



Speakup and Yorkshire and Bassetlaw Cancer Alliance are working together



## Be Cancer Aware



Click here to see a message from  
North East and Cumbria Learning  
Disability Network



<https://www.youtube.com/watch?v=laL-RcyQ9Vs&feature=youtu.be>



The thought of Cancer  
is very frightening for  
most people



But the **Big Message**

**Early check ups are  
good for everyone**

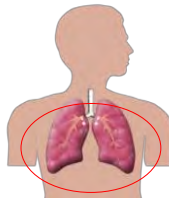


Make an appointment  
if you have any worries

You can take a friend,  
family member, or  
supporter with you



Click on the link to choose  
what you want to look at



Page 5/6



Click here



Page 9/16



Click here



Page 17/20



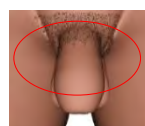
Click here



Page 21/24



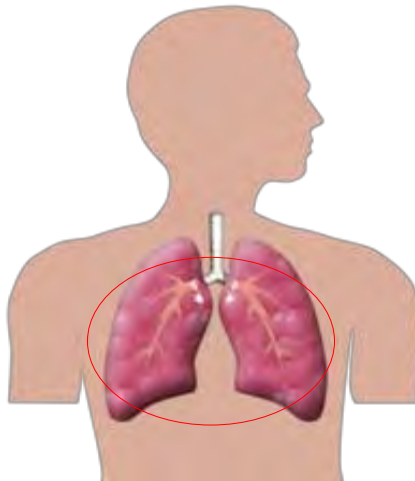
Click here

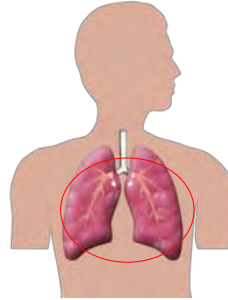


Page 25/28



Click here



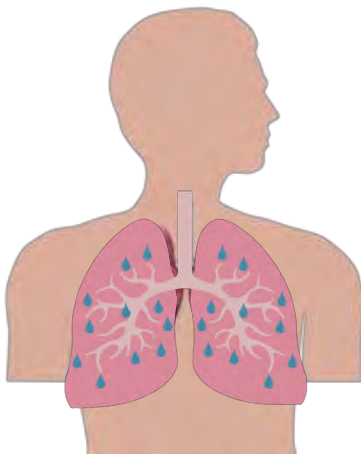


## Lung Cancer

Some signs to look out for:



A cough that won't go away



Chest infections and a pain when breathing



Being out of breath and  
feeling tired



Losing weight without trying



Click here to see a message  
from North East and Cumbria  
Learning Disability Network:



<https://youtu.be/MekR-mKVqB8>





These signs don't mean  
you have cancer

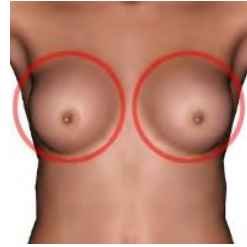
**But ...**



**Early check ups are  
good for everyone**







## Breast Cancer

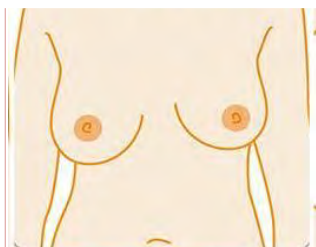
Some signs to look out for:



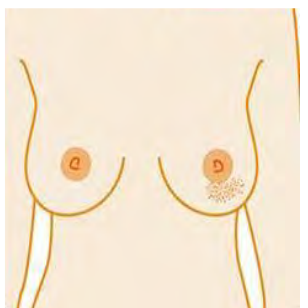
A lump in either breast that wasn't there before



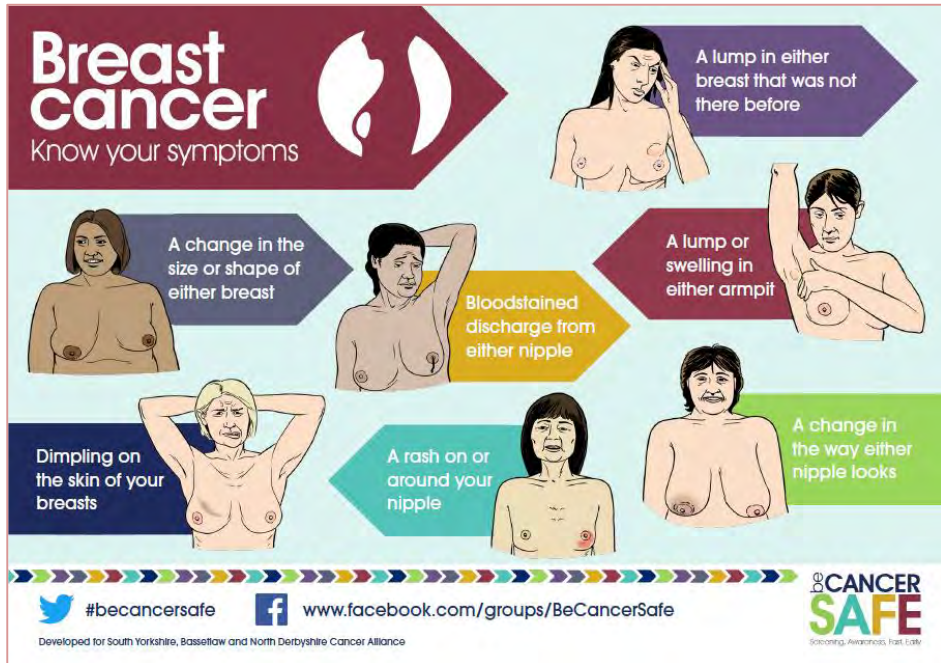
A lump or swelling in either armpit



A change in the size or shape of either breast



Dimpling or a rash round either nipple



These signs don't mean  
you have Breast Cancer



**But ...**

**Early check ups are  
good for everyone**



**Bowel  
cancer**  
Know your symptoms



**Bowel  
cancer**  
Know your symptoms



## Bowel Cancer

Some signs to look out for:



A change in the time, or how often, you go to the toilet



Blood in your poo

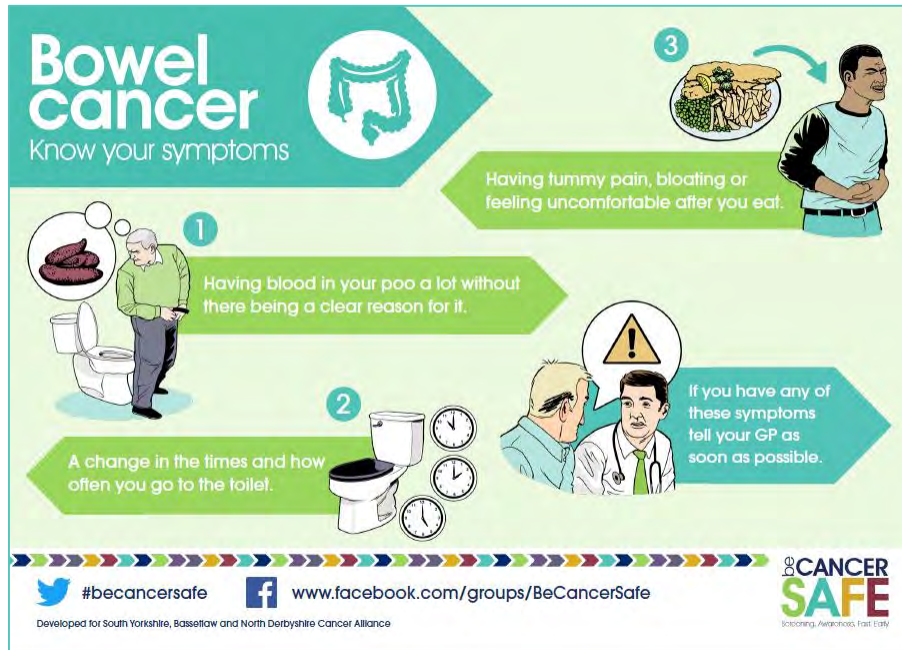




- Pains or bloating after food



- Losing weight without trying



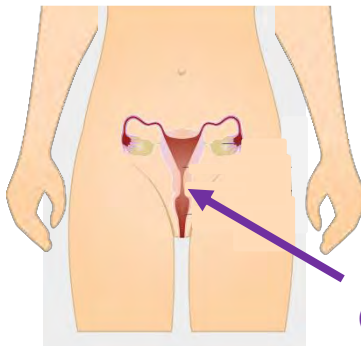
These signs don't mean  
you have cancer

**But ...**



**Early check ups are  
good for everyone**





Cervix

Your Cervix is tucked away  
inside the lower half of  
your body



## Cervical Cancer

Some signs to look out for:



Bleeding at times you do  
not expect to



Pain and discomfort  
during sex



Bleeding after sex

**Cervical cancer**  
Know your symptoms

Bleeding outside of your normal periods

New bleeding after the menopause

Bleeding after sex

Pain and discomfort during sex

Cervical Cancer often has no symptoms in its early stages.  
Speak to your GP if you have these symptoms.

#becancersafe [www.facebook.com/groups/BeCancerSafe](https://www.facebook.com/groups/BeCancerSafe)

Developed for South Yorkshire, Bassetlaw and North Derbyshire Cancer Alliance

**CANCER SAFE**  
Screening. Awareness. Fast track.



These signs don't mean  
you have cancer

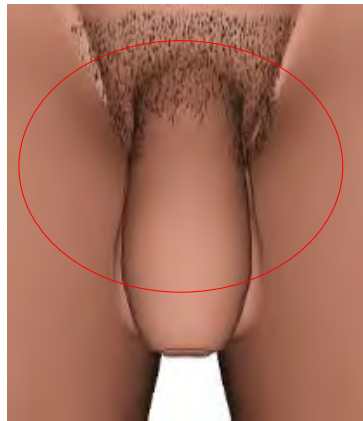
**NHS**

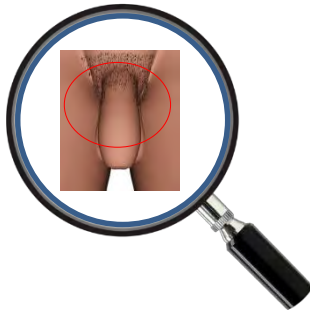
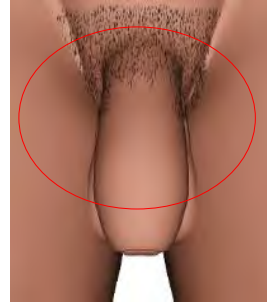


**But ...**

**Early check ups are  
good for everyone**







## Prostate Cancer

Some signs to look out for:



Needing to rush to the toilet to wee



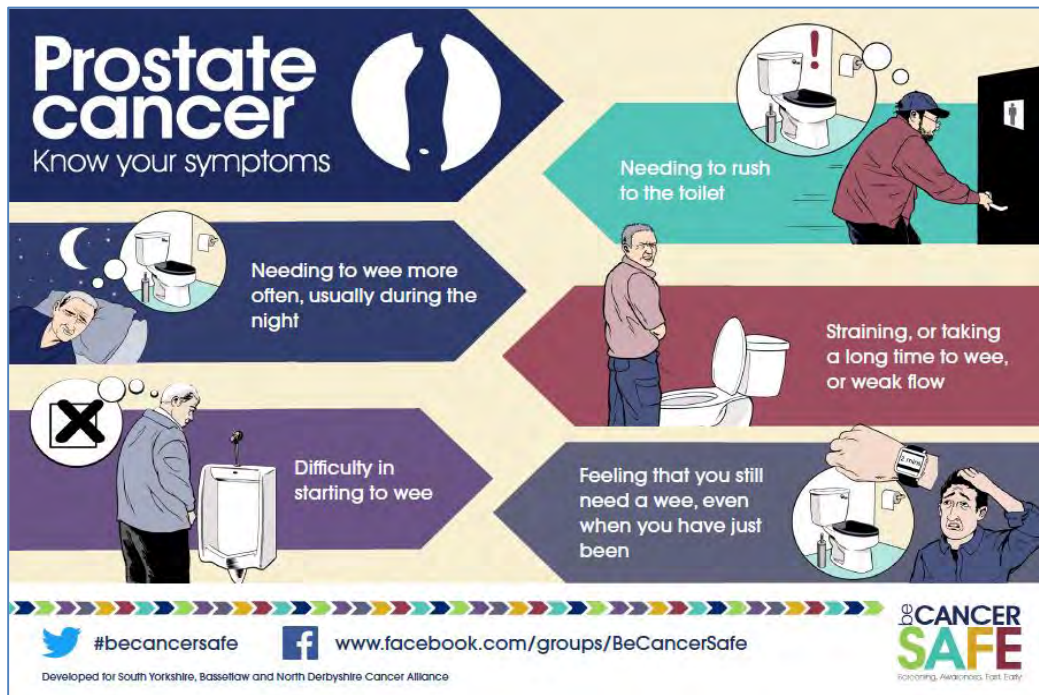
Need to wee often during the night



- Feeling that you still need a wee even though you have just been



- Difficulty in starting to wee



These signs don't mean  
you have cancer

**But ...**



**Early check ups are  
good for everyone**



## Be Cancer Aware



Early Checkups are good for  
**Everyone**