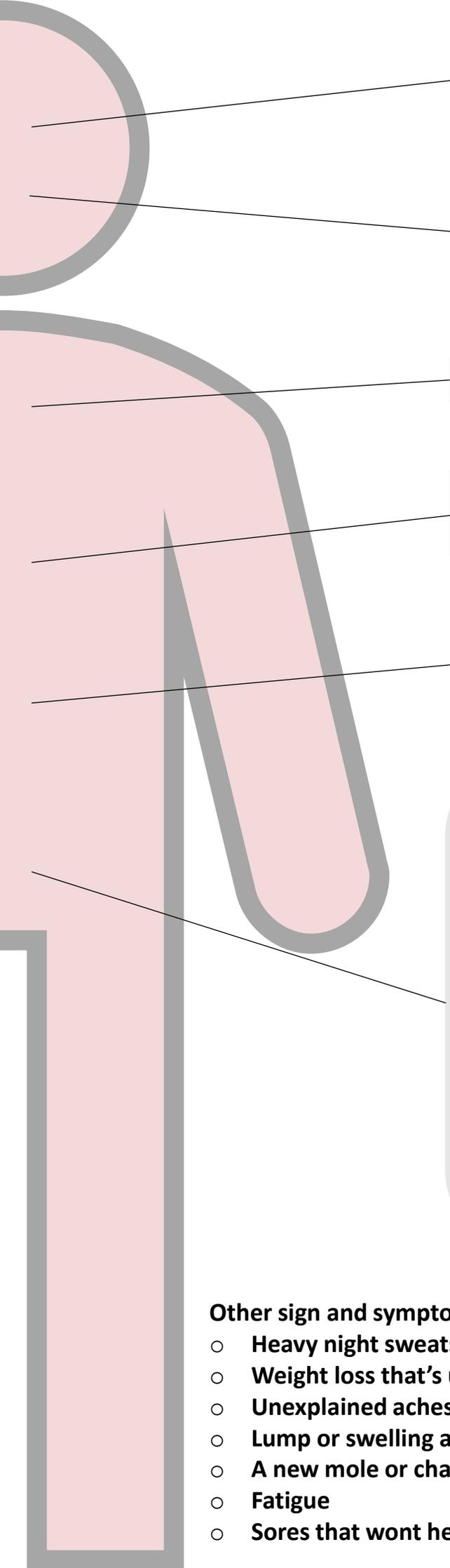


# Key signs and symptoms of cancer



- Issues swallowing
- Breathlessness

- Croaky or a persistent cough
- Mouth or tongue ulcers that last more than 3 week
- Coughing up blood

- Persistent indigestion or heartburn

- Changes to the size, shape and feel of breasts or changes to the skin or nipples

- Loss of appetite
- Persistent bloating

- Change in bowel habits, such as constipation, looser stool or going to the toilet more often.
- Blood in stool
- Unexpected vaginal bleeding, between periods or menopause or after having sex
- Lump or enlargement of either testicle
- Pain or discomfort in a testicle or scrotum
- Blood in your urine or issues urinating
- Needing to pee more frequently, often during the night

## Other sign and symptoms –

- Heavy night sweats
- Weight loss that's unexplained
- Unexplained aches and pain
- Lump or swelling anywhere on your body
- A new mole or changes to an existing one
- Fatigue
- Sores that wont heal



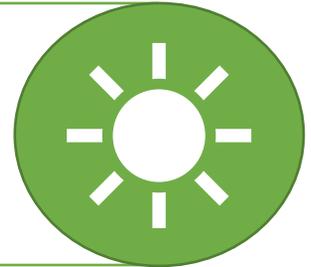
Stop smoking. Harmful chemicals in cigarette smoke affect the entire body, not just our lungs. If you smoke, the best thing you can do for your health is quit. If you need help you can refer yourself to the Wellbeing service for support. Call 02392 294001.

Eat a healthy, balanced diet. Having healthy food and drink can reduce your risk of cancer. Aim to have plenty of fruit and vegetables, wholegrain foods high in fibre and healthy proteins. Cut down on processed and red meat, alcohol and high calorie foods and drinks.



Maintain a healthy weight. Being a healthy weight has lots of health benefits, including reducing the risk of cancer. For support in achieving a healthy weight call the Wellbeing Service 02392 294001.

Be safe in the sun. Too much UV radiation from the sun or sunbeds damages our skin cells. When the sun is strong, take extra care to protect your skin- spend time in the shade, cover up with clothing, and use sunscreen.



Cut down on alcohol. Cutting back on alcohol reduces your risk of 7 types of cancer. It doesn't matter what type it is - all alcohol can cause damage. Whatever your drinking habits, drinking less alcohol will improve your health.

HPV Vaccine. The HPV vaccine is offered for free to children aged 11-13, and some other groups. It helps protect against HPV infection, reducing the risk of some types of cancer. The vaccine has been proven to be safe and effective.

