

Bowel cancer

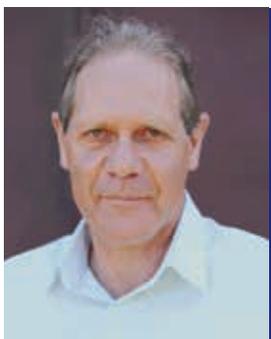
Common symptoms:

- blood in your poo

Or, for more than four weeks:

- a new pain, lump or swelling in your tummy
- losing weight without trying
- a change in your normal bowel habit, like:
 - runny poo
 - pooing more often
 - finding it hard to poo

- feeling tired
- looking pale
- problems breathing
- not feeling hungry



“Take time to be kind to yourself. When pain persists, get it sorted.”

Harley, Albany
Lost a loved one
Harley is a proud Noongar man.

Skin cancer

Common symptoms:

- any spots, freckles or moles changing in size, shape, colour, or becoming raised
- any crusty or non-healing sores
- a new spot or mole on your skin
- a spot that is different from your other spots on your skin



“Get your symptoms checked out. If you leave it, it could be a lot worse.”

Ann, Broome
Skin cancer

If you have symptoms, do not wait to take part in the national breast or bowel screening programs, as it could delay your diagnosis and lead to a worse outcome. National screening programs are designed to detect cancers **before** symptoms develop.

For further information visit findcancerearly.com.au



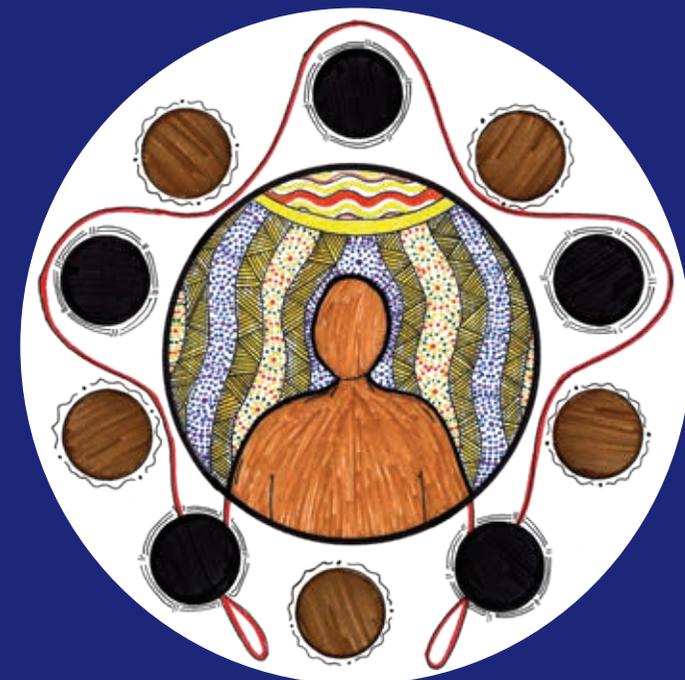
For support and information on cancer and cancer-related issues, call our Cancer Council nurses on **13 11 20** or visit cancerwa.asn.au.

Calls are confidential and available statewide Monday to Friday during business hours.



Find Cancer Early

Symptoms of common cancers and what to do if you notice a symptom



Artwork by Meena

This resource was developed for all Western Australians. Cancer Council WA's Aboriginal Advisory Group ensured it's culturally appropriate for Aboriginal people.

Partner:



Government of Western Australia
Department of Health



Get to know your body and what is normal for you. If you have a symptom, it does not mean you have cancer. In most cases, these symptoms will not be due to cancer but it's important that you discuss them with your doctor just in case.

If you notice any of these symptoms or other unusual changes in your body, talk to a doctor, clinic nurse or Aboriginal health worker early.

Lung cancer

Common symptoms:

coughing or spitting up blood

Or, for more than four weeks:

not feeling hungry

losing weight without trying

pain in your chest, shoulder, tummy or joints

feeling tired

a new cough or a change to your usual cough

finding it hard to breathe or swallow

a lot of chest infections

Breast cancer

Common symptoms:

a lump or hard area in your breast or underarm, especially if it is only on one side

a change to your nipple, like it's:

- pulled inwards

- leaking

- itchy or has a sore that won't heal

breast pain or discomfort, especially if it is only on one side

a change in the size, shape or feel of your breast

a change in the look of your breast, like:

- your skin looks like the skin of an orange

- your skin is wrinkling in small folds

- redness or rash

Prostate cancer

Common symptoms:

blood in your pee or semen

Or, for more than four weeks:

problems starting or stopping peeing

slow or weak flow when peeing

dribbling at the end of peeing

sudden or urgent need to pee

waking a lot at night to pee

needing to pee a lot

losing weight without trying

pain when you pee

problems controlling peeing

bladder not feeling empty after peeing



“You're not bullet proof. Go see your doctor if something's not right.”

Terry, Toodyay
Lung cancer



“If anything changes, just go and see the doctor.”

Deb, Geraldton
Breast cancer

Deb is a proud Noongar, Yamatji and Wongi woman.



“Make the time to get it checked out.”

Derek, Donnybrook
Prostate cancer