

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.

I have these symptoms and I'm worried about them.

- ☐ Unexplained pain
- ☐ Unexplained weight loss
- ☐ A new lump
- ☐ Blood in your poo or pee

You can bring a friend or family member with you to your appointment.

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

5 Top Tips to help you to talk to your doctor

Be honest: Tell the doctor everything that has changed, even if it feels embarrassing or small.

Describe the change: Say what is different and how long it's been happening. Try to give as much detail as you can.

Write it down: If you are worried you will forget what to say, write it down and any questions you have.

Bring support: You can ask a friend or family member to come with you.

Don't be afraid to ask again: If the doctor says something confusing, ask them to explain it again in a different way.

Your doctor will want to see you.

Find out more: ActOnCancer.co.uk/CheckIt

