

# Recognising Cancer Symptoms

Cancer is a disease where abnormal cells grow and spread in the body. It can affect almost any part of the body and often develops without obvious signs in the early stages. Recognising possible symptoms early gives people the best chance of diagnosis and treatment before the cancer becomes more advanced.



## Lung Cancer

Often silent in early stages, lung cancer symptoms tend to appear once the disease has progressed.

### Common Symptoms:

- Persistent or worsening cough
- Chest pain when breathing or coughing
- Shortness of breath
- Unexplained weight loss
- Coughing up blood



## Prostate Cancer

Prostate cancer often develops without obvious symptoms early on.

### Common Symptoms:

- Difficulty starting or stopping urination
- Weak or interrupted urine stream
- Frequent urination, especially at night
- Pain or discomfort in the pelvic area
- Blood in urine or semen



## Breast Cancer

Breast cancer is one of the most common cancers in women and often shows noticeable physical changes.

### Common Symptoms:

- New lump in the breast or underarm
- Change in breast shape or size
- Skin dimpling or puckering
- Nipple discharge or inversion
- Redness or flaky skin on breast or nipple



## Melanoma

Melanoma is often first noticed as a new or changing spot on the skin.

### Common Symptoms:

- New or unusual mole or spot
- Changes in size, shape, or colour
- Uneven borders or multiple colours
- Itchy, bleeding, or crusty lesion

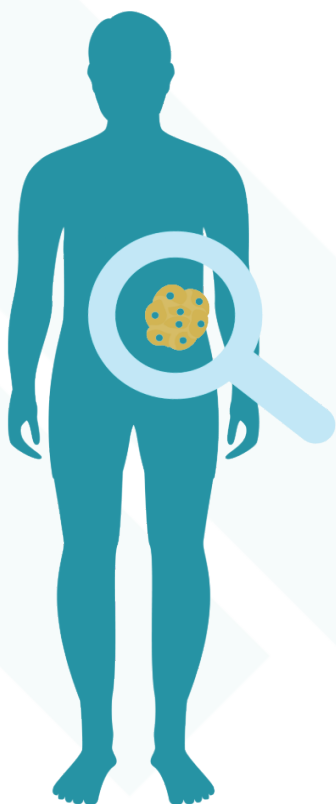


## Colorectal Cancer

Colorectal (bowel) cancer may not cause symptoms right away. Early screening is key.

### Common Symptoms:

- Blood in stool or rectal bleeding
- Ongoing diarrhoea or constipation
- Cramps, bloating, or discomfort
- Feeling of incomplete bowel emptying
- Unexplained fatigue or weight loss



## How Cancers Are Diagnosed

Cancer diagnosis usually begins with a discussion of symptoms and a physical examination. If cancer is suspected, doctors may order further tests, which can include:

- **Blood tests**  
to check for markers or abnormalities.
- **Imaging scans**  
such as X-rays, CT, MRI, or PET scans to locate abnormal growths.
- **Biopsy**  
where a small sample of tissue is taken and examined under a microscope.
- **Endoscopy or colonoscopy**  
for internal viewing, often used for digestive cancers.

When you're living with cancer, sudden changes in your health can happen at any time. INS LifeGuard provides 24/7 nurse support and emergency response services to help you feel safer and more supported, day and night. With just the press of a button, you're instantly connected to experienced nurses who can assess your condition, coordinate urgent care, and give you or your loved ones peace of mind.