



Common concerns

Won't the symptom just clear up on its own?

It can be easy to think that a symptom will sort itself out. But before you know it, weeks could have gone by. If you've got any persistent change get it checked out.

I don't feel or look ill, so why do I need to see the doctor?

When cancer first develops you may not feel unwell. So it is important to see your doctor if you notice any warning signs or symptoms of cancer, even if you don't feel or look ill.

I've seen the doctor already but my symptoms haven't gone away.

If your symptoms haven't gone away, have changed or have got worse, your doctor will want to know. So it is important that you go back and see your doctor again. Be stubborn if your symptom is stubborn.

Taking part in cancer screening could save your life.

Screening can pick up signs of cancer at an early stage before symptoms have a chance to develop. Early detection means that treatments are often simpler and have a higher chance of success. It is important to be registered with a GP to take part in screening.

Bowel cancer screening

Bowel screening is used to check for early signs of bowel cancer and looks for hidden traces of blood in your stools. Older men and women who are eligible for screening will receive an invitation letter and a screening kit so that they can do the test at home. Samples are sent to the lab for testing.

Prostate cancer

There is currently no national screening programme for prostate cancer. But there is a test called the PSA test that helps doctors work out whether a man needs further investigation. The test isn't reliable enough to use in a national screening programme.

You can speak to your doctor if you would like to have the PSA test. Your doctor will help you decide whether the test is right for you.

Further information

For more about the signs and symptoms of cancer visit www.spotcancerearly.com

For more about cancer visit our patient information website www.cancerhelp.org.uk

If you want to talk in confidence about cancer, call our information nurses on freephone **0808 800 4040**.

Our health messages are based on scientific evidence. Find out more at www.cancerresearchuk.org/health

All our leaflets are thoroughly researched and based on the most up-to-date scientific evidence. They are reviewed externally by independent experts and updated regularly. You can order our full range of leaflets free online at www.cancerresearchuk.org/leaflets

About Cancer Research UK

Cancer Research UK is the world's leading charity dedicated to research into the prevention, diagnosis and treatment of cancer. If you would like to support our work, please call **020 7121 6699** or visit our website www.cancerresearchuk.org

Together we will beat cancer

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Spotting the signs of cancer

For men



Thousands of people beat cancer every year.

When cancer is diagnosed at an early stage, treatment is often simpler and more likely to be successful. So finding cancer early can make a real difference.

More than one in three men in the UK will develop cancer at some point in their lives. The disease mainly affects older people, with nearly nine out of 10 cases in people over 50 years old.

Research shows that men are more likely to develop cancer than women. And experts think this may partly be down to some lifestyle behaviours. The three most common cancers affecting men in the UK are prostate, lung and bowel cancer.

In this leaflet you can find out about:

- the key signs and symptoms men should look out for
- why it is important to get these symptoms checked out by a doctor
- screening for cancer.

Why is spotting cancer early so important?

Thousands of cancer deaths could be prevented each year if more cancers were diagnosed at an early stage. When cancer is picked up early the chances of surviving it are greater.

Today, more people than ever are surviving cancer. This is because of better treatments and early detection. When bowel cancer is caught early more than nine in 10 people can be treated successfully.

So if you notice any unusual or persistent changes in your body, go and see your doctor.

You have nothing to lose by going to the doctor, but you could have everything to gain. If it is something serious, finding it early and getting treatment started can make a real difference. Going to the doctor now could change the outcome later.



What should you look out for?

- A mouth or tongue ulcer that lasts longer than three weeks
- A cough or croaky voice that lasts longer than three weeks
- Persistent difficulty swallowing or indigestion
- A change to more frequent bowel motions that lasts longer than six weeks
- Blood in your stools
- Problems passing urine
- Blood in your urine
- A change in the size, shape or colour of a mole
- An unexplained pain or ache that lasts longer than four weeks
- An unusual lump or swelling anywhere on your body
- Unexplained weight loss or heavy night sweats
- A sore that won't heal after several weeks

Do any of these apply to you? If so, why not go and see your GP and take this leaflet with you.

Cancer signs and symptoms

There are more than 200 different types of cancer, which can cause many different symptoms. Experts agree that the symptoms mentioned in this leaflet are the most important ones to look out for and act on.

As a general rule, it's a good idea to know what's normal for you and to listen to your body. This will make it easier for you to spot any new changes that could be signs of cancer. If you notice any unusual or persistent changes, it's worth getting checked out.

