

Spot Cancer Early

It could save your life

The earlier cancer is spotted, the more likely you are to be treated successfully.

Take time today to check your body for changes that could be cancer, and learn what is normal for you by checking every month. Talk to your doctor if you notice anything unusual for you.

Changes you can't explain

► A lump or swelling

Make sure to check your whole body, not just your testicles or breasts.



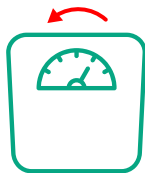
► Bleeding

Coughing up blood, or noticing blood in your pee or poo is not normal – even once. Neither is bleeding from your vagina between periods, after sex or after the menopause.



► Weight loss

It is normal to see small weight changes over time. But a big weight loss, not related to changes in diet or exercise, may be a sign of something more serious.



► Pain that does not go away

If you feel pain for more than 3 weeks that you cannot explain, talk to your doctor about it.



Changes that won't go away

► A cough, changes in your voice or feeling short of breath

Speak to your doctor if you have any of these problems for more than 3 weeks, especially if you are a smoker or ex-smoker.



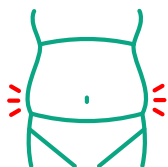
► A sore that does not heal

If a spot, wart or sore does not heal in 3 weeks, get it checked by your doctor, even if it is painless.



► Bloating

If bloating does not go away within 3 weeks, talk to your doctor about it.



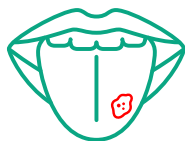
► Difficulty swallowing, indigestion or heartburn

Regular indigestion, heartburn, or trouble swallowing is not normal. Get it checked by your doctor.



► Mouth or tongue ulcer

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



Unusual changes

► A change in your toilet habits

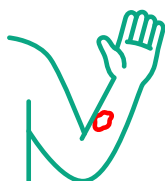
If you have constipation, diarrhoea or problems peeing for more than 3 weeks, talk to your doctor.



► Skin changes

Get into the habit of checking your skin every month for new moles or any changes to your skin.

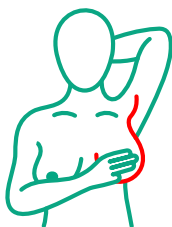
Also watch for changes in colour, shape and size of existing moles. If you spot a change, talk to your doctor.



► Any change in your breast or chest

Get into the habit of looking at **and** feeling your breasts for changes in the shape, size, nipples and skin.

Check under your arms and up to your collarbone.



"You're not wasting anyone's time by getting a symptom checked.

If something's not right – whether it's new, unusual or just won't go away – that's exactly what we're here for."

- Dr. Patrick Redmond, GP



Contact us for more information or support

If you are worried or have questions about cancer:



**Call our Support Line on
Freephone 1800 200 700**



Email supportline@irishcancer.ie
We will provide you with confidential advice, support and information.



Ask about a call in your language.



Visit our Daffodil Centres, where our nurses can give you advice about how to spot cancer early and how to help prevent it. To find out where your local Daffodil Centre is, email **daffodilcentreinfo@irishcancer.ie**



Visit our website www.cancer.ie for more information on cancer and ways you can reduce your risk of cancer.