

Noticed an unusual change to your body? Don't sit it out, get it checked out.

Contact your GP, the NHS is here to help!

During this time of COVID-19 there are different ways you can contact your GP to get advice or make an appointment.

- Telephone
- Text
- Video call
- Email



Find the contact details of your local GP practice

www.nhs.uk/contact-us/find-contact-details-gps-hospitals-and-other-services

See inside this leaflet for signs and symptoms of cancer.

The symptom might not be due to cancer. But if it is, the earlier it's picked up the higher the chance of successful treatment. You won't be wasting your doctor's time. Your doctor will want to know.

Know the signs and symptoms Men

KNOW YOUR BODY

Get to know what's normal for you. If you notice any of these symptoms, or anything else that's not quite right, see your doctor.

Persistent heartburn or indigestion

Change in bowel habit, such as constipation, looser poo or pooping more often, persistent bloating

Blood in your poo (stool)
Problems peeing
Blood in your pee (urine)

Don't forget even if it's not on this list, it's still best to get any changes checked out by your doctor.

Coughing up blood
Croaky voice or hoarseness that won't go away
Persistent cough
A tongue or mouth ulcer that lasts longer than 3 weeks

Breathlessness
Difficulty swallowing

An unusual lump or swelling anywhere on your body
A new mole or changes to a mole
A sore that won't heal
Unexplained weight loss
Very heavy night sweats
An unexplained pain or ache
Appetite loss

Know the signs and symptoms Women

KNOW YOUR BODY

Get to know what's normal for you. If you notice any of these symptoms, or anything else that's not quite right, see your doctor.

Very heavy night sweats

A sore that won't heal

Unexplained weight loss

A new mole or changes to a mole

An unexplained pain or ache

Change in bowel habit, such as constipation, looser poo or pooping more often, persistent bloating

Unexplained vaginal bleeding, such as bleeding from the vagina after sex, between periods or after the menopause

Blood in your poo (stools)

Blood in your pee (urine)

Problems peeing

Croaky voice or hoarseness that won't go away

Persistent heartburn or indigestion

A tongue or mouth ulcer that lasts longer than 3 weeks

Difficulty swallowing

Appetite loss

Coughing up blood

Persistent cough

Unusual breast changes such as any change in the size, shape or feel of a breast, including any nipple or skin changes

A unusual lump or swelling anywhere on your body

Don't forget even if it's not on this list, it's still best to get any changes checked out by your doctor.

The advice remains that you should not travel to A&E or your doctor's surgery if you are experiencing any typical symptoms of coronavirus.

Use the 111 online coronavirus service if you have either:

A high temperature

This means you feel hot to touch on your chest or back (you do not need to measure your temperature).

A new continuous cough

This means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).

These are the main symptoms of coronavirus.

The 111 online coronavirus service will ask about your symptoms and tell you what to do.



Use the **111** online coronavirus service.

Only call **111** if you cannot get help online.



Cambridgeshire and
Peterborough
Clinical Commissioning Group