

Signs and Symptoms of Cancer - Guide for Patients



Screening



Screening tests are available for a number of different cancers. If you are invited for screening, go, even if you don't think you have any symptoms.

Awareness



Be aware of changes to your body or unusual symptoms. Check your body regularly for any changes.

Fast



If you are experiencing symptoms, act fast. Book an appointment with your GP as soon as possible. Talk to your GP about all your symptoms, no matter how small you may think they are.

Early



Early detection of cancer greatly improves survival. If you are worried about your health it's better to Be Cancer Safe and have your symptoms checked as soon as possible.

Even if you choose to complete your screening you still need to know your own body and to recognise when something is different for you. Beyond this simple message, it is helpful to know some of the signs and symptoms of the most common cancers. **Please download or print off the leaflets below and use them to support a conversation with your GP or even a loved one who you have concerns about.**

Signs and symptoms A5 leaflets and A4 posters are available to view and print off from: <https://www.varotherham.org.uk/be-cancer-safe/be-cancer-safe-flyers-posters/> Unfortunately, leaflets and posters are not currently available in different languages however Easy Reads are available and, proving popular.

For further information and support please visit:

Breast Cancer:
<https://www.breastcancercare.org.uk/>
<https://www.nhs.uk/conditions/breast-cancer/>

Cervical Cancer:
<https://www.jostrust.org.uk/>
<https://www.nhs.uk/conditions/cervical-cancer/>
www.fearorsmear.dbh.nhs.uk

Bowel Cancer:
<https://www.bowelcanceruk.org.uk/>
<https://www.nhs.uk/conditions/bowel-cancer-screening/>

Lung Cancer:
<https://www.blf.org.uk/support-for-you/lung-cancer>
<https://www.nhs.uk/conditions/lung-cancer/>

Prostate Cancer:
<https://prostatecanceruk.org/>
<https://www.nhs.uk/conditions/prostate-cancer/>

All of the national charities highlighted offer a telephone helpline if useful.

