

# 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](http://findcancerearly.com.au)



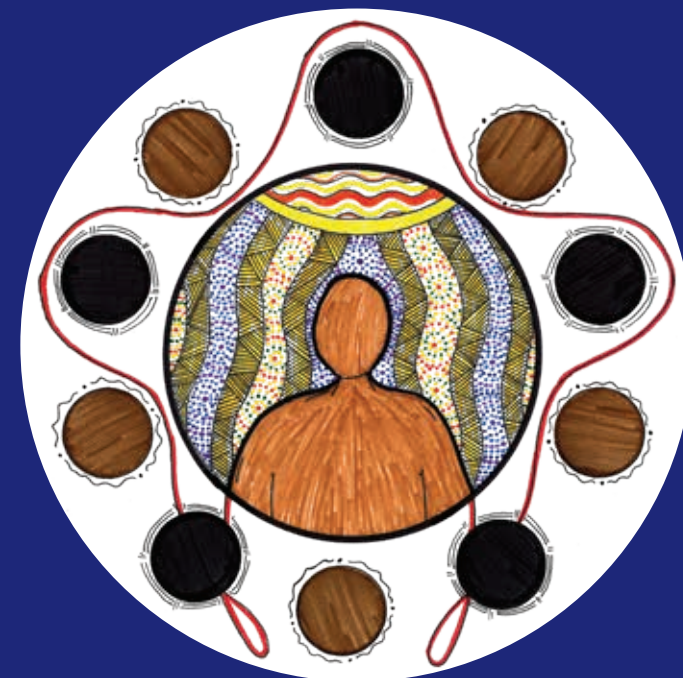
For support and information on cancer and cancer-related issues, call our Cancer Council nurses on **13 11 20** or visit [cancerwa.asn.au](http://cancerwa.asn.au).

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