



Healthworks are helping communities across the North East become more informed about the signs and symptoms of cancer and the importance of screening in reducing risk.

ASK

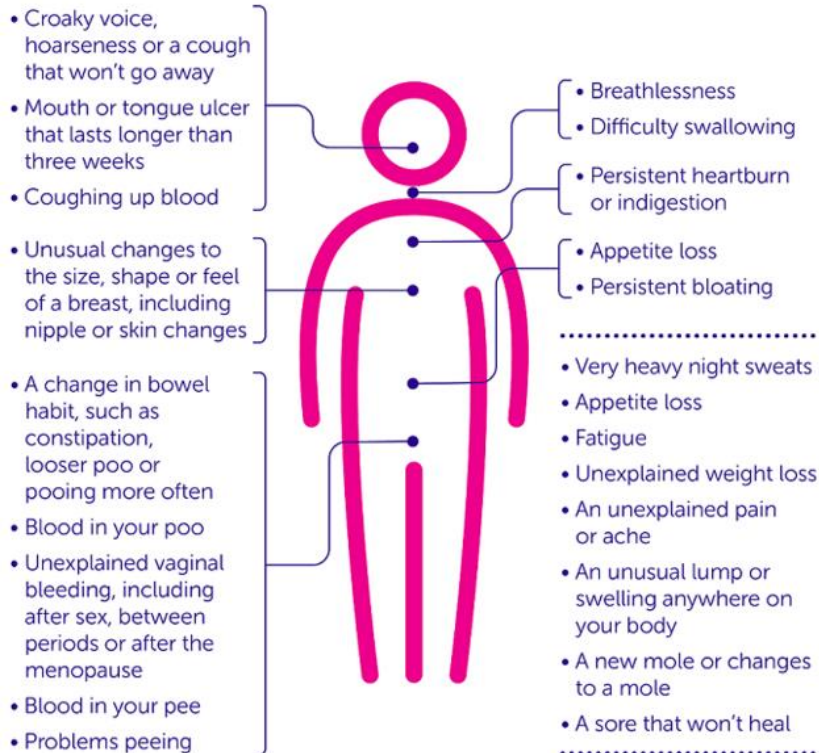
Have you noticed if something's not normal for you or if something won't go away?

If something doesn't look or feel quite right, don't ignore it.

ASSIST

Did you know that every two minutes someone in the UK is diagnosed with cancer? That's a pretty shocking statistic and illustrates why raising awareness is so important in helping reduce people's risk of developing cancer!

These are some of the key signs and symptoms of cancer. But if something's unusual for you, it's best to tell your doctor – even if it's not on this list.



ACT

If you notice a change that's new, unusual, or something that won't go away, listen to your body and talk to your doctor.

For more information visit

Healthworks:

www.healthworksnewcastle.org.uk/service/raising-cancer-awareness

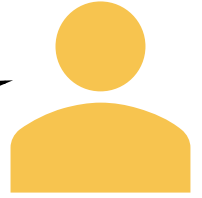
Cancer Research UK:

www.cruk.org/spotcancerearly



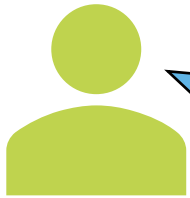


How have you been feeling lately?



I have noticed an unusual change in ...

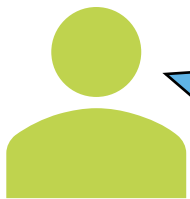
ASK



I'm sorry to hear that. How long since you noticed this change?



ASSIST



It may not be cancer but diagnosing cancer before it has the chance to spread too far means that treatment is more likely to be successful



ACT



You should not ignore this. It would be best to speak to your GP and they can advise further.

