



Cancer Awareness

World Cancer Day is an international day marked on 4th February to raise awareness of cancer and to encourage its prevention, detection, and treatment.

It is more important than ever due to the COVID19 situation we find ourselves in, that if we notice any changes in our body and have some concerns that some of the information on this sheet may apply to you, that you ensure you contact your GP for an appointment to discuss and not to delay.

Remember, your GP is available for appointments. It may be a remote appointment initially, but it essential that you engage with your GP if you have concerns.

Cancer is a global challenge. Today, thanks to research, 2 in 4 people in the UK survive their cancer for 10 years or more.

What Is Cancer?

Cancer is a disease which occurs when changes in a group of normal cells within the body lead to uncontrolled, abnormal growth forming a lump called a tumour; this is true of all cancers except

leukaemia (cancer of the blood).

Signs and Symptoms of Cancer

With so many different types of cancers, the symptoms are varied and depend on where the disease is located. However, there are some key signs and symptoms to look out for, including:

- Unusual lumps or swelling
- Coughing, breathlessness or difficulty swallowing
- Changes in bowel habit
- Unexpected bleeding
- Unexplained weight loss
- Pain or aching
- New mole or changes to a
- Unusual breast changes
- Appetite loss
- A sore or ulcer that won't heal
- Heartburn or indigestion

Cancer Treatment

Cancer treatments are improving rapidly, and although cancer can be a devastating and frightening illness, cure rates are increasing substantially for many cancers.

Cancer often requires intensive treatment, and the condition itself or side effects of the treatment may cause symptoms such as pain, fatigue, sickness and weight loss.

Occupational Health advice should be sought for work arrangements, particularly for safety critical work as each case is very individual.

Preventing Cancer – 7 Steps

1. Don't use tobacco-based products
2. Protect your skin from the sun
3. Eat a healthy diet
4. Be physically active
5. Maintain a healthy weight
6. Practice safe sex and avoid risky behaviours
7. Get immunised (HPV and Hepatitis vaccines)

Some Useful Links

Sources of further advice and support include:

[NHS](#)

[Macmillan Cancer Support](#)

[Cancer Research UK](#)

[World Cancer Day](#)