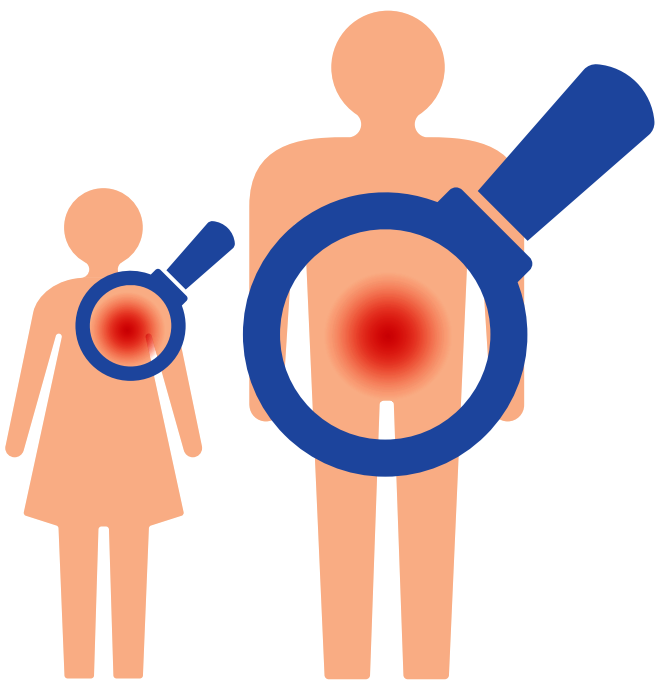


**Spot Cancer Early**

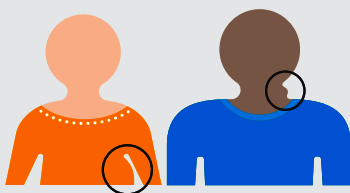
**It could save your life**



You are more likely to survive cancer if you spot it at an early stage. Take time today to check your body for changes that could be cancer. Talk to your doctor if you notice anything unusual for you.

The three main changes to look for:

## 1. Unexplained changes



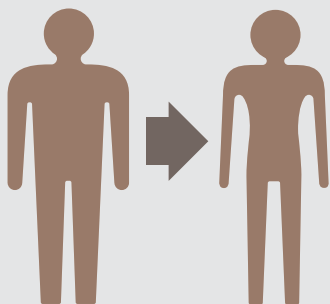
### A lump or swelling

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



### Bleeding that is not normal for you

Coughing up blood or noticing it in your urine or bowel motion is not normal. Neither is bleeding from your vagina between periods, after sex or after the menopause.

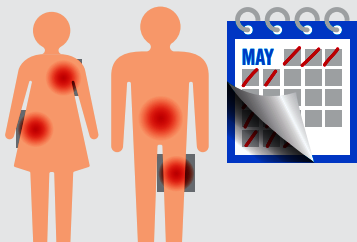


### Weight loss

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

### Pain that does not go away

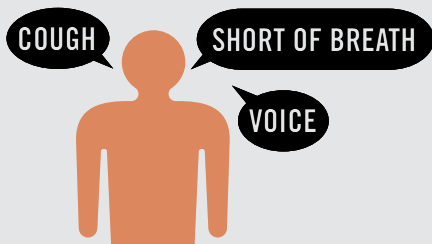
If you feel pain for more than four weeks that you cannot explain, talk to your doctor about it.



## 2. Persistent changes

### 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 three 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 a few weeks, get it checked by your doctor, even if it is painless.



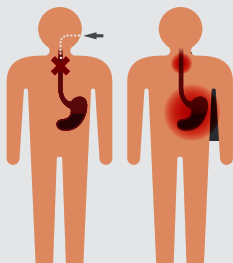
### Bloating

If bloating does not go away within a few weeks talk to your doctor about it.



### 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. Get it checked by your doctor.



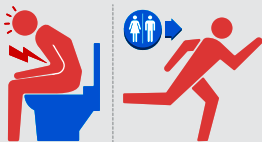
### Mouth or tongue ulcer

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

### 3. Unusual changes

#### A change in your bowel or bladder habits

If you have constipation, diarrhoea or problems passing urine for more than a few weeks, talk to your doctor.



#### COLOUR



#### SHAPE



#### SIZE

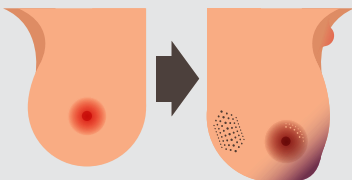


#### A new mole or change to an existing mole

Get into the habit of checking your skin every month for new moles. Also watch for changes in colour, shape and size of existing moles.

#### Any change in your breast

Get into the habit of looking at and feeling your breasts for changes in the shape, size, nipples and skin. Also watch for pain in one breast.



If you notice any other unusual change in how your body works, talk to your doctor. The chances are it will not be cancer. But getting it checked is not wasting anyone's time. **It could save your life.**

To find out more speak with a specialist nurse in confidence by calling the National Cancer Helpline on **Freefone 1800 200 700.**

You can also contact us through our:

- Email Service - at [helpline@irishcancer.ie](mailto:helpline@irishcancer.ie)
- Message Board - at [www.cancer.ie](http://www.cancer.ie)
- Daffodil Centres - Check [www.cancer.ie](http://www.cancer.ie) for a Daffodil Centre near you

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**We won't give up  
until cancer does.**