

TALK **CHECK** ✓
ACT on CANCER.
Early action saves lives.

NHS
Lancashire and
South Cumbria
Cancer Alliance



**Unexplained pain
that won't go?**



**Losing weight
without trying?**

Have you noticed...

Get it checked **right away.**



**Blood in your
poo or pee?**

A new lump?



Your doctor will want to see you.
Book an appointment.



CHECK IT ✓
Don't chance it.

Listen to your body.
Act now on cancer.

Have you noticed something new, different or not quite right with your body?

A new lump

Losing weight without trying

Blood in your poo or pee

Unexplained pain

Your doctor will want to see you.
Book an appointment.

Your doctor will want to see you if you have **any of these symptoms.**

Changes can be easy to ignore, especially when life is busy, but **listening to your body** is an important part of looking after yourself. You're never "making a fuss." Your doctor wants to hear your concerns and help you get the right support.

Most of the time it won't be cancer, but getting checked can give you peace of mind, and if it is something serious, **finding it early makes all the difference.**

To find out more visit: **ActOnCancer.co.uk/CheckIt**

CHECK IT



Don't chance it.

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