doesn't heal or bloating
- Unexplained – such as difficulty swallowing food, or needing to pee very often or very suddenly
- Unusual change for you – such as a change in the size, shape or colour of a mole, or a change to your nipple, or the skin or shape of your breast.

These symptoms can often have less serious causes. But if you notice them, your doctor will want to know – it may be a sign of something that needs treatment.

...about how important it is to see your doctor

You're not wasting anyone's time by getting any of these symptoms checked out. If it isn't serious, your mind will be put at rest. But if it is cancer, early diagnosis can make all the difference. The sooner cancer is detected, the better the chances of successful treatment.

If you've been to the doctor but your symptoms haven't gone away, he or she will want to know. It's important to see your doctor again if your symptoms persist.

If you know anyone who has any of these symptoms, tell them they should see their doctor. Again, it's probably nothing serious, but they should get it checked out.

You can find your doctor's contact details at
[nhs.uk/know4sure](https://www.nhs.uk/know4sure)