

## Common signs and symptoms might include:

- Unexplained weight loss
- Being very tired all the time for no reason
- A cough that won't go away
- An unexplained pain, lump or swelling
- Blood in your poo or your wee



**If you notice changes in your body that are not normal for you, it's important to see your doctor.**

**Having these symptoms will not always mean you have cancer, but finding cancer early can increase the chance of treatment being successful.**



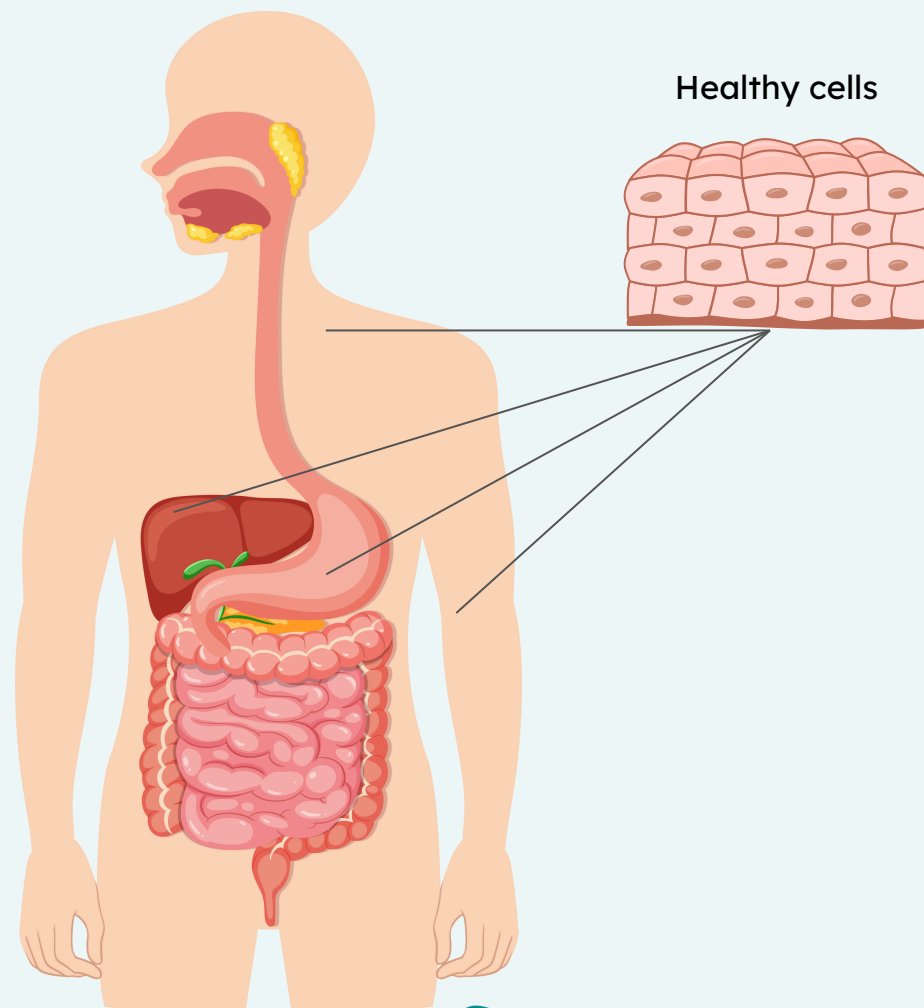
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## What is cancer?

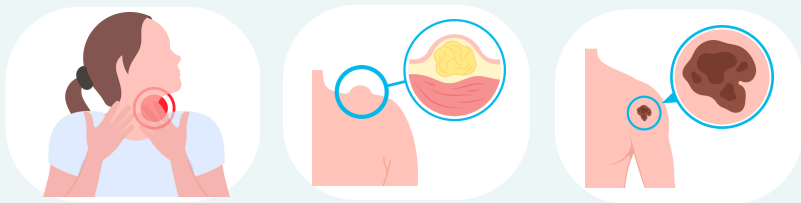


## What is cancer?



Cancer is a disease of the cells in the body. Our bodies are made up of millions of cells that we can't see with our eyes. Cells make up our skin, our organs (liver, stomach, bowel), our blood and our bones.

Our bodies make new cells every day. These cells grow, divide, die and grow again. Sometimes cells grow the wrong way and become unhealthy. These unhealthy cells can grow out of control, move in to the blood, or create a lump called a tumour.



Tumours that are harmful are called cancer. Cancer can stop the body working like it should. Cancer cells can grow anywhere in the body and are usually named after the place where the cancer cells start growing – for example skin cancer, or breast cancer.

Cancer can spread to other parts of the body, this happens when cancer cells break away and travel through the blood or lymphatic system.

## What causes cancer?

You can't catch cancer from another person, and it's not a punishment for doing something wrong. Injuries do not cause cancer

Cancer can happen because of our age, environment, and our lifestyle. These are called risk factors.

Risk factors that can increase our risk of getting cancer include:

- Getting older
- Being overweight
- Not doing exercise
- Eating unhealthy foods
- Drinking too much alcohol
- Smoking cigarettes/vaping
- Too much sun
- Exposure to some chemicals
- Family history

**Some risk factors we can't change,** like our age.

**Some risk factors we can change:**

1 in 3 cancers found in Australia are lifestyle related.

## Common signs and symptoms of cancer

Each cancer can have different signs and symptoms depending on where the cancer starts in the body.

Sometimes there are no symptoms in the early stages of cancer.