

# SPOT CANCER EARLY

If you do notice a change,  
chances are it won't be cancer.

Getting it checked by your GP  
isn't a waste of time.

It could save your life!

## 1 in 3 men

1 in 3 men in Ireland will get cancer in their lifetime.

## Your chances are good

Lots of people get cured or  
live a long time with cancer.

9 in every 10 men survive  
prostate and testicular cancers  
when they are caught early.

## What to look for

### Unexplained changes

- A lump or swelling
- Blood in your pee or poo
- Weight loss
- Pain that doesn't go away
- Bloating
- A sore that won't heal

### Changes that won't go away

- Trouble swallowing
- Mouth or tongue ulcer
- Feeling short of breath
- Trouble peeing, or stopping  
and starting
- Indigestion or heartburn
- A cough
- Changes in your voice
- Peeing more often

