



## **CANCER, DON'T GET SCARED, GET CHECKED.**

If you're worried about cancer, the best person to speak to is your doctor. It could be nothing, but it's better to be safe than sorry and, outcomes are much better these days. In fact, twice as many people survive cancer compared to 30 years ago.

Whatever you do, don't worry that you might be wasting your doctor's time. They want to see you. All you have to do is make an appointment.

### **A FEW SIGNS TO LOOK OUT FOR.**

- A new lump which appears or gets bigger, in the breasts, testicles or anywhere else.
- A sore that doesn't heal up – in the mouth, throat or skin
- A mole that changes shape, size or colour
- Any growth that appears on the skin and continues to grow
- Coughing up blood, or blood in the urine or mixed through stools
- Things that refuse to clear up, like a cough that never goes away, or a pain somewhere that won't settle
- A change in pattern of going to the toilet
- Unexpected weight loss (that's not because you've been on a diet)

Please remember that these symptoms don't necessarily mean you've got cancer. But they could indicate that something else is wrong. So, it's still important that you talk to your doctor anyway.

Don't just rely on screening, although it is important, you should still check yourself regularly and keep an eye out for any of the above changes in your body.

For more information on signs or symptoms and signposting to local cancer support organisations contact your local NHS Grampian healthpoint, call the free healthline on 0500 20 20 30 or log into [nhsinform.co.uk](http://nhsinform.co.uk)