

Spot cancer early



It could save your life



This is Easy to Read information.

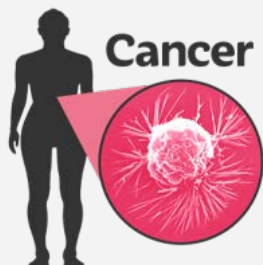
What is this information about?



This information is about how to spot cancer in your body.



Check your body for changes that are not normal for you.
This book tells you what to look for.



Cancer
Cancer is a serious illness.
It can stop your body from working properly.



Check your body once a month so you learn what is normal for you.



If you spot cancer early,
you have more chance
of getting better.



Talk to your doctor if you spot anything new or different for you.

Changes you cannot explain



Talk to your doctor if any of these changes happen to you:



A lump or a swelling

You find a lump or swelling.
check your whole body for lumps, not just your testicles or breasts.



Pain that does not go away

You have pain for more than 3 weeks and you do not know why.



Weight loss

You lose a lot of weight when you have not changed your diet or exercise.
You might notice you have lost weight if your clothes are loose.



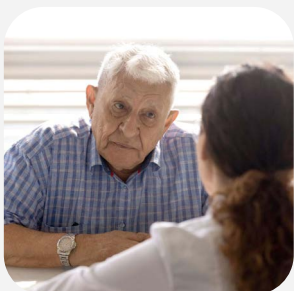
Bleeding

You cough up blood, or have blood in your pee or poo.
This is not normal even once.



You bleed from your vagina after sex or between your periods.
You bleed after the menopause.

Changes that will not go away



Talk to your doctor if any of these changes happen to you:



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

You have these problems for more than 3 weeks.



You have these problems and you are or were a smoker.



A sore that does not get better

You have a spot, wart, or sore.

It does not get better in 3 weeks.



Bloating

You have bloating all the time that lasts for more than 3 weeks.

Bloating is when your belly feels tight.



Difficulty swallowing or heartburn

These changes are new and do not go away.



Mouth or tongue ulcer

You have a mouth or tongue ulcer for 3 weeks or more.

Changes that are different for you



Talk to your doctor if you have any of these changes:



A change in your toilet habits

You have constipation, diarrhoea, or problems peeing.

This lasts for more than 3 weeks.



Any change in your breast or chest

Check for changes once a month.



Look and feel for changes in the shape, size, nipples, and skin.



Skin changes

Check every month for changes to your skin or new moles.

Check for changes in the colour, shape, or size of moles.



Check for swellings or lumps

Check under your arm and up to your collarbone.

This is the bone between your shoulder and your neck.

More information



If you are worried or have questions about cancer:



Visit our Daffodil Centres.
Our nurses can tell you how to spot cancer early.



Talk to our cancer nurses.
Call our Support Line on
Freephone 1800 200 700.
Ask about a call in your language.



You can email us to find out where your local centre is
daffodilcentreinfo@irishcancer.ie



Email supportline@irishcancer.ie
Our cancer nurses will give you advice, support, and information.



Visit our website www.cancer.ie
There is more information on cancer and ways to cut your risk of cancer.

