



- Don't carry the worry of cancer with you, if something in your body doesn't feel right, contact your GP practice.
- We know that many people worry about cancer but sometimes put off getting checked because they hope the symptoms will go away or think they will get bad news. But finding cancer early makes it more treatable and can save lives.
- It's important that if you are worried about a symptom that could be cancer, to contact your GP practice. To rule out cancer, your GP may refer you for tests. Whatever the result, your NHS is here for you.
- Until you find out, you can't rule it out.
- For more information on cancer signs and symptoms go to [nhs.uk/cancersymptoms](https://www.nhs.uk/cancersymptoms)