

**The early bird can
have better news to
tell their family.**

Cancer. Get checked early.



The earlier you find cancer, the more likely it is to be treatable, with more treatment options available. Telling your loved ones still won't be easy, but at least you'll be able to speak to them with hope that you have a better chance of living well again.

Be the early bird

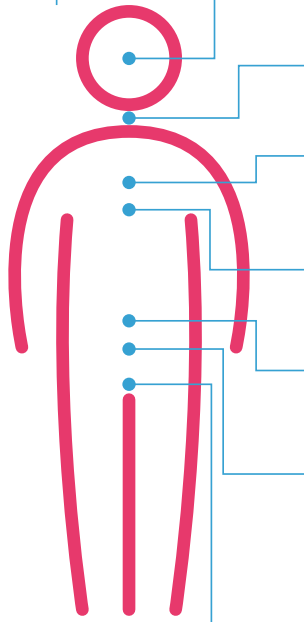
If you are experiencing persistent symptoms that are unusual for you, contact your GP practice. In most cases these symptoms will be a sign of something less serious than cancer, but they want to hear from you.

Possible cancer symptoms

Here are some of the key symptoms to look out for:



- Very heavy night sweats
- Fatigue
- Unexplained bleeding or bruising
- Unexplained pain or ache
- Unexplained weight loss
- An unusual lump or swelling anywhere on your body
- A new mole or changes to a mole
- Skin changes or a sore that won't heal



- Croaky voice, hoarseness or a cough that won't go away
- Mouth or tongue ulcer that lasts longer than 3 weeks
- Coughing up blood
- Difficulty swallowing
- Breathlessness
- Persistent heartburn or indigestion
- Unusual changes to the size, shape, or feel of a breast, or chest, including nipple or skin changes
- Persistent bloating
- Appetite loss
- A change in bowel habit, such as constipation, looser poo or pooing more often
- Blood in your poo
- Unexpected vaginal bleeding, including after sex, between periods or after the menopause
- Blood in your pee
- Problems peeing

Of course, this does not cover every possible cancer symptom. Visit the symptom checker at [getcheckedearly.org](https://www.getcheckedearly.org) for more information.