

**Could it
be blood
cancer?**



**Blood
cancer
UK**

Symptoms guide

Use this symptoms guide to learn about blood cancer and record any changes to your body.

If you think you need to see a doctor, take your symptoms guide with you.

What is blood cancer?

Blood cancer happens when something goes wrong with the development of your blood cells (the tiny building blocks that make up your blood). This can stop your blood doing the things it normally does to keep you healthy.



What are the symptoms?

- Unexplained bruising or bleeding
- Unexplained weight loss
- Lumps or swellings
- Drenching night sweats
- Persistent, recurrent or severe infections
- Breathlessness
- Unexplained fever (38°C or above)
- Unexplained rash or itchy skin
- Bone, joint or abdominal pain
- Tiredness that doesn't improve with rest or sleep
- Unusually pale complexion (pallor)

Most people with these symptoms won't have blood cancer. But if you experience any, it's really important that you find out what's causing them, quickly.

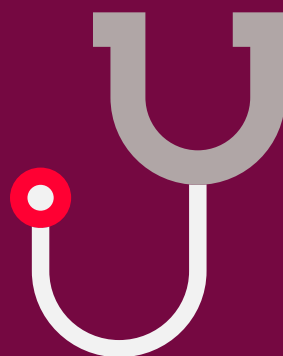
If you have any symptom that's persistent, unexplained or unusual for you, book an appointment with your GP.



If you suddenly feel very unwell, seek urgent medical help.

It's ok to ask your doctor...

- I'm worried about blood cancer – is that something you can rule out?
- Do I need a blood test?
- Do I need a lymph node biopsy?
- Do I need any scans?
- Do you need to take a urine sample?




If you're not sure whether you need to see your GP, our Support Services Team can help.

Call 0808 2080 888



Symptom diary

| Symptom |  | When did you first notice your symptom? Does it come and go, or is it persistent? |
|---------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| Unexplained bruising or bleeding | | |
| Unexplained weight loss | | |
| Lumps or swellings | | |
| Drenching night sweats | | |
| Persistent, recurrent or severe infections | | |
| Unexplained fever (38°C or above) | | |
| Unexplained rash or itchy skin | | |
| Bone, joint or abdominal pain | | |
| Tiredness that doesn't improve with rest or sleep | | |
| Breathlessness | | |
| Unusually pale complexion (pallor) | | |



Things to think about before your appointment

| | |
|-------------------------------------------------------------------------------------------|----------------|
| Have you experienced any other symptoms (not already listed)? Please record them here. | Your answer... |
| Are you taking any medication? Please record it here. | Your answer... |
| Have you received chemotherapy or radiotherapy before? | Your answer... |
| Has anyone in your family been diagnosed with a type of blood cancer? | Your answer... |
| Have you been diagnosed with any blood conditions or auto-immune conditions? | Your answer... |



If a symptom continues or gets worse after you've seen a doctor, it's important that you go back.

Blood Cancer UK
is here for anyone
worried about
blood cancer

Contact us on
0808 2080 888

Mon, Tue, Thu, Fri: 10am–4pm,
Wed: 10am–1pm

support@bloodcancer.org.uk
bloodcancer.org.uk