

What are the signs and symptoms of cancer?

Video transcript

0:00 Knowing the symptoms of cancer can help people get diagnosed as soon as possible and for most cancers, treatment is more likely to be effective if the cancer is found early. Different types of cancer have different signs and symptoms, the signs and symptoms can vary from person to person even if they have the same type of cancer. A symptom is a change in how you feel or how your body works.

0:30 If you have any symptoms there are three important things to think about. One is the symptom unusual this means a change in your body that is not normal for you. Perhaps a mole on your skin has changed you have a new lump on your body, or you find blood in your pee or Poo.

0:45 Two is the symptom ongoing, this means a symptom that lasts for more than a few weeks such as a cough, or it might be a symptom that keeps coming back like watery poo.

1:05 Three is the symptom unexplained this is a symptom that has no obvious or clear cause for example you may find you get very tired for no reason or are losing a lot of weight even though you aren't trying to.

1:23 It can sometimes be hard to book an appointment with your local doctor or GP. You may need to call them more than once but keep trying until you get one. You can say you're worried the symptoms might be cancer and can also ask for a longer appointment if you feel you need it.

When you make your appointment tell the receptionist if you have any extra needs such as an interpreter, if you prefer you can ask for a male or female GP but it might not always be possible.

1:45 It is important to get the symptoms checked even if you find it embarrassing. Your GP is there to help you if you want to it's fine to take another person with you for support.

You're not wasting your GP's time by getting your symptoms checked even if you have to go back a second time if you want a second opinion from a GP you can ask to see a different doctor.

2:08 Most symptoms can be caused by things that are not cancer but if you have any symptoms that are new or unusual for you should see your GP as soon as possible. If you are still worried after seeing your GP you can ask for another appointment.

Remember if you have any symptoms that are unusual ongoing or unexplained talk to your GP.

2.33 At Macmillan we do whatever it takes to support people living with cancer. Ask us if you need any information in your language or in a different format. For information support or just someone to talk to call 0808 808 00 00 or visit [macmillan.org.uk](https://www.macmillan.org.uk).