

How can you spot
cancer early?

Know the **ABCs** for being Cancer Aware

Finding cancer early
can save your life

A Abnormal lump or swelling - for example:

- a lump in your breast or in the armpit area, or any changes to the skin around your breast and nipple,
- a lump or pain in your testes,
- a swelling in your tummy area, or
- a lump or ulcer in your mouth that does not heal.

B Bleeding that is not normal - for example:

- bleeding from your back passage (rectum) or blood in your stool (bowel movement),
- coughing up blood,
- blood in your urine, or
- in a woman bleeding from your vagina other than your regular period, or bleeding that occurs one year after the menopause.

C Changes in your body functions - for example:

- coughing or hoarseness that last for more than three weeks,
- difficulty swallowing, or food getting stuck,
- weight loss without trying to lose weight,
- changes in your bowel movements, such as diarrhoea or constipation, that lasts for more than six weeks, or
- feeling tired or looking pale for more than two weeks for no obvious reason.

S Skin changes - for example:

- sores on your skin that will not heal, or
- moles that change in size, shape, feel or colour.

If you have any of these warning signs you should contact your GP (Family doctor).

The good news is that, in most cases, these are not signs of cancer.

You know your own body best. If there is anything that is not normal for you, don't delay - go to your GP.