

Know the signs of cancer

Look out for these possible signs of cancer when going to the toilet:



Changes in your poo, for instance having softer poo, diarrhoea, or constipation that is not usual for you, for three weeks or more.



Tummy discomfort or bloating for three weeks or more.



Blood in your poo, which may look red or black.



Blood in your pee, even just once.

Be aware of these or any other changes that are not normal for you and contact your GP practice if something doesn't feel right. It's probably nothing serious, but finding cancer early makes it more treatable and can save lives.

Be body aware

For more information on the signs of cancer go to **www.nhs.uk/cancersymptoms**