Don’t delay
Get informed about Cancer in Men
Today
Europe against cancer
CANCER  EDUCATION  CO-ORDINATING  GROUP
There are certain warning signals which should make you react. Although, for example, a cough which lasts or a change in your urinary functions do not necessarily announce serious illness, some signals have to be taken seriously: in fact, they may be signs of a cancer that is developing.

Your chances of being cured are better if a cancer is detected and treated as soon as it becomes apparent. This brochure helps you to recognise and understand these warning signals, which must make you go and see a doctor as soon as possible.

(If also gives you some advice on how to reduce your risk of getting cancer.)

This brochure is part of an information campaign organised on the initiative of the European Union, in co-operation with national health authorities and cancer fighting organisations: “The European Week Against Cancer”.

In the “European Code against Cancer”, the European Commission recommends:

“See your doctor if you have persistent problems, such as a persistent cough, persistent hoarseness, a change in bowel or urinary habits or an unexplained weight loss” (Point 8).

“See your doctor if you notice a lump, a sore which does not heal (including in the mouth), a mole which changes in shape, size or colour, or any abnormal bleeding.” (Point 7)
“If you think you have any of these symptoms, don’t delay to see your doctor”

1. Something is wrong with your mouth/throat/voice
2. Your cough will just not clear up
3. Your stomach or bowels are giving you problems
4. You have seen blood in your urine
5. You’ve begun to have difficulty passing urine
6. One of your testicles has developed a lump
7. You’ve got a funny-looking mole or “spot” (may develop anywhere on the body)
8. You have discovered you’ve got a new lump (may develop anywhere on the body)
"Something is wrong with my mouth/throat/voice"

Having mouth ulcers, from time to time, is not unusual. But if a single ulcer appears on your lip or in your mouth and does not heal up in the usual way but grows or causes pain, this could be a warning sign of cancer.

Losing your voice when you have a cold also is not unusual. However, if your voice begins to sound hoarse for no good reason and is not improving after two weeks or so, this could be a sign of a serious illness, like cancer of the throat or voice box.

Statistics:
These cancers are more common with increasing age, particularly over 50. About 5000 men are diagnosed with lip, mouth, throat or voice box cancer, each year in the UK.

What should you do?
Remember that bad mouth hygiene, smoking and excessive alcohol can lead to mouth cancer. Should you notice a persistent change or if something new appears, even if it seems to be trivial to you, do still visit your doctor for advice - do not put it off.
A cough is a normal reflex of the body. We cough to clear our lungs and throat. A cough is a common symptom, particularly in smokers, and is usually caused by a simple infection. What is important, therefore, is to notice whether the cough is a new one which persists, or an old one, which has somehow changed. A new cough may be only a dry cough. A changed cough may be one which has started to get worse, or causes pain, or perhaps just sounds different. Blood-stained sputum should be taken very seriously. If shortness of breath develops this should not be ignored. All of these might mean lung cancer.

**Statistics:**

It is uncommon before the age of 40 years but then the rates rise steeply. About 26,000 men are diagnosed with lung cancer each year in the UK, a lifetime risk of 1 in 12.

**What should you do?**

If you smoke, stop if at all possible or, if not, then seriously cut down. If you believe your cough has changed its character or has developed out of the blue (e.g. there is no "flu" going around), and if your cough is not better after more than two weeks or so, then arrange to see your doctor. If you cough blood, arrange an urgent appointment.