

Signs of cancer

Symptoms, Screening and Staying Healthy



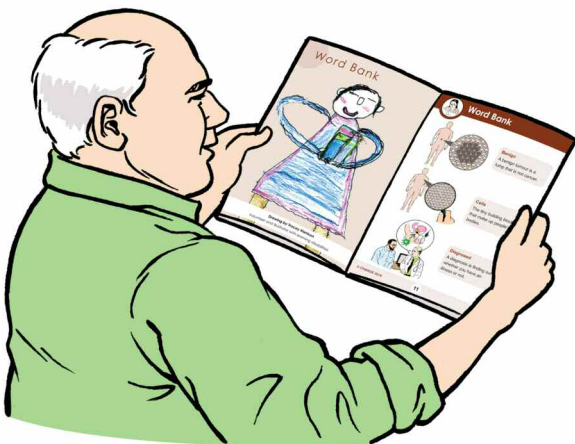
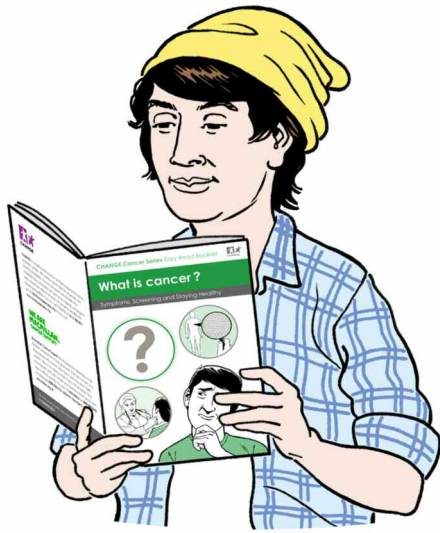
Introduction

This booklet uses easy words and pictures to help you get information about cancer.

You might want someone to help you look at the booklet so you can talk about it.

There is a Word Bank at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank.

This booklet can help you learn about cancer. But this is not the same as talking to your doctor. If you are worried about your health, you should talk to a doctor or nurse.

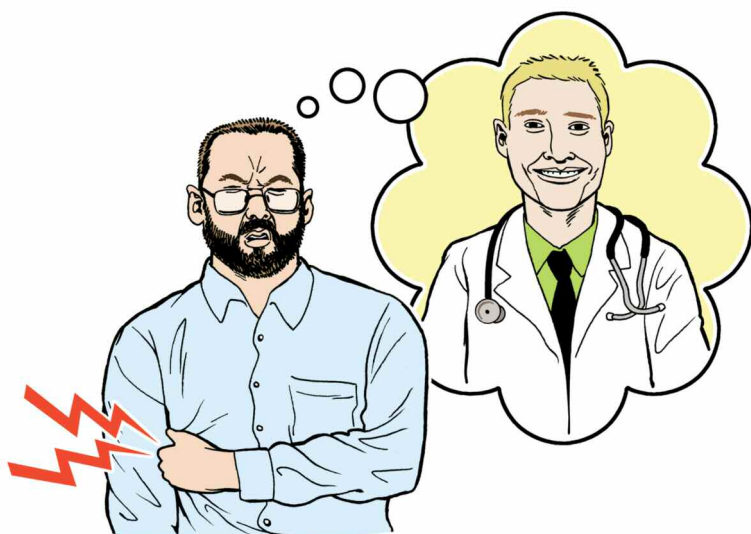




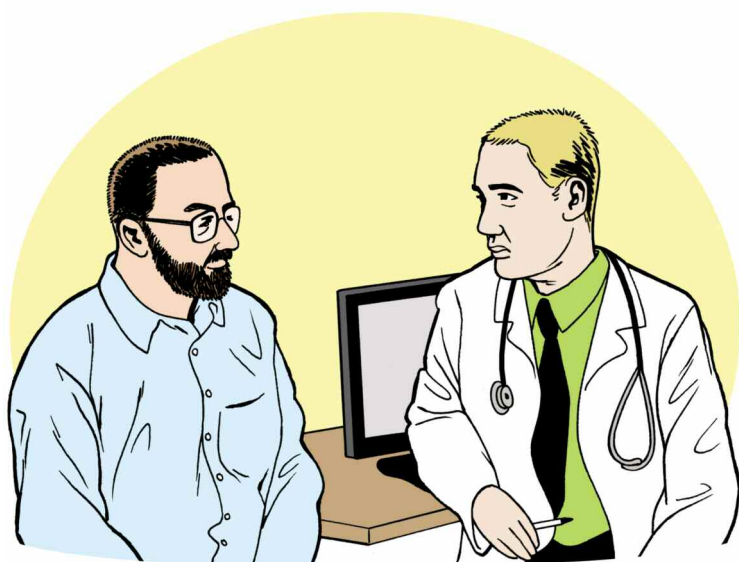
Signs of cancer



Cancer can cause signs and **symptoms** in your body. You can look out for these.



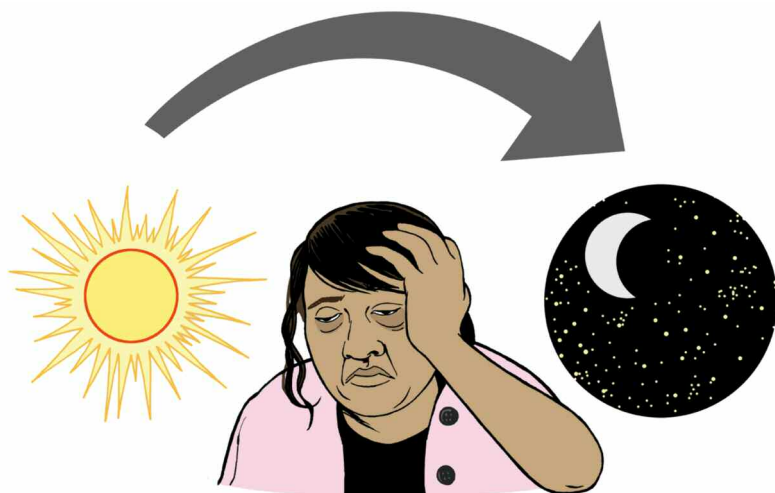
Sometimes these signs and symptoms are caused by other illnesses. But it is important to have them checked.



If you have any of the following symptoms **see your doctor as quickly as possible.**

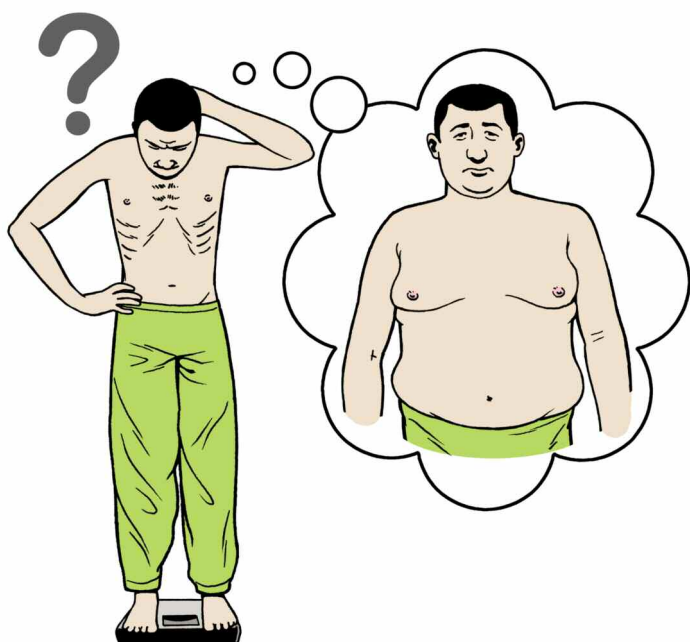


Signs of cancer



See your doctor:

If you start to feel tired all the time.



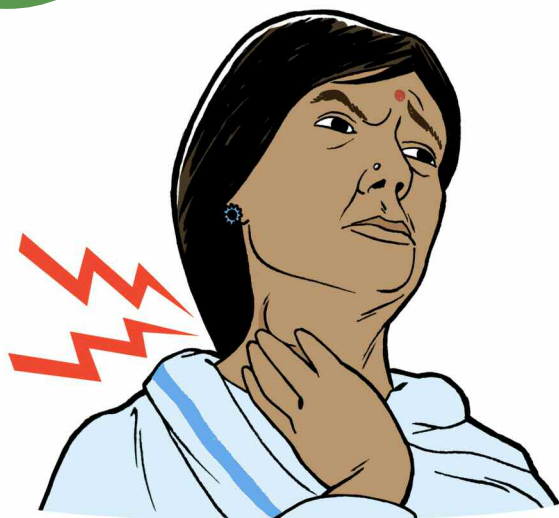
If you lose weight but do not know why.



If you have a nasty cough or sore throat that does not go away.

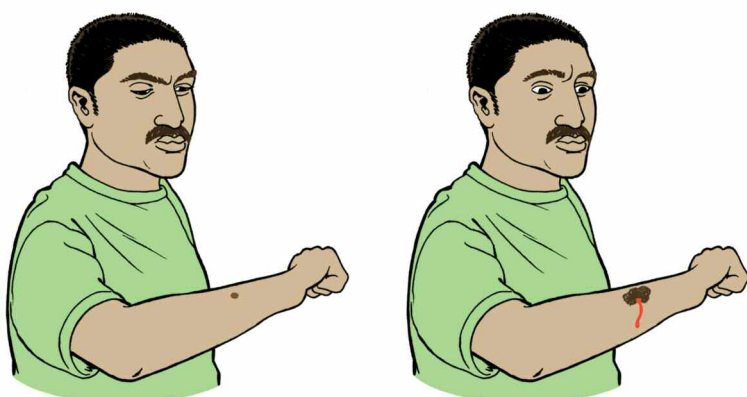


Signs of cancer



See your doctor:

If you have a lump under your skin anywhere on your body. Even if it does not hurt.



If you have moles on your skin which have changed shape or colour, or started to bleed.



If you have an ache or pain that does not go away and you do not know why.



Signs of cancer



See your doctor:

If you find it hard to swallow food or drink.



If there is blood in your wee or poo.



If you find it hard to do a poo (**constipation**).



Signs of cancer



See your doctor:

If you have runny poos
(diarrhoea).



If you do not feel hungry
(lose your appetite).



If you get bruises for no
reason.

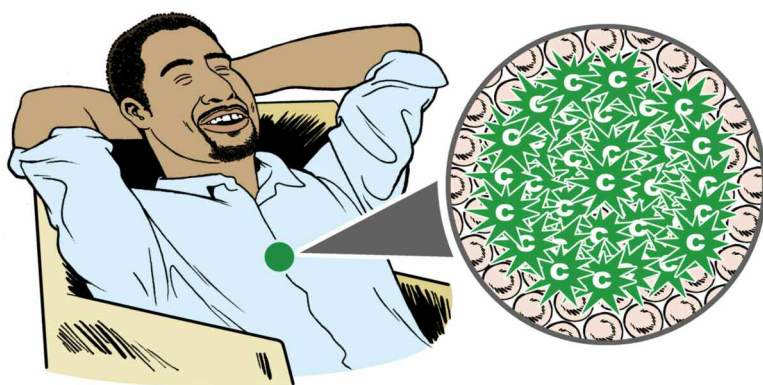


Signs of cancer

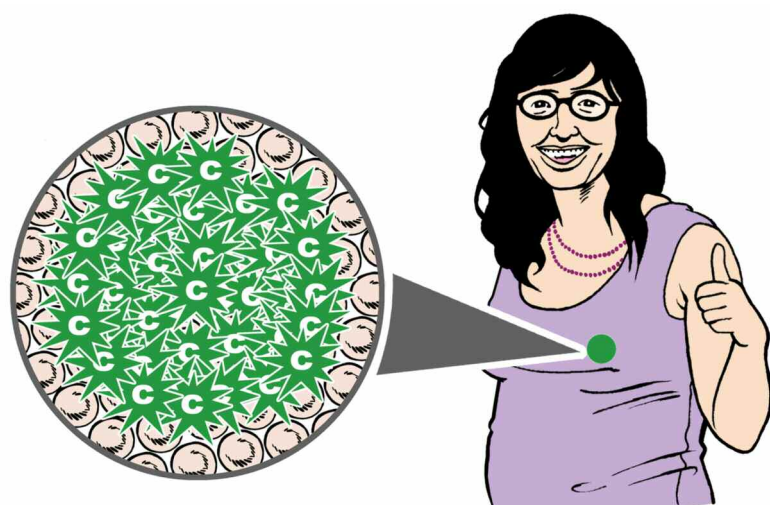


See your doctor:

If you have a headache all the time.



Some people who have cancer do not show any of these signs or symptoms.



Some cancers like **breast cancer** and **cervical cancer** may not cause any pain or symptoms.



Signs of cancer



Sometimes these cancers are found because the person goes to their doctor about something else.



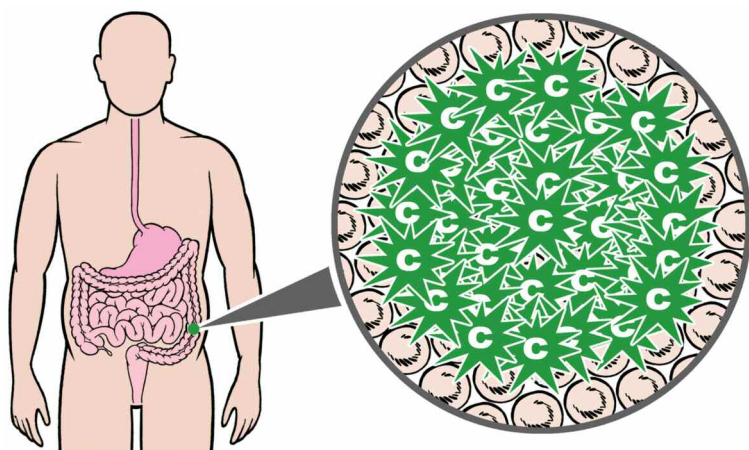
It is very important to go for **screening**. Screening means having tests that can find cancer early.



Older people are more likely to get certain cancers.



Signs of cancer



Bowel cancer is more common in people over the age of 60.



If you are over 60 you will get a bowel cancer test sent to you through the post. This is called an **F.O.B test**.



It is very important to do this test. It asks you to take 6 samples of your poo and send them back.



Signs of cancer



They will test for blood in your poo. This can sometimes be a sign of cancer.



If any blood is found in your poo, you will be asked to go for more tests.

Word Bank

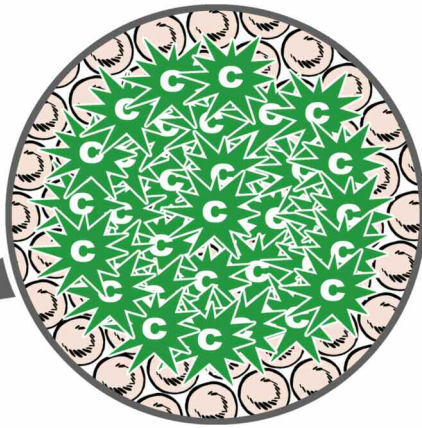
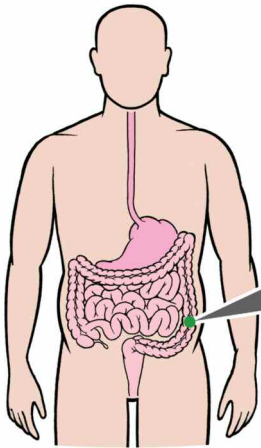


Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities

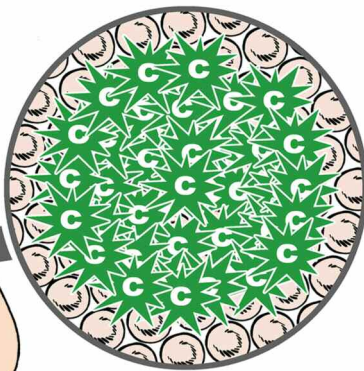
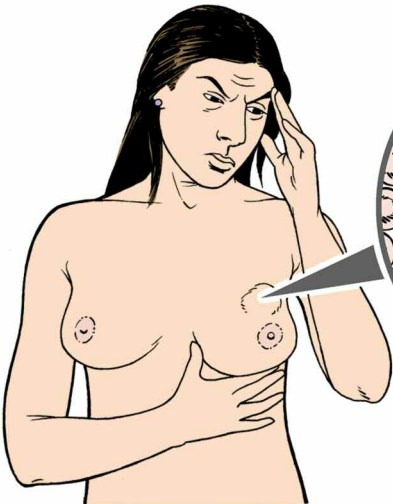


Word Bank



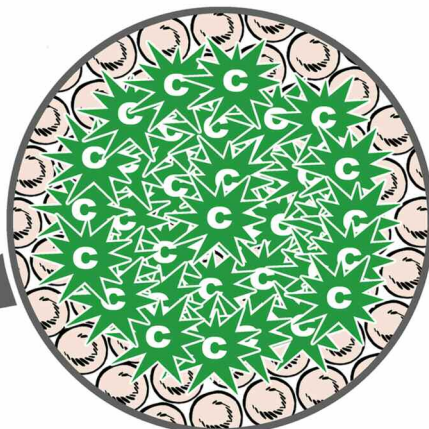
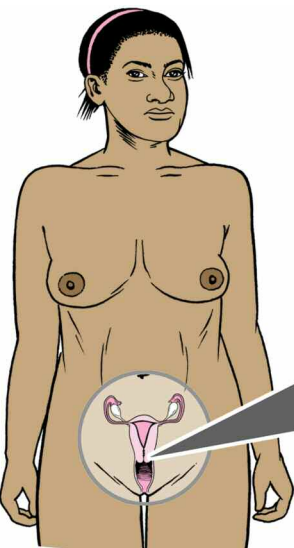
Bowel cancer

When a person has cancer in their bowel.
The bowel is a long tube inside your body. It helps to digest food.



Breast cancer

When a person has cancer in their breast.



Cervical cancer

When a person has cancer in their cervix. The cervix is inside your body at the top of your vagina.



Word Bank



Constipation

Finding it hard to have a poo.



Diarrhoea

When your poo is watery and runny and you have to go more than usual.

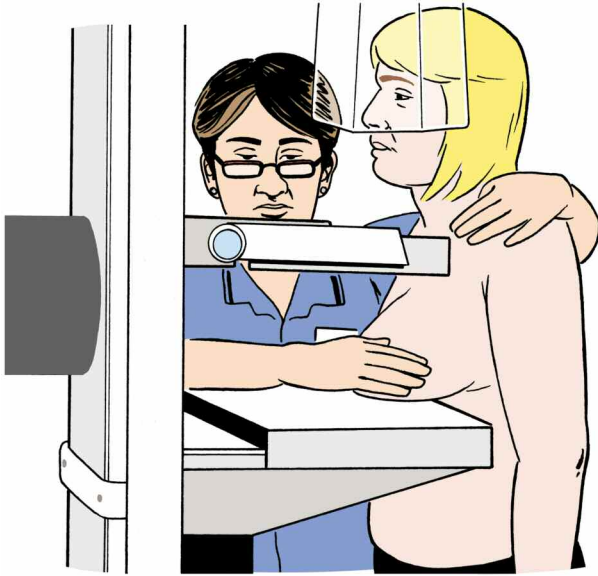


F.O.B. test

This stands for Faecal Occult Blood test. It is a test to check if your poo has blood in it.



Word Bank



Screening

These are special tests that can sometimes find cancer early.



Symptoms

Signs in your body that tell you something is wrong, like feeling tired all the time.



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Useful contacts



Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities



Useful contacts

Helpful organisations

Breast Cancer Care

Gives information and support to women with breast cancer, and their family and friends.

Phone: 0808 800 6000

Web: www.breastcancercare.org.uk

Brook

Brook gives young people free, confidential information about health, sex and relationships. Find your local Brook centre on their website.

Web: www.brook.org.uk

Cancer Research UK

A charity that is researching treatments for cancer. Its website has lots of information about cancer.

Phone: 0808 800 4040

Web: www.cancerresearchuk.org

Macmillan Cancer Support

A charity that helps people who have cancer. They give practical, medical and financial support. They try to make cancer care in the UK better.

Phone: 0808 808 00 00

Web: www.macmillan.org.uk





Useful contacts

NHS Contacts

These contacts give you information about your health and health services:

England and Scotland **Phone: 111**

Wales **Phone: 0845 46 47**

Northern Ireland **Web: www.hscni.net**

Paul's Cancer Support Centre

Gives help, information and complementary therapies to people with cancer.

Phone: 0207 924 3924

Web: www.paulscancersupportcentre.org.uk

RESPOND

Gives therapy to people with learning disabilities after trauma or abuse. They also offer training and support to carers.

Phone: 0808 808 07 00

Web: www.respond.org.uk





Useful contacts

Written and audio material

Books Beyond Words

A series of picture books for people with learning disabilities. The books talk about cancer, health and bereavement.

Web: www.booksbeyondwords.co.uk

Phone: 020 8877 9799

Email: admin@booksbeyondwords.co.uk

Cervical Screening - Information for Women with Learning Disabilities

An information folder for women with learning disabilities about going for cervical screening. Produced by Elfrida Rathbone Camden.

Phone: 020 7424 1601

Web: www.elfridacamden.org.uk



FAIR Multimedia

Publishes a range of health leaflets, audio discs and CDs for people with learning disabilities. This includes a series on cancer.

Email: fair@fairadvice.org.uk

Phone: 0131 662 1962

Web: www.fairadvice.org.uk/health-publications.php



Useful contacts

Taking Good Care - supporting people with learning disabilities to be breast aware.

Easy read booklet about looking after your breasts for women with learning disabilities. Also includes a guide for carers. Produced by Breast Cancer Care and Cardiff People First.

Breast Cancer Care

Web: www.breastcancercare.org.uk

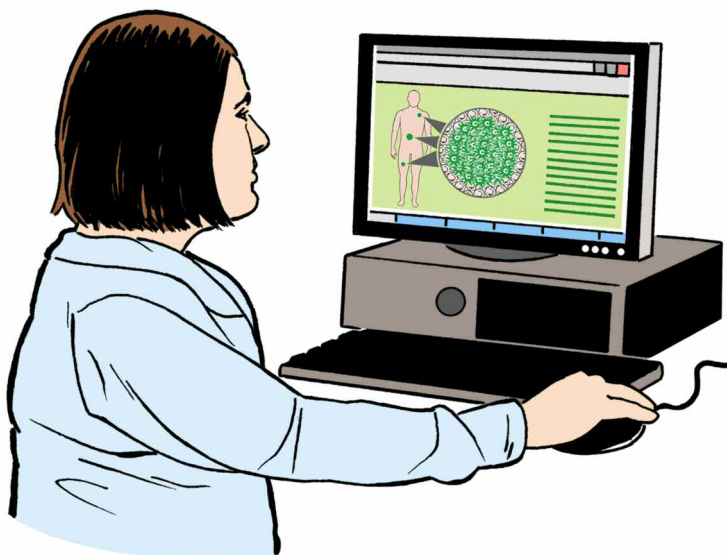
Phone: 0808 800 6000

Cardiff People First

Phone: 029 2023 1555



Online help



www.easyhealth.org.uk

Has lots of online health information that is easy to understand.

www.macmillan.org.uk

Has lots of information about cancer and where to get help. You can also talk to other people with cancer in the online community.



Useful contacts

Videos and DVDs

Leeds Animation Workshop

Has animated films on social issues for people with learning disabilities. There is one called 'Getting Better' about going to the doctor and the health clinic.

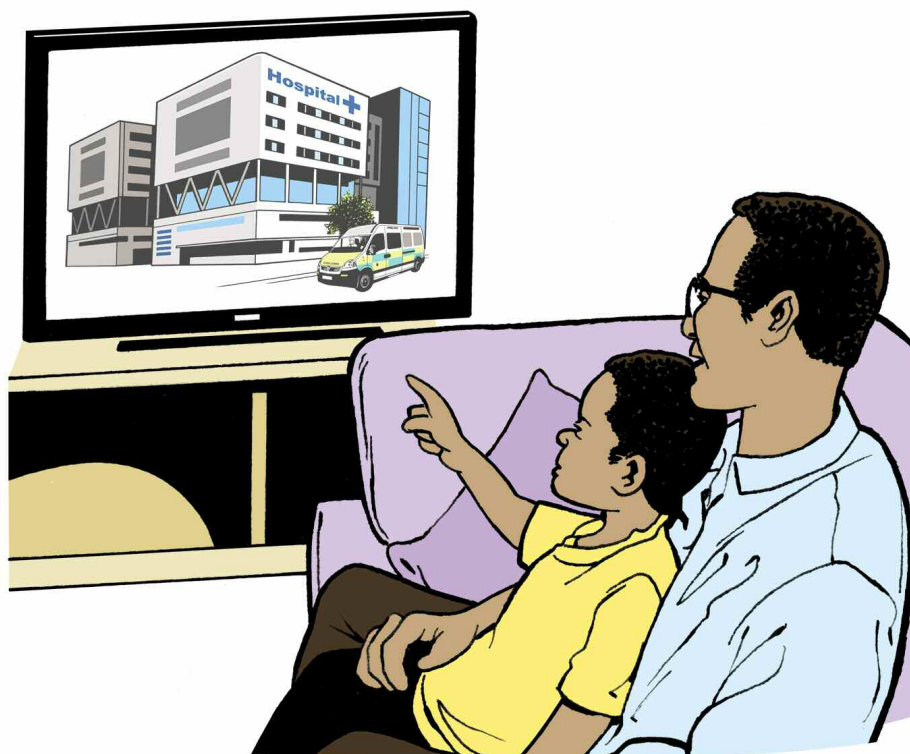
Phone: 0113 248 4997

Web: www.leedsanimation.org.uk/index.html

Speak Up Self Advocacy

Has DVDs and booklets for people with learning disabilities about health and illness.

Web: www.speakup.org.uk





CHANGE is a leading national Human Rights organisation led by disabled people. We work for equal rights for all people with learning disabilities. The cancer books and booklets that CHANGE have produced are part of an ongoing campaign to raise awareness about the issues of cancer for people with learning disabilities. You can call CHANGE on **0113 242 6619**, email **info@changepeople.org** or find us at **www.changepeople.org**

WE ARE MACMILLAN. CANCER SUPPORT

Macmillan Cancer Support has reviewed the information in this booklet and paid for it to be produced. They are a charity who help people with cancer. They have nurses and other health workers. They try to make cancer care in the UK better. They have experts who can answer your questions about cancer and how it affects your life. You can call **Macmillan** on **0808 808 00 00** or textphone **0808 808 0121 (Mon–Fri, 9am–8pm)**. Or go to **macmillan.org.uk**

This easy read booklet was produced by CHANGE

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