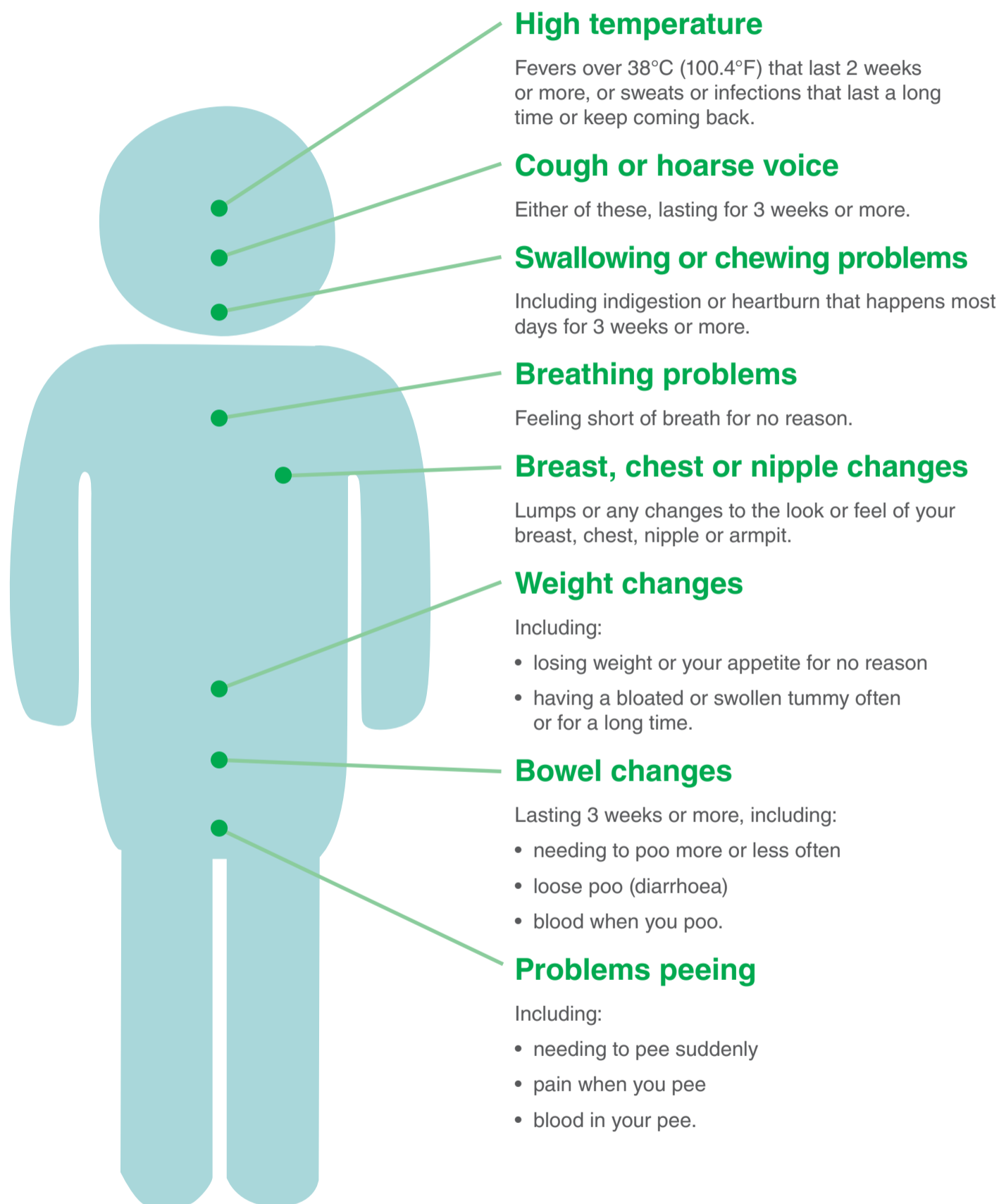


SIGNS AND SYMPTOMS OF CANCER

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WHAT TO LOOK FOR

i Contact your GP practice about any of these symptoms if they are ongoing, unexplained or unusual for you.



Lumps or swellings

Anywhere in your body.

Sores or ulcers

- Anywhere on your body or in your mouth.
- That do not heal after 3 weeks.

Pain

Lasting for 3 weeks or more.

Bleeding or bruising

Including:

- blood in your pee or poo
- blood in your spit or vomit
- heavier periods than usual
- vaginal bleeding between periods, after sex or after the menopause
- blood in your semen.

Tiredness

Feeling very tired for a long time.

Skin changes

Including unexplained rashes, or a mole that:



is uneven or irregular in shape



has uneven or bumpy edges



is more than one colour



is more than 6mm wide



changes in size, shape or colour, tingles, itches or bleeds, or is crusty.

These photos are from the website of the National Cancer Institute ([cancer.gov](https://www.cancer.gov)).

Some symptoms are difficult to talk about, for example a lump on your testicle or vaginal bleeding. But even if it's embarrassing, it is important to get checked.


You can ask to see a female or male GP or nurse, but this may not always be possible.

DO YOU HAVE ANY SYMPTOMS?

If you have any signs or symptoms, get them checked by your doctor.

For support, guidance or more information, call Macmillan free on 0808 808 00 00, 7 days a week, 8am to 8pm, or visit [macmillan.org.uk](https://www.macmillan.org.uk)

WHEN AND HOW TO GET A SYMPTOM CHECKED

 Always get advice from your doctor, nurse or GP practice if you have symptoms that are ongoing, unexplained or unusual for you:

Ongoing – a symptom that lasts for more than 3 weeks.

Unexplained – a symptom that has no obvious cause.

Unusual – a change in your body that is not normal for you.



Tips for talking to your doctor, nurse or GP practice

1. **Think about what you want to say.** It might help to write down these details about the symptom or change:

- what it is
- when it started
- whether it follows a pattern
- anything that makes it better or worse
- how it affects your day-to-day life.

2. **Sometimes it is hard to book an appointment and you may need to call more than once.** But keep trying until you get one. You can also book longer appointments.

3. **Take someone with you for support.** You could ask them to listen or take notes.

4. **Talk and listen. Try to:**

- explain the symptoms in your own words
- answer any questions as honestly as you can
- ask if you need more information or do not understand something
- write notes, or make notes on your phone.

5. **Make sure you know what will happen next.** This might include:

- when you should make another appointment
- where and when to expect an appointment with a specialist doctor or for a test
- who to contact if you need information or more support.

6. **Repeat back what you understand.** This lets them explain anything you are confused about.

7. **Remember, symptoms are often nothing to worry about.** But if unexplained symptoms come back or do not get better, get advice again. Call your GP practice and ask for advice about anything you are not sure about.

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If you have any of the signs or symptoms in this leaflet, get advice from your doctor, nurse or GP practice. You are not wasting anyone's time. They are there to help.

If you are worried about getting a symptom checked, call us on 0808 808 00 00.

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