Let's be clear ...about skin cancer

Skin cancer rates in Britain have risen faster than any of the top ten cancers in males and females.

Spotting the early signs and symptoms of skin cancer:

• Keep an eye on your skin and look out for any changes
• Changes in size, shape or colour of a mole
• A sore that won't heal after several weeks
• Sore or spots that is crusted, bleeds or oozes

If you have any of these symptoms tell your doctor.

Let's be clear ...about prostate cancer

Prostate cancer is the most common cancer in men in the North of England.

If you need to pee more frequently, particularly during the night, you need to tell your doctor.

Spotting the early signs and symptoms of prostate cancer:

• Needing to rush to the toilet
• Difficulty in starting to pee
• Straining or taking a long time while urinating
• Weak flow
• Feeling that your bladder has not fully emptied

If you have any of these symptoms tell your doctor.

Let's be clear ...about oesophageal cancer

The North of England has some of the highest rates of one particular type of oesophageal cancer in the world.

If you have difficulty swallowing for more than one week, you need to tell your doctor.

Spotting the early signs and symptoms of oesophageal cancer:

• Unexplained weight loss
• Throat pain and discomfort
• Acid reflux – indigestion or heartburn
• Changes in voice or cough

If you have any of these symptoms tell your doctor.

Finding cancer symptoms earlier makes it more treatable and saves lives. Visit www.beclearoncancer.co.uk

Serena Hodgson
Breast Cancer Survivor
County Durham

Simon Rushworth
Skin Cancer Survivor
North Tyneside

Bill Chesters
Prostate Cancer Survivor
Gateshead

Alan Bainbridge
Oesophageal Cancer Survivor
County Durham

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Can you help shape the future of cancer healthcare?

The North of England Cancer Network is seeking people who have been affected by cancer either personally or as the carer or relative of someone who has. We need local people to give their thoughts and opinions about their experiences of cancer services, to find out what they thought was good about their care and how these services could be improved in the future.

By joining our patient and carer involvement network we will contact you from four to six times a year - in a way that you prefer for example by letters, telephone, text or email - to ask your views on particular issues about cancer services.

You might want to get more involved and join one of the local cancer involvement groups which meet four times a year across the North of England to discuss local improvements for cancer services and care. All you need to give is your time and your views - all out of pocket expenses such as travel will be met by the North of England Cancer Network. Your views are very important to us and you will gain a valuable perspective into how it feels to use these services - and the feedback we gain will be used to improve those services.

For further information please contact: 0191 275 47 80 www.cancernorth.nhs.uk

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Early diagnosis saves lives

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Serena Hodgson
Breast Cancer Survivor
County Durham
Let's be clear...about breast cancer

Breast cancer is the most common cancer in women in the North of England.

Spotting the early signs and symptoms of breast cancer:

- Any change which is unusual to you!
- Changes in the shape or size of your breast
- Skin changes such as dimpling
- Nipple changes
- A long standing cough that has changed or got worse or a change in long standing chest symptoms
- Unexplained or persistent cough
- Unexplained or persistent hoarse voice or change in voice
- Unexplained or persistent unexplained pain in your chest and/or shoulder
- Unexplained or persistent weight loss
- Unexplained or persistent increase or change in vision
- A persistent unexplained or persistent cough
- Unexplained or persistent unexplained back or shoulder pain
- Unexplained or persistent unexplained bleeding
- Unexplained or persistent unexplained fatigue
- Unexplained or persistent unexplained involuntary loss of weight
- Unexplained or persistent unexplained loss of appetite

If you have any of these symptoms tell your doctor.

Let's be clear...about bowel cancer

Bowel cancer is the third most common cancer in the North of England.

Spotting the early signs and symptoms of bowel cancer:

- During the last three weeks you have:
  • You have had less than three bowel actions per week,
  • You have had more than three bowel actions per day,
  • You have had blood in your stool,
  • You have had a change in your bowel habit which is unusual for you.

If you have any of these symptoms tell your doctor.

Let's be clear...about lung cancer

Lung cancer is the most common cancer in the North of England.

Smokers and so-called ‘non-smokers’ are at risk as lung cancer can affect non-smokers as well.

Spotting the early signs and symptoms of lung cancer:

- A prolonged cough: coughing more than three weeks
- Unexplained or persistent or worsening cough
- Unexplained or persistent or worsening or unexplained or persistent wheeze
- Unexplained or persistent or worsening or unexplained or persistent hoarseness
- Unexplained or persistent or worsening or unexplained or persistent shortness of breath
- Unexplained or persistent or worsening or unexplained or persistent weight loss
- Unexplained or persistent or worsening or unexplained or persistent increase in size of a primary tumour
- Unexplained or persistent or worsening or unexplained or persistent spread of tumour
- Unexplained or persistent or worsening or unexplained or persistent decrease in level of performance
- Unexplained or persistent or worsening or unexplained or persistent increase or change in vision
- Unexplained or persistent or worsening or unexplained or persistent change in hearing
- Unexplained or persistent or worsening or unexplained or persistent change in taste

If you have any of these symptoms tell your doctor.