

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.

- Croaky voice, hoarseness or a cough that won't go away
- Mouth or tongue ulcer that lasts longer than three weeks
- Coughing up blood
- Unusual changes to the size, shape or feel of a breast, including nipple or skin changes
- A change in bowel habit, such as constipation, looser poo or pooing more often
- Blood in your poo
- Unexplained vaginal bleeding, including after sex, between periods or after the menopause
- Blood in your pee
- Problems peeing

Breathlessness
 Difficulty swallowing
 Persistent heartburn
 or indigestion
 Appetite loss
 Persistent bloating
 Very heavy night sweats
 Appetite loss
 Fatigue
 Unexplained weight loss

- An unexplained pain or ache
- An unusual lump or swelling anywhere on your body
- A new mole or changes
 to a mole
- A sore that won't heal

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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.or g.uk/service/raising-cancerawareness

Cancer Research UK:

www.cruk.org/spotcancerearly

Making Every Contact Count across Gateshead



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.



