

Cancer

Early diagnosis is vital



National Cancer
Control Programme



Why is early diagnosis of cancer important for farmers?

1 in 2 people in Ireland will develop cancer in their lifetime.

If cancer is found early, before it has grown bigger or spread to other parts of the body, it's easier to treat and there's a better chance of recovery.

Cancer can affect anyone at any age but it is more common in people aged 50 years and older.

What are the early signs of cancer?

Cancer can cause changes to how your body normally looks, works or feels. Contact your GP **without delay** if you have any of the following signs

- A new lump or bump that you can see or feel anywhere on your body, e.g. in your head, neck, breast/chest or testicle
- A changing lump or bump anywhere on your body
- Unexplained bleeding, e.g. bleeding from your back passage or blood in your poo or wee. Female farmers should contact their GP without delay if they have vaginal bleeding after the menopause or between their periods.
- Unexplained bruising
- Skin changes, e.g. a new or changing mole
- Unexplained weight loss and/or appetite loss
- Feeling very tired all the time, more than is normal for you
- A new cough lasting 3 weeks or more
- A change to a cough that you have had for a long time, e.g. the cough may sound different to usual, may be more severe, or it may hurt when you cough
- Persistent change in your usual bowel habits, e.g. blood in your poo, looser poo or constipation
- Persistent heartburn or indigestion

What can farm advisors do?

You can increase farmers' awareness of the potential early signs of cancer.

You can play an important role by **encouraging a farmer to contact their GP without delay** if you or they notice any of the signs or symptoms listed above, or anything that is unusual for them.

For more information visit

- www.hse.ie/preventcancer
- www.hse.ie/findcancerearly

