

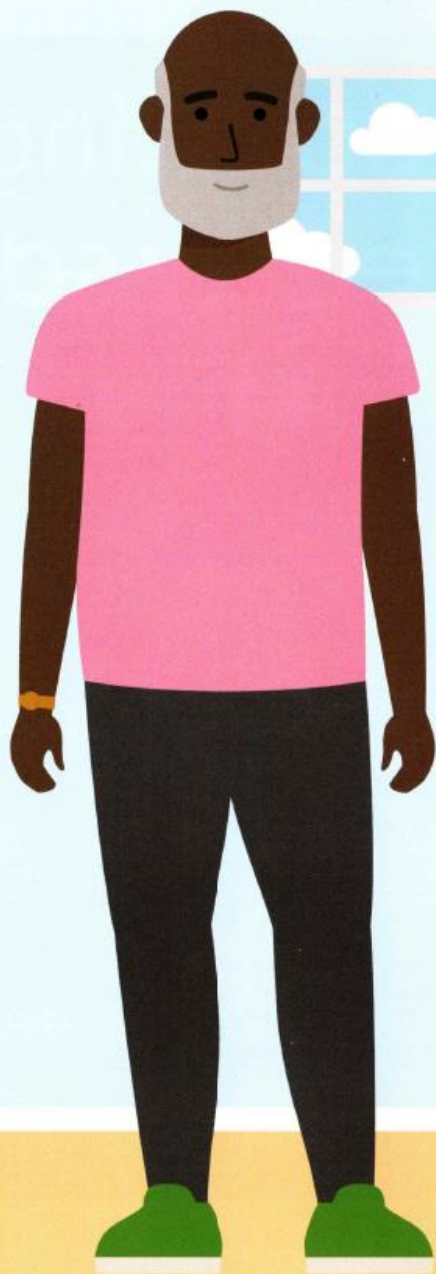
Listen to your body

You know your body best, so take charge if something doesn't look or feel quite right or won't go away.

The symptoms listed here are more likely to be caused by something other than cancer. But if you do notice any of these, or something else unusual even if it's not on the list – talk to your doctor.

Feeling unwell:

- Very heavy **night sweats or fever**
- Unexplained **weight loss**
- An unexplained **pain or ache**
- Feeling more **tired** than usual
- **Breathlessness**
- **Appetite loss**



Mouth and throat:

- **Croaky voice or hoarseness** that won't go away or a **lasting cough**
- A **mouth or tongue ulcer** that lasts longer than three weeks
- **Difficulty swallowing**
- **Coughing up blood**

Upper body:

- Long-lasting **heartburn or indigestion**
- Persistent **bloating or tummy pain**

Going to the toilet and genitals:

- A **change in bowel habit**, such as constipation, looser poo or pooing more often
- **Blood in your poo or pee**
- **Problems peeing**

Skin:

- A **sore** that won't heal
- A **mole** that's new or changed
- An **unusual lump** or swelling anywhere on your body
- Unexplained **bleeding or bruising**

Talk to your doctor

Whether it's via phone, video or face-to-face, your doctor wants to hear about any unusual changes you're experiencing. If you're worried about talking to a doctor, here are some tips:

Be prepared

Think about how to describe any changes and how long you've had them for. Writing down what you want to say and ask can help.

Be honest

Tell the doctor about anything unusual, even if it doesn't seem important or you think it might be embarrassing. Your doctor is a professional and is used to helping with lots of different types of symptoms.

Be thorough

Mention all your symptoms and don't put it down to 'just getting older', or assume it's part of another health condition.

Stick with it

Don't worry you might be wasting your doctor's time. Even if you're struggling to get an appointment, or you've been to see them already, they want to know if something's still not quite right.