THINKING YOU HAVE CANCER IS A SCARY THING.

THE EARLIER WE FIND CANCER, THE EASIER IT IS TO TREAT.

For more information go to:
nhsinform.co.uk

NHS SCOTLAND

healthier scotland
SCOTTISH GOVERNMENT

CANCER.
DON'T GET SCARED, GET CHECKED.

If you're worried about cancer, the best person to speak to is your doctor.

It could be nothing, but it's better to be safe than sorry. And, outcomes are much better these days. In fact, twice as many people survive cancer compared to 30 years ago.

Whatever you do, don't worry that you might be wasting your doctor's time. They want to see you. All you have to do is make an appointment.

A FEW SIGNS TO LOOK OUT FOR.

Here are some of the common signs that are worth getting checked out by your doctor.

- A new lump which appears or gets bigger, in the breasts, testicles or anywhere else.
- A sore that doesn't heal up – in the mouth, throat or skin.
- A mole that changes shape, size or colour.
- Any growth that appears on the skin and continues to grow.
- Coughing up blood, or blood in the urine or mixed through stools.
- Things that refuse to clear up, like a cough that never goes away, or a pain somewhere that won't settle.
- A change in the pattern of going to the toilet.
- Unexpected weight loss (that's not because you've been on a diet).

Please remember that these symptoms don't necessarily mean you've got cancer. But they could indicate that something else is wrong. So, it's still important that you talk to your doctor anyway.

MAKE YOURSELF FEEL BETTER. SEE YOUR DOCTOR.

DON'T JUST RELY ON SCREENING.

Regular cancer screening is very important. But, it's easy to start thinking that this alone is enough. So it's still important to regularly check yourself and keep an eye out for any changes in your body. Like the signs we've already mentioned in this leaflet.

If you're ever in any doubt, all you have to do is pop in to see your doctor. Remember, they'll always be more than happy to see you.

DID YOU KNOW?

- Cancer is quite common – more than one in three people will develop the disease during their lifetime.
- The older you get, the more at risk you are to develop cancer.
- But twice as many people survive cancer compared to 30 years ago.

For more information go to:
nhsinform.co.uk

NHS SCOTLAND

healthier scotland
SCOTTISH GOVERNMENT