

Speakup and Yorkshire and Bassetlaw Cancer Alliance are working together



# Be Cancer Aware



Click here to see a  
message from your GPs



<https://www.youtube.com/watch?v=YDA6Vh2sbW0>



The thought of Cancer is very frightening for most people



But the **Big Message**

**Early check ups are good for everyone**

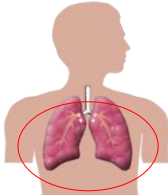


Make an appointment if you have any worries

You can take a friend, family member, or supporter with you



## Click on the link to choose what you want to look at



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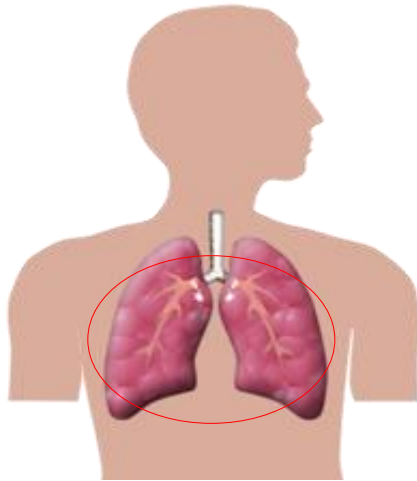
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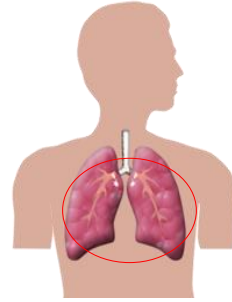


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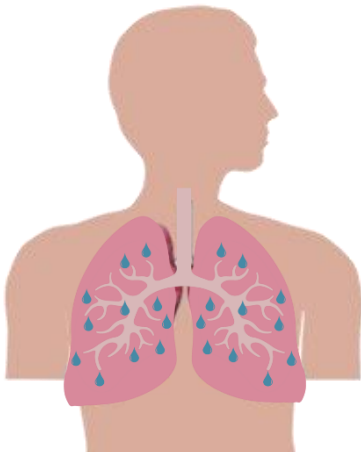


## Lung Cancer

Some signs to look out for:



A cough that won't go away



Chest infections and a pain when breathing



Being out of breath and feeling tired



Losing weight without trying



Click here to see a message from North East and Cumbria Learning Disability Network:



<https://youtu.be/MekR-mKVqB8>

**Lung cancer**  
Know your symptoms

- Coughing up blood
- Getting a lot of chest infections
- An ache or pain when breathing or coughing
- Being breathless a lot
- Not being hungry or losing weight
- A cough that doesn't go away after 3 weeks
- A cough that you have had for a while that is getting worse
- Being tired a lot

#becancersafe [www.facebook.com/groups/BeCancerSafe](https://www.facebook.com/groups/BeCancerSafe)

Developed for South Yorkshire, Basselaw and North Derbyshire Cancer Alliance

**CANCER SAFE**  
Spotting. Awareness. Fast. Early



These signs don't mean you have cancer

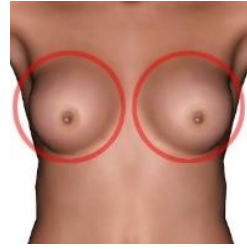
**But ...**

**Early check ups are good for everyone**









## Breast Cancer

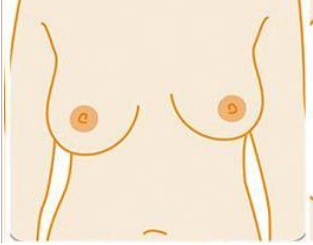
Some signs to look out for:



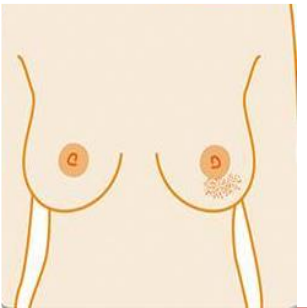
A lump in either breast that wasn't there before



A lump or swelling in either armpit



A change in the size or shape of either breast



Dimpling or a rash round either nipple



Click here to see a message from North East and Cumbria Learning Disability Network:



<https://www.youtube.com/watch?v=laL-RcyQ9Vs&feature=youtu.be>

## Breast cancer

Know your symptoms

- A lump in either breast that was not there before
- A change in the size or shape of either breast
- Bloodstained discharge from either nipple
- A lump or swelling in either armpit
- Dimpling on the skin of your breasts
- A rash on or around your nipple
- A change in the way either nipple looks

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**beCANCER SAFE**  
Screening, Awareness, Fast Care



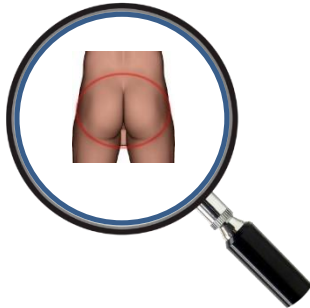
These signs don't mean you have cancer



**But ...**

**Early check ups are good for everyone**





## Bowel Cancer

Some signs to look out for:



A change in the time, or how often, you go to the toilet



Blood in your poo



Pains or bloating after food



- Losing weight without trying




Click here to see a message from North East and Cumbria Learning Disability Network:





<https://www.youtube.com/watch?v=laL-RcyQ9Vs&feature=youtu.be>


## Bowel cancer

Know your symptoms



- 

1 Having blood in your poo a lot without there being a clear reason for it.
- 

2 A change in the times and how often you go to the toilet.
- 

3 Having tummy pain, bloating or feeling uncomfortable after you eat.

If you have any of these symptoms tell your GP as soon as possible.

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**CANCER SAFE**  
Sooner. Awareness. Fast. Easy

Developed for South Yorkshire, Bassetlaw and North Derbyshire Cancer Alliance



These signs don't mean you have cancer



**But ...**

**Early check ups are good for everyone**

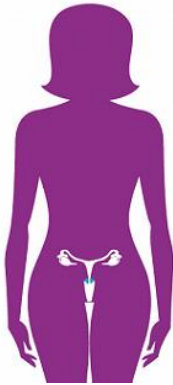






## Cervical Cancer

Some signs to look out for:



Bleeding at times you do not expect to



Pain and discomfort during sex



Bleeding after sex



- Click here to see a message from North East and Cumbria Learning Disability Network:



<https://www.youtube.com/watch?v=laL-RcyQ9Vs&feature=youtu.be>

**Cervical cancer**  
Know your symptoms

Bleeding outside of your normal periods

New bleeding after the menopause

Bleeding after sex

Pain and discomfort during sex

Cervical Cancer often has no symptoms in its early stages.  
Speak to your GP if you have these symptoms.

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**CANCER SAFE**  
Spotting, Awareness, Fast, Early

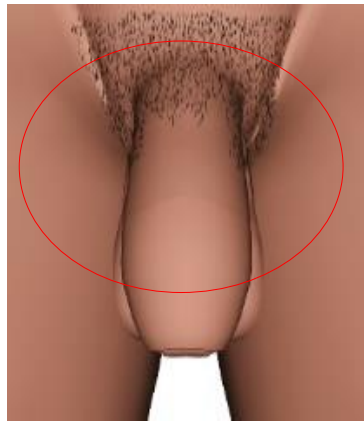


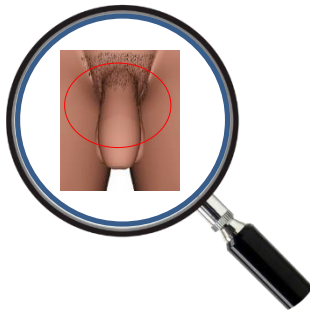
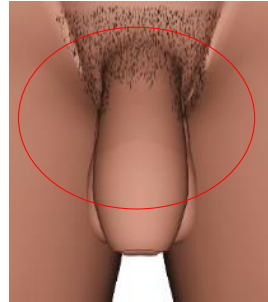
These signs don't mean you have cancer



**But ...**

**Early check ups are good for everyone**





## Prostate Cancer

Some signs to look out for:



Needing to rush to the toilet to wee



Need to wee often during the night



- Feeling that you still need a wee even though you have just been



- Difficulty in starting to wee



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<https://www.youtube.com/watch?v=laL-RcyQ9Vs&feature=youtu.be>

**Prostate cancer**  
Know your symptoms

- Needing to rush to the toilet
- Needing to wee more often, usually during the night
- Straining, or taking a long time to wee, or weak flow
- Difficulty in starting to wee
- Feeling that you still need a wee, even when you have just been
- Feeling that you still need a wee, even when you have just been

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**But ...**

**Early check ups are good for everyone**





# Be Cancer Aware



**NHS**

# Early Checkups are good for Everyone