

SPOT CANCER EARLY

It could save your life.



Take time today to check your body for changes that could be cancer. Talk to your doctor if you notice anything unusual.

The main changes to look out for are **UNEXPLAINED**, **PERSISTENT**, or **UNUSUAL**

UNEXPLAINED

LUMPS OR SWELLING



Check your whole body, not just your testicles or breasts.

BLEEDING THAT ISN'T NORMAL



Coughing up blood or noticing it in your urine or bowel motion, or bleeding from your vagina between periods, after sex, or after the menopause.

WEIGHT LOSS



Unrelated to dieting

UNEXPLAINED, CONSISTENT PAIN



Pain that you cannot explain and that doesn't go away after 3 weeks

PERSISTENT

COUGH, CHANGES IN YOUR VOICE OR FEELING SHORT OF BREATH



If you have any of these problems for more than three weeks, especially if you are a smoker or ex-smoker.

SORES THAT DON'T HEAL



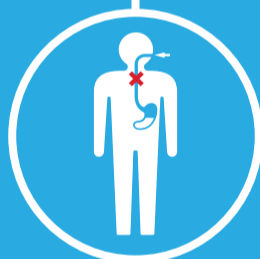
If a spot, wart or sore does not heal in a few weeks, get it checked, even if it is painless.

BLOATING



Bloating that doesn't go away within a few weeks

DIFFICULTY SWALLOWING, INDIGESTION OR HEARTBURN



It is not normal to have indigestion or heartburn that happens a lot or is very painful. Difficulty swallowing is not normal either.

MOUTH OR TONGUE ULCER



Having a mouth or tongue ulcer for 3+ weeks is not normal and needs to be checked by a doctor or dentist.

UNUSUAL

CHANGES IN BOWEL OR BLADDER HABITS



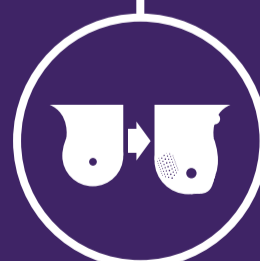
Constipation, diarrhoea or problems passing urine for more than a few weeks.

NEW MOLE OR CHANGE TO AN EXISTING MOLE



Check your skin for new moles and watch for changes in colour, shape or size in existing moles.

ANY CHANGE TO YOUR BREAST



Check for changes in the shape, size, nipples, and skin, or pain in your breast



To find out more you can speak confidentially to a Cancer Nurse through the Freephone Support Line on 1800 200 700.



**Irish
Cancer
Society**