

Speak to your doctor if something in your body does not feel right



About this leaflet



If something in your body does not feel right, speak to your doctor.



It is probably nothing serious, but if it is something serious like cancer, finding it early makes it easier to treat.



There are lots of different signs and symptoms of cancer.



This leaflet tells you about some of the signs and symptoms you need to look out for.

Signs and symptoms to look out for

If you have any of these signs or symptoms, speak to your doctor:



- A lump anywhere on your body that you did not have before



- A mole that changes colour or shape, or starts itching, crusting, flaking or bleeding



- Bleeding from your bottom or blood in your poo



- Blood in your pee – even just once

Other signs and symptoms to look out for:



- Blood when you cough or when you vomit



- Bleeding from your vagina and you do not know why, like:
 - after the menopause
 - between your periods, or
 - after you have had sex



- Finding it hard to breathe

Other signs and symptoms to look out for:



- Sweating a lot at night



- Losing weight but you do not know why



- Bruising on your body and you are not sure how you got it

Signs and symptoms that last for 3 weeks or more

If you have had any of these signs or symptoms for 3 weeks or more, speak to your doctor:



- A new cough, or a cough that is getting worse



- A sore or ulcer in your mouth that does not heal



- Tummy trouble, such as if your tummy hurts or if you have diarrhoea



- Feeling tired and unwell and you are not sure why

Other signs and symptoms that last for 3 weeks or more:



- Heartburn or indigestion, like a burning feeling in your chest



- Your poo is different to normal, a pale colour or is greasy



- Discomfort or being bloated most days



If you have any one of these signs or symptoms, or something in your body does not feel right, speak to your doctor. They are there to help.

Further information



It is important to go back to your doctor if you still have symptoms, or they change or get worse.



You can find out more about the signs and symptoms of cancer at:
[nhs.uk/cancersymptoms](https://www.nhs.uk/cancersymptoms)

For urgent medical help, use NHS 111



111 can direct you to the best place to get help if you cannot contact your GP during the day, or when your GP is closed. You can call **111**, use **111** online at **111.nhs.uk** or via the **NHS App**.

If someone is seriously ill or injured and their life is at risk, you should call **999** or go to **Accident and Emergency (A&E)**.

**Clear on
cancer**

**Help us
help you**