

If something
doesn't feel
quite right –
don't ignore it.

When
cancer is
found at an early
stage, treatment is
more likely to be
successful.

Tips for seeing your doctor



Listen to your body. Tell your doctor about any unusual changes or something that won't go away



Be thorough. Mention all your symptoms and don't put any unusual changes down to just getting older

Find out more at cruk.org/spotcancerearly

Tips for seeing your doctor



Be stubborn. If your problem doesn't go away, don't be afraid to come back to your doctor



Ask your doctor to explain anything you don't understand

Find out more at cruk.org/spotcancerearly

Spotting cancer early saves lives



- When cancer is diagnosed at an early stage, treatment is more likely to be successful
- Tell your doctor if something's unusual or won't go away
- **In most cases it won't be cancer**, but it's best to get it checked out

September 2021



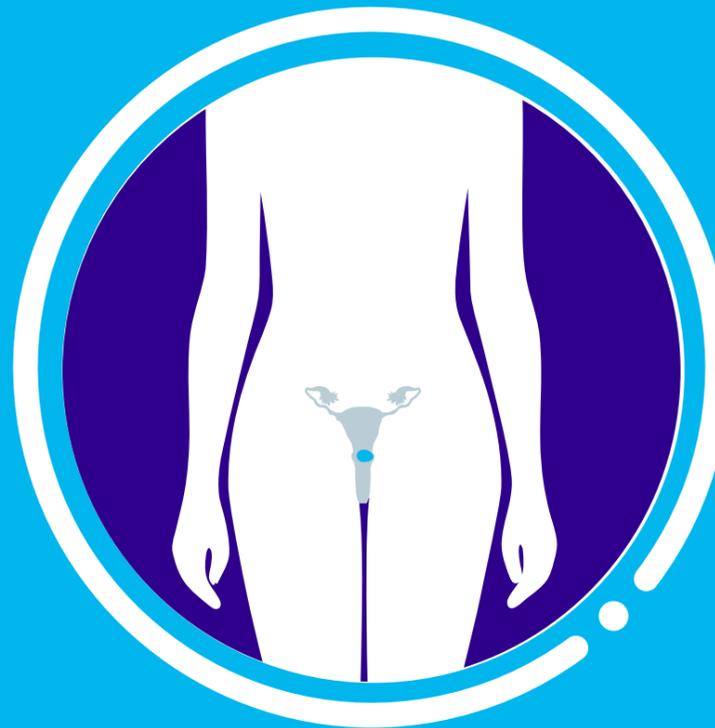
Together we will beat cancer

The UK has three cancer screening programmes

Bowel



Cervical



Breast



For more info, visit cruk.org/screening or ask your doctor

September 2021



Together we will beat cancer

Screening helps diagnose cancer early by looking for signs of disease



- It is for people who don't have symptoms, and might feel healthy
- Read the information you are sent with your invitation carefully to help you decide if you want to take part

For more info, visit cruk.org/screening or ask your doctor



Together we will beat cancer

If you'd like to take part in bowel screening, it's easier than you think



The test can help pick up bowel cancer at an early stage, by looking for hidden blood in your poo



When you become eligible, you'll be sent a free bowel screening kit every 2 years



Collecting your sample doesn't take long and you can do it at home, then you send it off for testing

For more info, visit cruk.org/bowelscreening

Want to chat about your experience with cancer?



- If you or someone close to you have been affected by cancer, you can call our free nurse helpline on 0808 800 4040
- Our service is confidential and open Monday to Friday, 9am to 5pm

And chat to other people affected by cancer at cancerchat.org.uk



Together we will beat cancer