Take control of your health and be well aware

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

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Free Information & Support Helpine
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Notes

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
- Be active for at least 30 minutes a day
- Reduce red and processed meat - try chicken or fish
- Always read the guidelines when using chemicals
- Limit your alcohol consumption
- Keep a healthy body weight
- Limit your daily amount of salt
- 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