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Take control of  
your health and  
be **wellaware**



**Be aware of your body and always get symptoms checked by a doctor. Early detection saves lives.**

**Cancer Focus Northern Ireland**  
40-44 Eglantine Avenue  
Belfast BT9 6DX



T: 028 9066 3281  
E: [wellaware@cancerfocusni.org](mailto:wellaware@cancerfocusni.org)  
[www.cancerfocusni.org](http://www.cancerfocusni.org)

Free Information  
& Support Helpline  
**0800 783 3339**



- Every year approximately 6,000 women and 6,500 men develop cancer in Northern Ireland.
- Risk of cancer increases with age but around half of all cancers can be prevented through a healthier lifestyle.
- No matter what age you are, you can start making lifestyle changes that can reduce your risk of cancer.



Don't smoke



Limit your alcohol consumption



Keep a healthy body weight



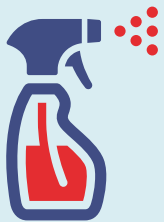
Be active for at least 30 minutes a day



Reduce red and processed meat - try chicken or fish



Limit your daily amount of salt



Always read the guidelines when using chemicals



Take care in the sun



Eat 5 portions of fruit and vegetables every day

## Early detection is vital

### Some signs and symptoms to look out for

- Unexplained weight loss or tiredness
- Unexplained persistent pain or ache
- A change in the size, shape or colour of a mole
- Unexplained lump or swelling
- A change to bowel motions that lasts longer than 6 weeks
- Persistent bloatedness or dragging feeling in the lower abdomen
- A cough or croaky voice that lasts longer than 3 weeks
- Blood in your urine or bowel movements
- Problems passing urine
- Unusual changes to the breast, e.g. a lump, pain/discomfort, veins becoming more visible, changes in size/shape, nipple discharge, rash

## Take part in screening programmes when invited

**In Northern Ireland, breast, cervical and bowel screening is available**