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NHS - "Be Clear On Cancer" Campaign:

To: All Branches

Dear Colleagues,

Have you...

...noticed blood in your pee? - Could be Bladder or Kidney Cancer!

- Find out more at:- <http://www.nhs.uk/be-clear-on-cancer/symptoms/blood-in-pee>

Around 17,450 people in England are diagnosed with bladder or kidney cancer each year. Both cancers affect men and women, although they are more common in men. Most people diagnosed with bladder and kidney cancers are over 50, although people of all ages can be affected.

...had heartburn for three weeks or more? - Could be Oesophagus (gullet) or stomach Cancer!

Find out more at:- <http://www.nhs.uk/be-clear-on-cancer/oesophagogastric-cancer>

There are around 12,900 new cases of these two cancers in England every year. Together, they cause over 10,200 deaths annually. Both cancers affect men and women, but are more common in men. More than nine out of 10 people who get cancer of the oesophagus or stomach are over 50.

...been coughing for three weeks or more? - Could be Lung Cancer!

Find out more at:- <http://www.nhs.uk/be-clear-on-cancer/lung-cancer>

There are some 34,000 new cases every year. It kills more men and women than any other form of cancer. Lung cancer affects people of all ages but is most common in those who are over 50.

...noticed a change to a mole or freckle? - Could be Skin Cancer!

Find out more at:- <http://www.nhs.uk/be-clear-on-cancer/skin-cancer>

You can develop skin cancer at any age but those aged 50 or over are more likely to get it. Over 2,300 people die from the disease in England each year (around 1,800 from melanoma and around 500 from non-melanoma). That's more than six people a day.

...noticed blood in your poo? - Could be Bowel Cancer!

Find out more at:- <http://www.nhs.uk/be-clear-on-cancer/bowel-cancer>

Bowel cancer is England's third most common cancer, with around 34,000 new cases each year. It is the second biggest cancer killer, but it needn't be that way. Bowel cancer affects both men and women. Nine out of ten people diagnosed with the disease are over 50 and those with a family history of bowel cancer are more at risk.

...noticed changes to your breasts? - Could be Breast Cancer!

Find out more at:- <http://www.nhs.uk/be-clear-on-cancer/breast-cancer>

Breast cancer is the most common cancer in England with around 41,200 women diagnosed each year. The older you are, the more likely you are to get it – one in three women who get breast cancer are aged 70 and over.

...felt bloated for three weeks or more? - Could be Ovarian Cancer!

Find out more at:- <http://www.nhs.uk/be-clear-on-cancer/ovarian-cancer>

There are over 5,900 new cases of ovarian cancer in England each year. It causes more than 3,500 deaths in England annually. Most cases of ovarian cancer occur after the menopause.

Book an appointment with your GP

These symptoms could be a sign of many things, but you're not wasting anyone's time by having them checked out. Book an appointment with your GP and if it's not serious, your mind will be put at rest.

What will happen at my GP appointment?

At your appointment, your GP may ask about your symptoms, family history and whether you've been exposed to any possible causes of cancer. In some cases, your GP may request tests such as a blood or urine sample, so it can be tested in a laboratory. Your GP may also carry out a physical examination. If your doctor suspects cancer, you'll be referred to a hospital for further tests.

Remember...

Acting quickly saves lives. In fact, it's gives a new lease of life.

Yours sincerely



Dave Joyce
National Health, Safety & Environment Officer

