



Unexplained pain  
that won't go?

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

**NHS**  
Lancashire and  
South Cumbria  
Cancer Alliance



Losing weight  
without trying?

# Have you noticed...



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](http://ActOnCancer.co.uk/CheckIt)

**CHECK IT**



Don't chance it.

Listen to your body.  
**Act now on cancer.**

