CANCER RED FLAG SYMPTOMS

TALK TO YOUR DOCTOR IF ANY OF THESE THINGS ARE HAPPENING TO YOU

- Getting out of breath doing things you are normally able to do easily.
- Chest pain or a chest infection that doesn’t go better.
- A cough that doesn’t go away or difficulty swallowing.
- Moles that itch or bleed.
- Moles that change colour, shape or size.

- Coughing up blood.
- Feeling tired or weak when it is unexpected.
- Vomiting, this means being sick.

- Blood in your poo or wee.
- Diarrhoea, this means having the runs.
- Not being able to poo or changes to how often you poo.
- Feeling like you still need to poo even after you’ve been.
- A pain in your bottom.
- Needing to wee urgently.

- Pain in your stomach.
- Unexpectedly losing weight.
- Bloated or swollen stomach.
- Not eating or not feeling hungry.
- Feeling full up all of the time.
- Indigestion that doesn’t go away, this is a burning feeling in your chest after eating.

- Lumps or skin thickening on breasts or arms.
- Skin changes such as a rash, dimpled skin or skin reddening.
- Changes to your nipples such as dryness, leaking or inverted nipples.
- Pain, swelling or any changes to your breast.

LISTEN TO YOUR BODY!

IF YOU NOTICE ANYTHING DIFFERENT ABOUT YOUR BODY, TALK TO YOUR DOCTOR

This poster has been developed by People First Mersyside for use by NHS England Cheshire and Merseyside.