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.