Further information

www.cancerinfoplus.scot.nhs.uk

www.nhs24.com

Don't wait

Don't worry

Act now!

NHS Highland

Leaflet published by
NHS Highland
Cancer Network Team
Assynt House
Beechwood Park
Inverness IV2 3BW

If you need this leaflet in a different format (i.e. different language or easy-read) please contact:
Cancer Network Office,
Tel: 01463 704784

www.nhshighland.scot.nhs.uk

Christine McIntosh for the Cancer Network		
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NHS Highland

Cancer warning signs...

Be cancer aware...

Don't wait

Don't worry

Act now!

A general use information leaflet to raise awareness of early warning signs of cancer.

Facts about cancer in Highland

In Highland 1600 people per year are diagnosed with cancer. More than 1 in 3 people in the UK will develop cancer during their lifetime.

Cancer can develop at any age, but most cases occur in people over 60.

The earlier cancer is found, the earlier cancer is treated, the better the chance of a cure.

Knowing what to look out for gives you a better chance of finding the disease early.

- Know your body
- Notice any persistent changes
- Know the danger signs
- Take action (go to your GP)

What to look for?

- A new or unusual lump or swelling anywhere on your body.
- A sore that will not heal, anywhere on your body or in your mouth.
- A change in the shape, size or colour of a mole.
- Any abnormal bleeding or bowel motions.
- A rough, croaky voice or cough or difficulty in swallowing that lasts longer than 4-6 weeks.
- A change to looser or more frequent bowel motions lasting longer than 4-6 weeks.
- Unexplained weight loss.
- Unexplained pain or ache that lasts longer than 4 weeks.
- Difficulty in swallowing or continuing indigestion.

What next?

If you have any of these signs:

Go to your GP

Doing nothing is the worst option. In most cases a visit to your GP will confirm there is nothing to worry about.

Highland Screening Programmes

If you are invited to a cancer screening test then go.

Screening detects cancers at an early stage, or in the case of cervical cancer screening - before they have developed.

Screening saves lives every year.

- Breast

www.nsd.scot.nhs.uk/services/screening/breastscreening/index.html

- Cervical (smear test)

www.nhs24.com/content/default.asp?page=s5_4&articleID=95&sectionID=1

- Bowel

www.bowelscreening.scot.nhs.uk

If any signs of cancer are found at screening your treatment can start as soon as possible.