

In partnership with

MACMILLAN
CANCER SUPPORT

easy
read

Signs of cancer





About this easy read booklet



This booklet is about signs of cancer.



You can learn about how to look for changes in how you feel or how your body works.



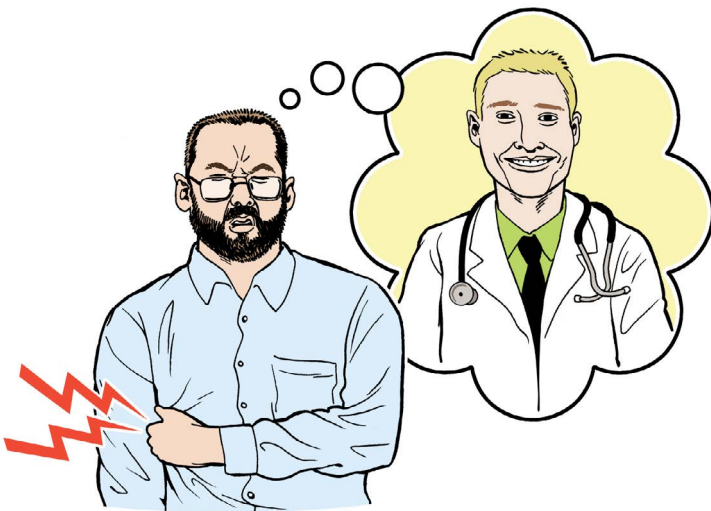
If you are worried about your health, you should talk to a doctor or nurse.



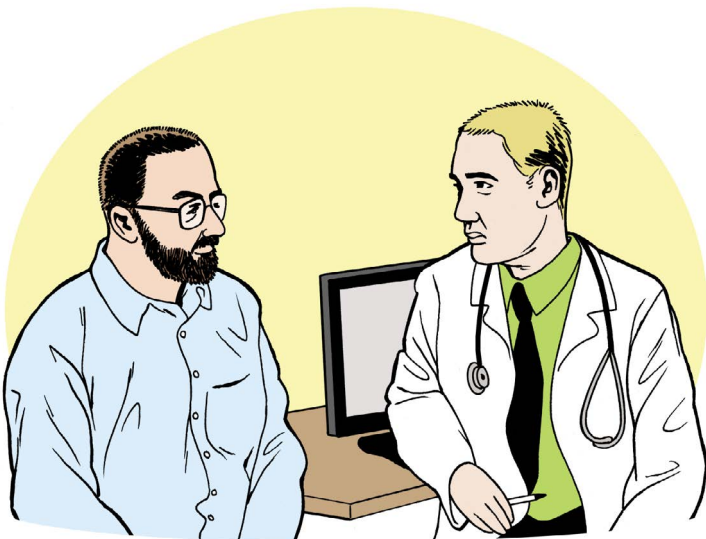
Signs of cancer



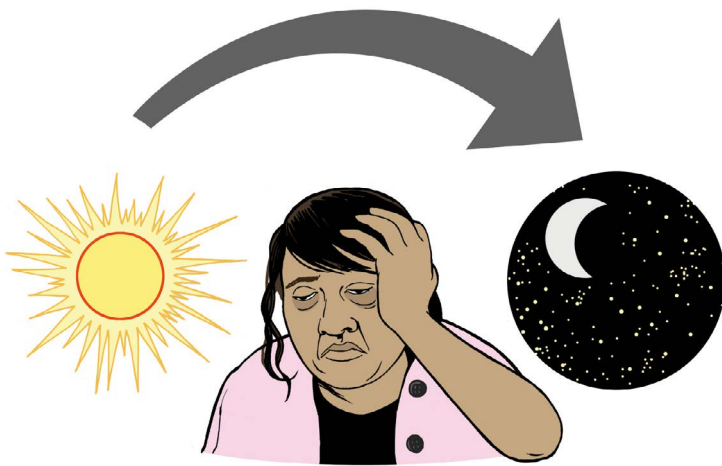
Cancer can cause changes in how you feel or how your body works. These are called signs or symptoms.



Sometimes these signs and symptoms are caused by other illnesses. But it is important to have them checked.

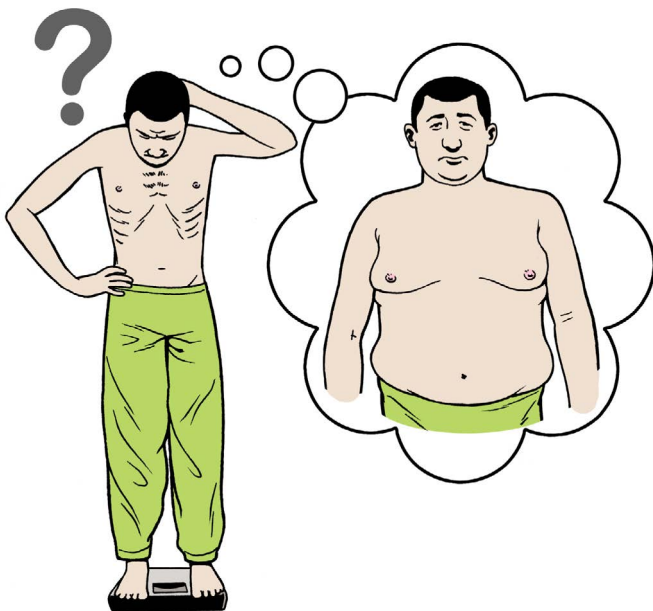


If you have any of the symptoms on the next pages, **tell your doctor as quickly as possible.**

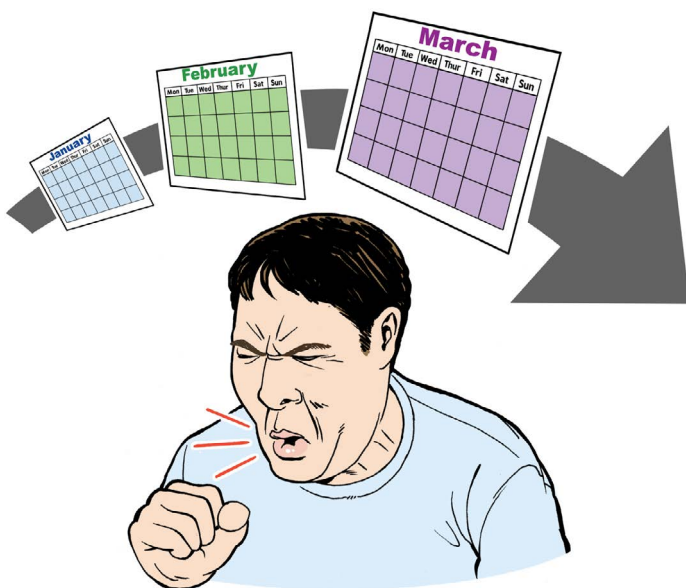


Tell your doctor:

- If you start to feel tired all the time.



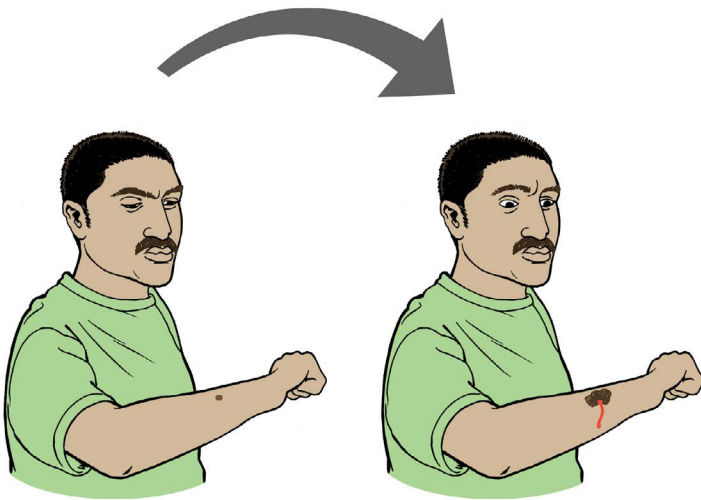
- If you lose weight but do not know why.



- If you get out of breath for no reason, or you have a nasty cough or sore throat that does not go away.



- If you have a lump under your skin anywhere on your body, even if it does not hurt.



- If you have moles on your skin which have changed shape or colour, or started to bleed.



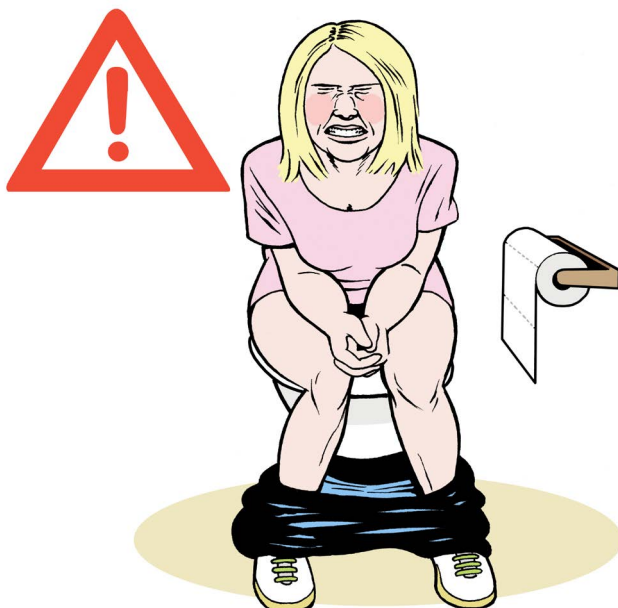
- If you have an ache or pain that does not go away and you do not know why.



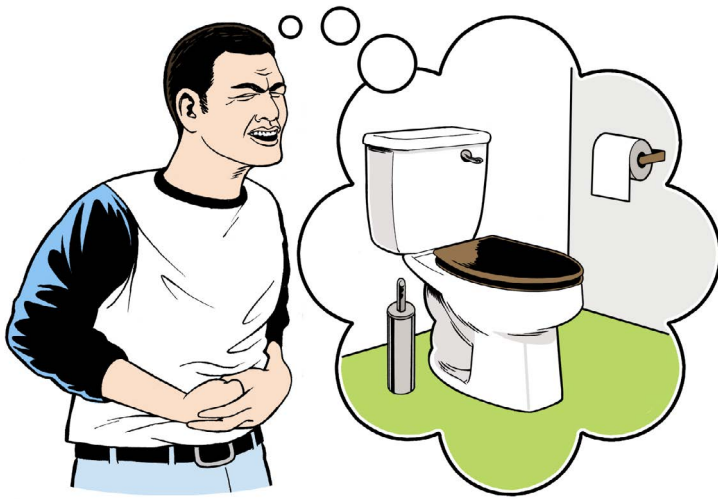
- If you find it hard to swallow food or drink.



- If there is blood in your pee or poo.



- If you find it hard to poo. This is called **constipation**.



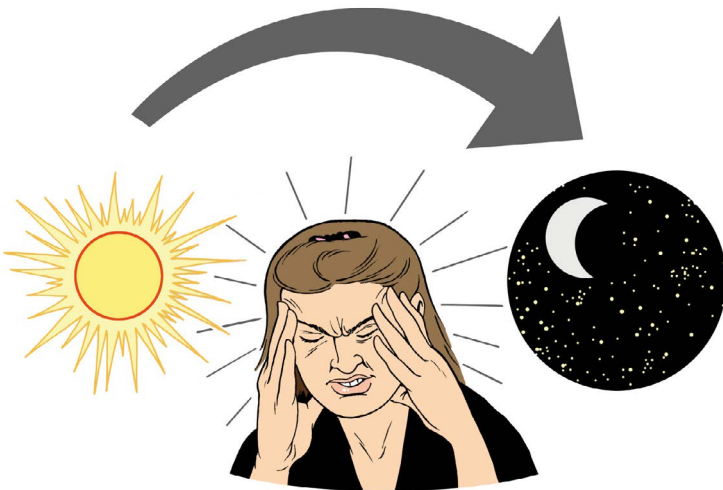
- If your poo is watery and runny and you have to go more than usual. This is called **diarrhoea**.



- If you do not feel as hungry as you used to. This is called a **loss of appetite**.



- If you get bruises for no reason.



- If you have a headache all the time.



- If you have a sore or ulcer that does not get better.



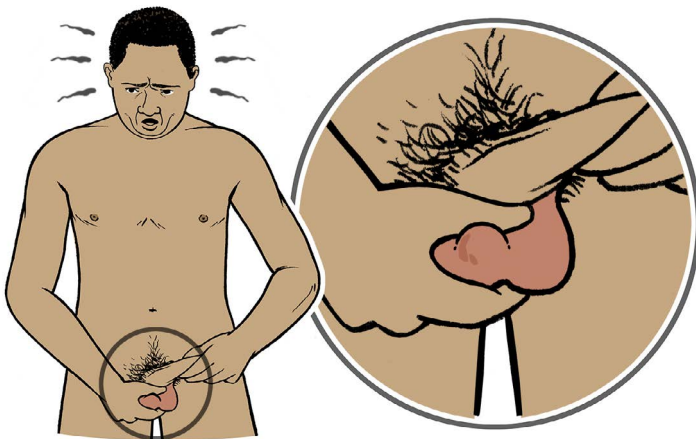
- If you often sweat or feel hot or shivery and you do not know why.



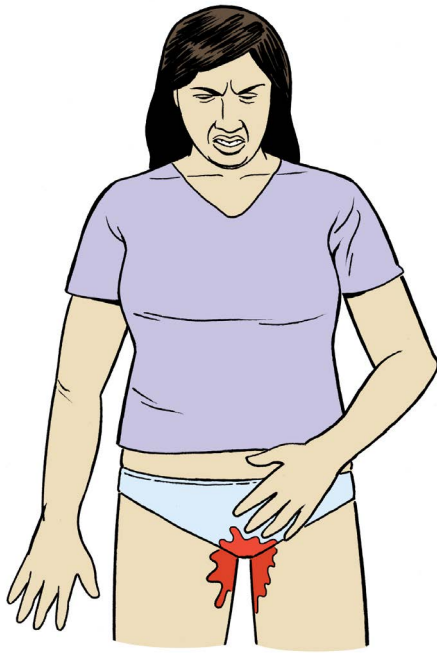
- If you often have **heartburn**. This is a burning feeling in your chest that can happen after you eat.



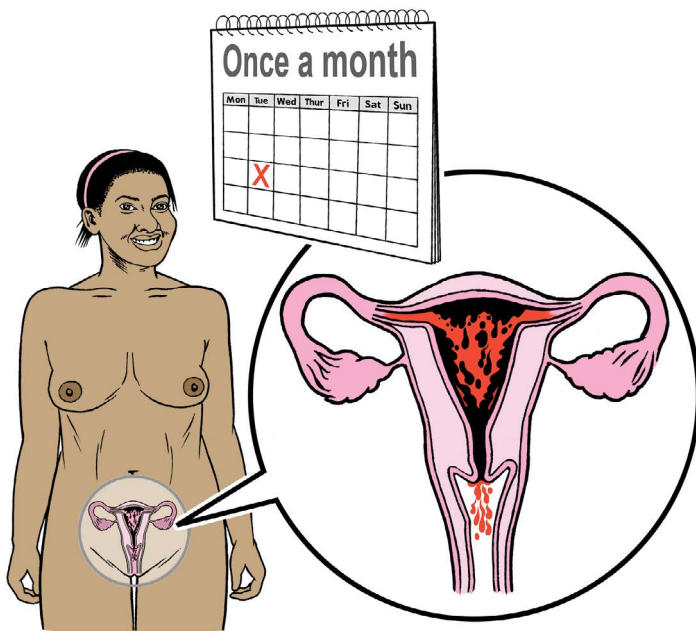
- If you always need to pee or it hurts when you pee.



- If you have a lump or sore on your penis or balls.

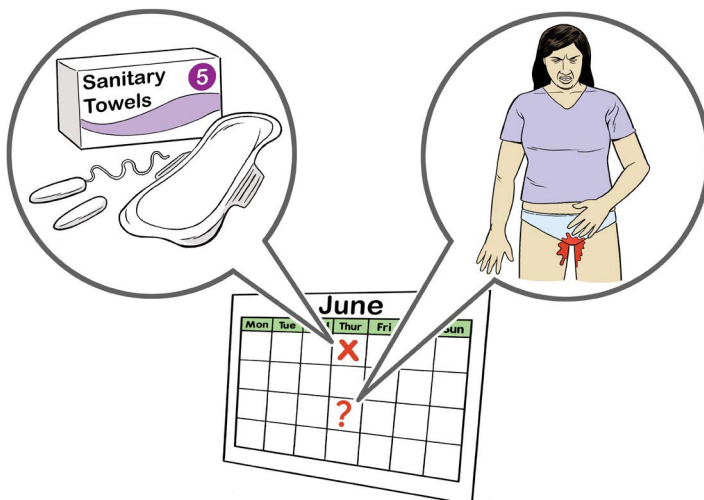


- If you are bleeding a lot more than usual during your **periods**.

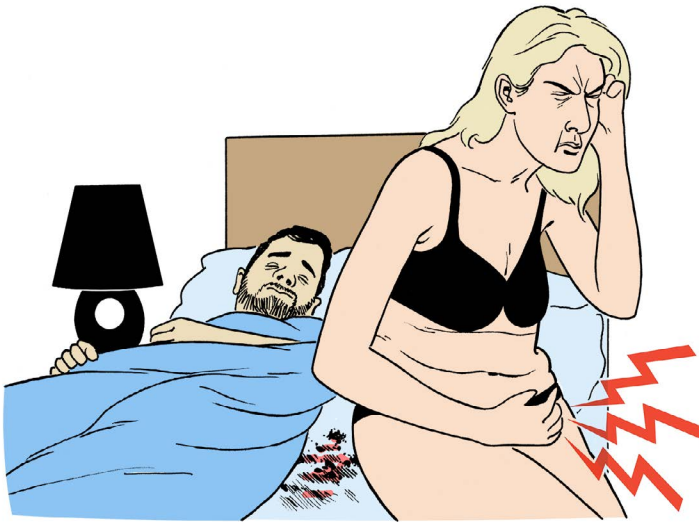


Your **period** is when you bleed from the **vagina** once a month.

The **vagina** is a passageway inside your body. It is part of a woman's sexual organs. The entrance to the vagina is between your legs.



- If you are bleeding between your periods.



- If you are bleeding after sex.



- If you are bleeding from the vagina after you have had the **menopause**.

The **menopause** is the time in a woman's life when her periods stop. It is usually between the ages of 45 and 55.



- If you have a lump on your **vulva** or it feels itchy and sore.

The **vulva** is part of a woman's sexual organs. It is the flaps or folds of skin between the legs. They are around the entrance to the vagina.



If you have questions about the signs or symptoms of cancer, you can ask your doctor or nurse. They should be able to help.

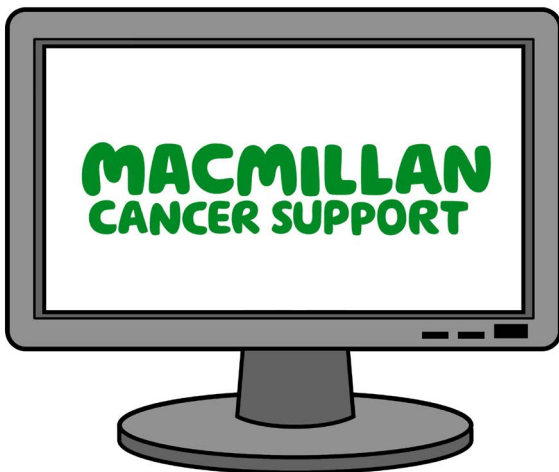


How Macmillan can help you

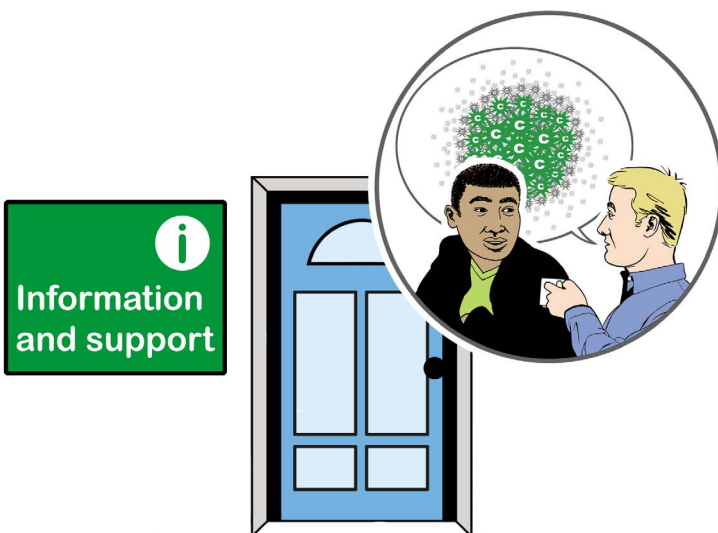


You can get support from:

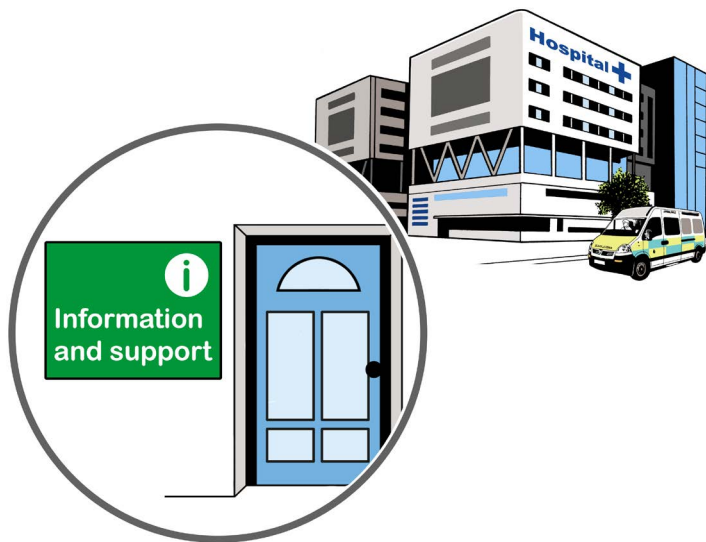
- The Macmillan Support Line.
Call **0808 808 00 00** 7 days a week, 8am to 8pm.



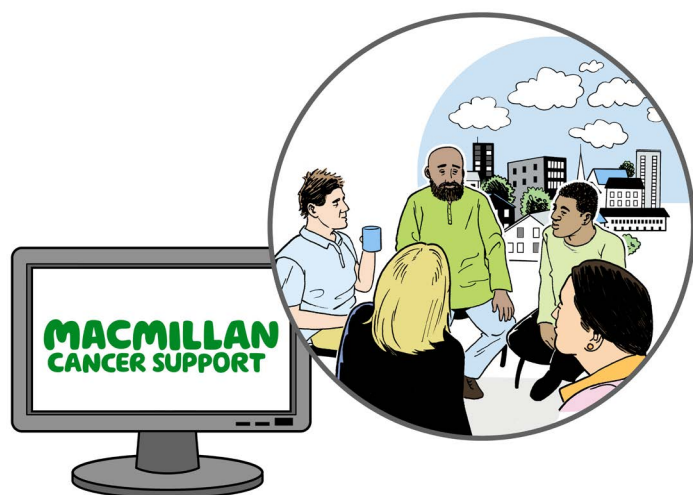
- The Macmillan website. Visit [macmillan.org.uk](https://www.macmillan.org.uk) for lots of information about cancer and living with cancer.



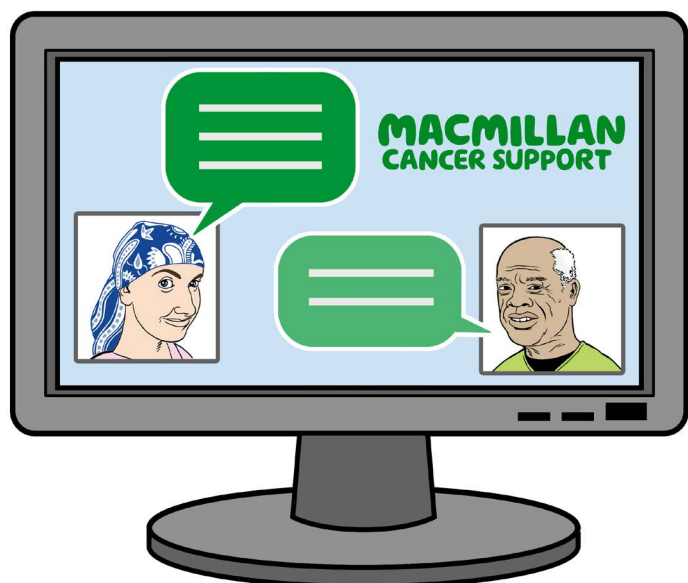
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



Find your nearest centre at macmillan.org.uk/informationcentres or call us. Your hospital might have a centre.



- Local support groups. Find a group near you at macmillan.org.uk/supportgroups or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at macmillan.org.uk/community



More easy read booklets



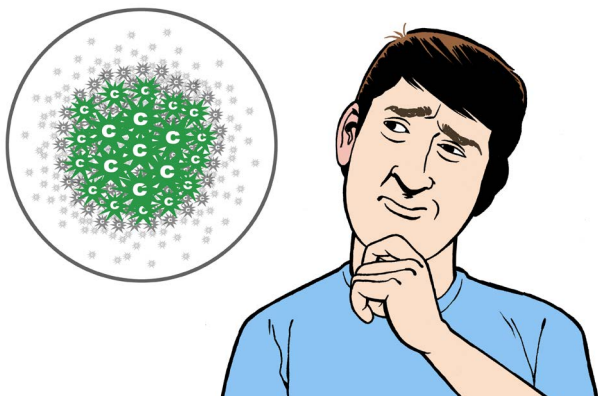
Order more easy read booklets from macmillan.org.uk/easyread

There are booklets on lots of topics:



About Macmillan

- How Macmillan Cancer Support can help you



About cancer

- Lung cancer
- What is cancer?

Signs and symptoms

- Breast care for women
- Cervical screening
- How to check your balls [testicles]
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer





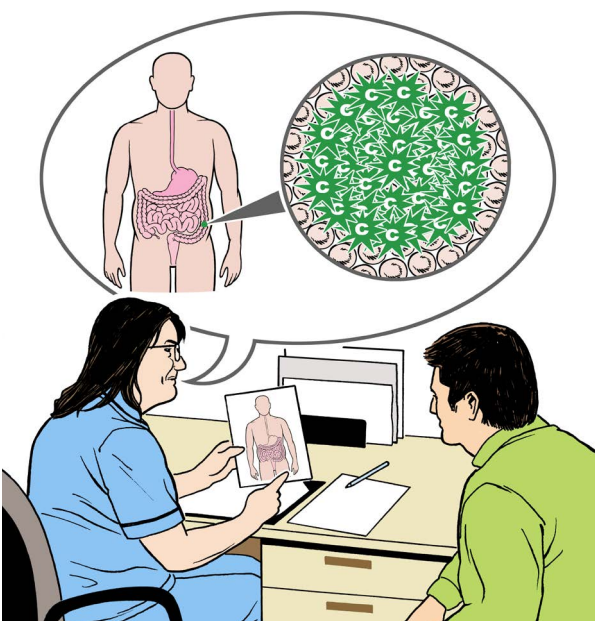
Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safe sex
- Stop smoking



Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Scans and x-rays



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Claiming benefits when you have cancer
- Complementary therapies
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer



End of life

- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



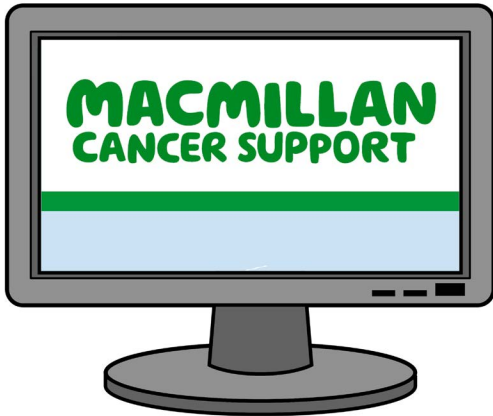
After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website
macmillan.org.uk/easyread or call us on **0808 808 00 00**

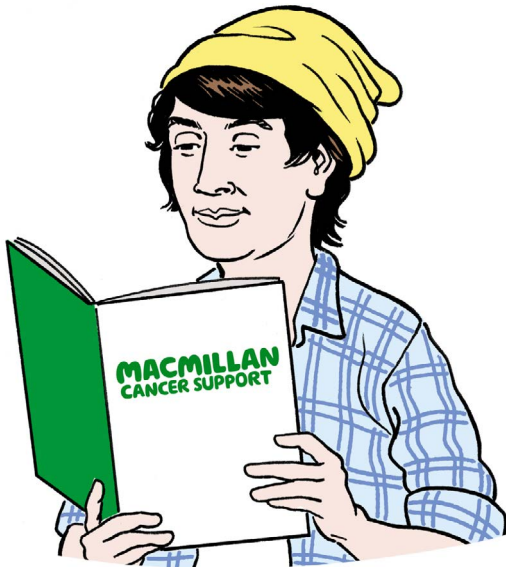


More information and resources



Macmillan website

There is lots of information about cancer at macmillan.org.uk



Booklets about cancer

You can order booklets about cancer from be.macmillan.org.uk



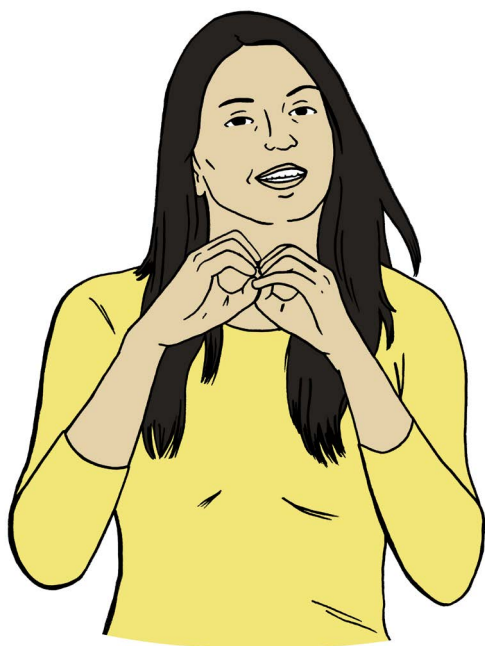
Videos

You can watch videos about cancer at macmillan.org.uk/videos



Audio

You can listen to information about cancer and order CDs from macmillan.org.uk/audio



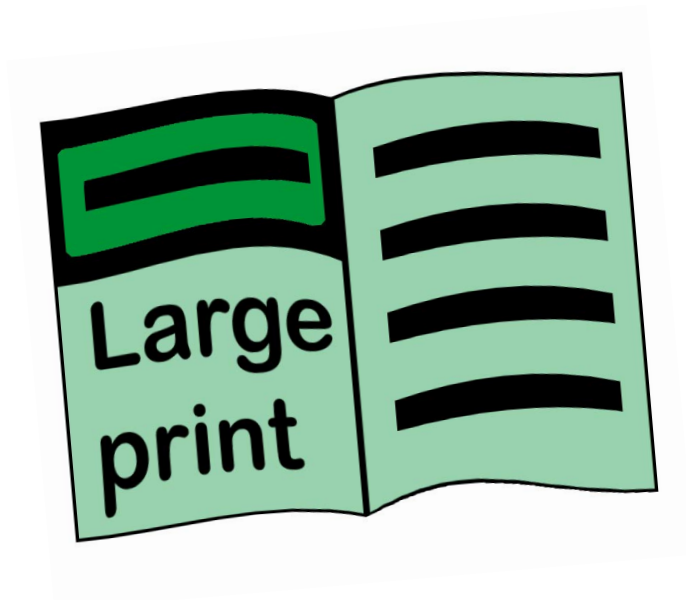
British Sign Language (BSL)

You can watch information in BSL at macmillan.org.uk/bsl



eBooks

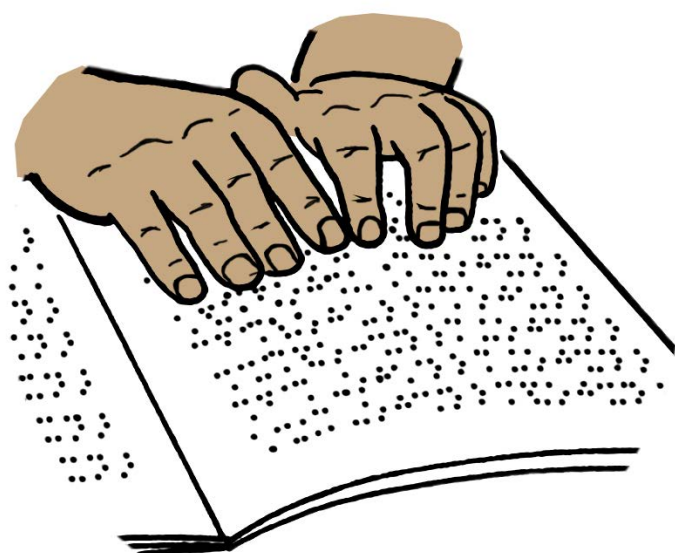
You can get eBooks about cancer from be.macmillan.org.uk



Large print

Tell us if you need information in large print.

Email: cancerinformationteam@macmillan.org.uk



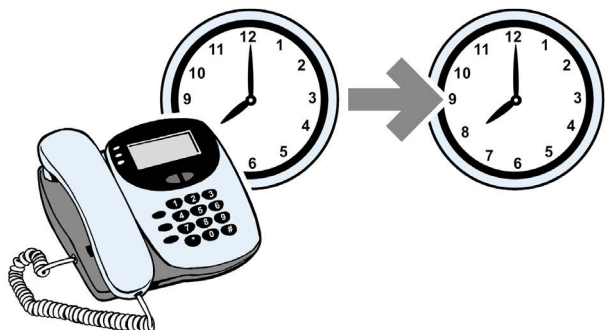
Braille

Tell us if you need information in Braille.

Email: cancerinformationteam@macmillan.org.uk

This booklet is about cancer.

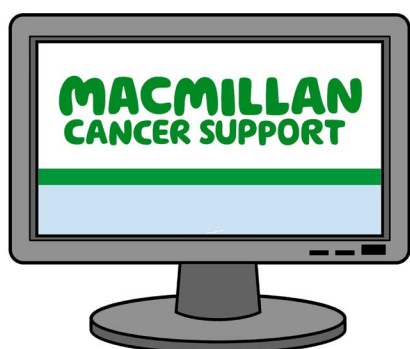
It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
7 days a week from 8am to 8pm.



- If you use a textphone, you can call the Macmillan Support Line using the Next Generation Text (NGT) service by dialling
18001 0808 808 00 00



- Or go to the website
macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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