

- Macmillan helpline 0808 808 00 00 (Mon-Fri 9am-8pm) if you, or someone you love has cancer, we're here to help for questions about health, finances or just to chat. www.macmillan.org.uk and In Your Area information about Herefordshire cancer support groups.
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- Alison Stemp, Macmillan Cancer Information and Support Advisor, Macmillan Renton Unit, Wye Valley NHS Trust, the County Hospital 01432 355444 ext 5459
hereford.cancerinfoandsupport@nhs.net
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- Jacqui Gardner, Macmillan Welfare Benefits Adviser, Herefordshire local one to one appointments for you or someone close to you with a cancer diagnosis 01432 377 587
macmillan@herefordshirecab.org.uk

Signs & Symptoms of Cancer

Alison Stemp

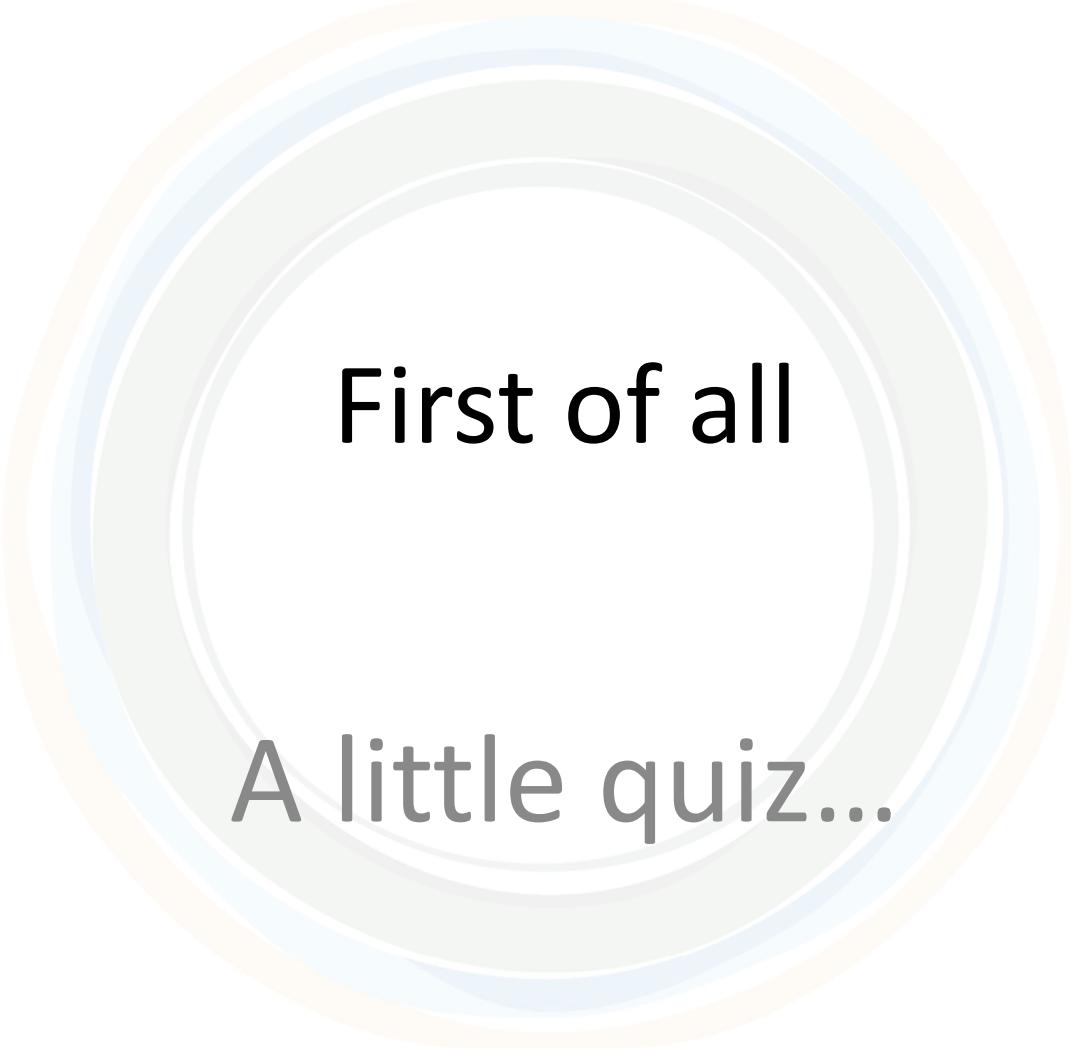
Macmillan Cancer Information & Support
Facilitator

Wye Valley NHS Trust



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First of all

A little quiz...



What are the most common types of cancer?

- Breast
- Prostate
- Colorectal
- Lung

What are the main risk factors?

- Smoking
- Obesity
- Alcohol
- Sedentary lifestyles
- Sun exposure
- Remember prevention is better than cure

Signs & Symptoms

- Depends on cancer
 - Breast
 - Lump
 - a change in the size or shape of one or both breasts
 - discharge from either of your nipples, which may be streaked with blood
 - a lump or swelling in either of your armpits
 - dimpling on the skin of your breasts (peau d'orange)
 - a rash on or around your nipple
 - a change in the appearance of your nipple, such as becoming sunken into your breast
 - Breast pain isn't usually a symptom of breast cancer.

Signs & Symptoms

- **Prostate**
- needing to urinate more frequently, often during the night
- needing to rush to the toilet
- difficulty in starting to pee (hesitancy)
- straining or taking a long time while urinating
- weak flow
- feeling that your bladder has not emptied fully

Signs & Symptoms

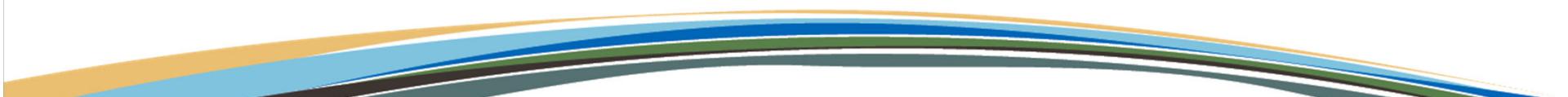
- Colorectal
 - **a persistent change in bowel habit** – going more often, with looser stools and sometimes tummy pain
 - **blood in the stools without other piles (haemorrhoids) symptoms**
 - **abdominal pain, discomfort or bloating always brought on by eating** – sometimes resulting in a reduction in the amount of food eaten and weight loss
 - Constipation, where you pass harder stools less often, is rarely caused by serious bowel conditions.

Signs & Symptoms

- Lung
 - a cough that doesn't go away after two or three weeks
 - a long-standing cough that gets worse
 - persistent chest infections
 - coughing up blood
 - an ache or pain when breathing or coughing
 - persistent breathlessness
 - persistent tiredness or lack of energy
 - loss of appetite or unexplained weight loss

Which cancer has the most rapidly rising incidence in 16-24 year age group?

- Melanoma



Skin Cancers

- 3 main types
 - BCC's
 - SCC's
 - Malignant Melanoma

Signs & Symptoms of skin cancer

- Basal cell carcinoma (BCC) usually appears as a small, shiny pink or pearly-white lump with a translucent or waxy appearance. It can also look like a red, scaly patch.
- There's sometimes some brown or black pigment within the patch.
- The lump slowly gets bigger and may become crusty, bleed or develop into a painless ulcer.

Signs & Symptoms of skin cancer

- Squamous cell carcinoma (SCC) appears as a firm pink lump with a rough or crusted surface. There can be a lot of surface scale and sometimes even a spiky horn sticking up from the surface.
- The lump is often tender to touch, bleeds easily and may develop into an ulcer.

Signs & Symptoms of skin cancer

- Malignant Melanoma
 - A - assymetry
 - B - border
 - C - colour
 - D - diameter
 - E - evolving

What cancer awareness month happens in March?

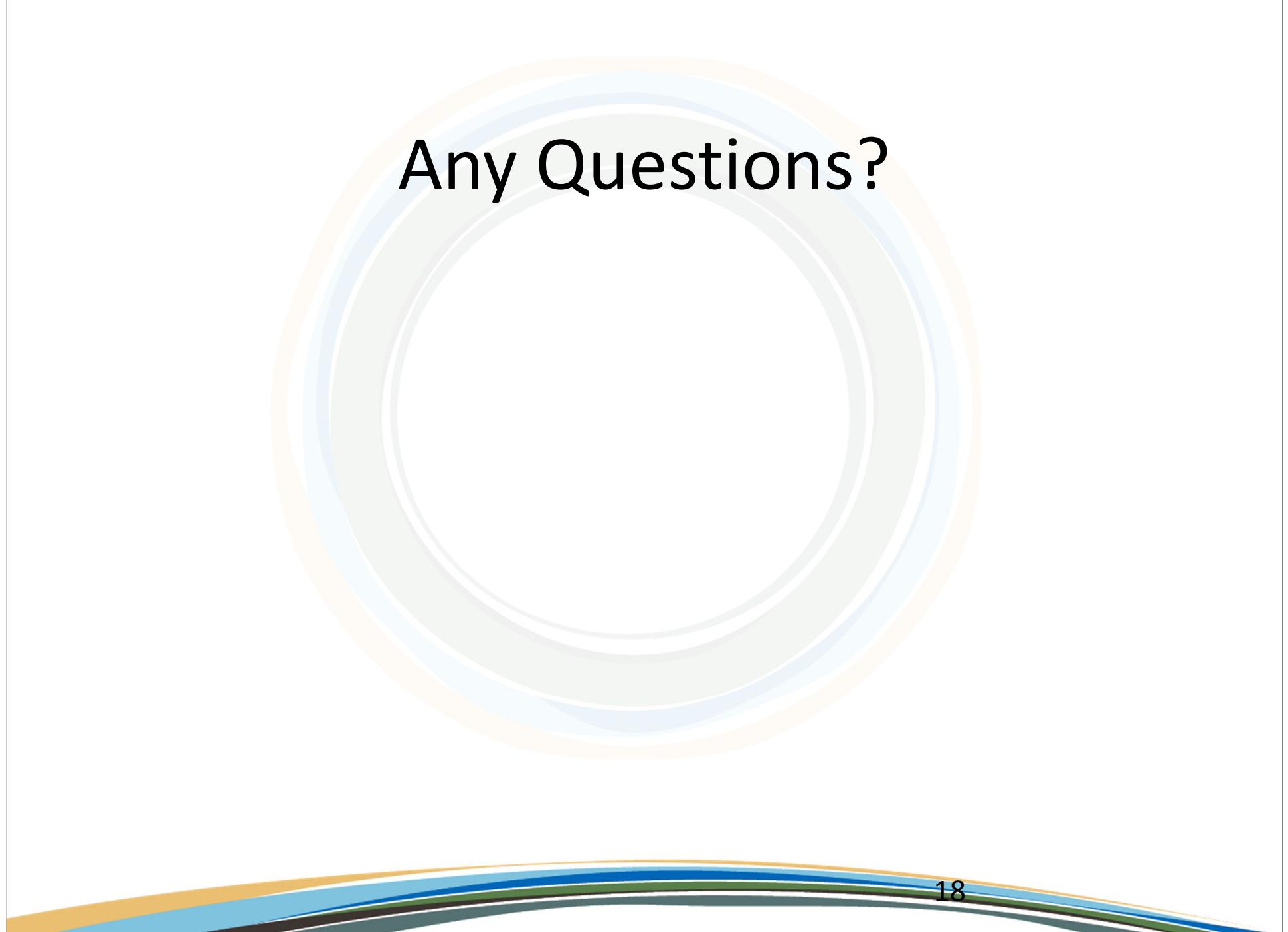
- Prostate
- Ovarian

Signs & Symptoms of Ovarian Cancer

- feeling constantly bloated
- a swollen tummy
- discomfort in your tummy or pelvic area
- feeling full quickly when eating, or loss of appetite
- needing to pee more often or more urgently than normal

Other symptoms of ovarian cancer can include:

- Persistent indigestion or nausea
- pain during sex
- a change in your bowel habits
- back pain
- vaginal bleeding – particularly bleeding after the menopause
- feeling tired all the time
- unintentional weight loss



Any Questions?

Thank you

Alison Stemp

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