Cancer

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Symptoms

- Persistent, unexplained exhaustion that doesn't improve with rest.
- Lumps, changes in skin, or unexplained weight loss.
- Cognitive issues often called 'chemo brain', affecting memory and focus.

Age & Gender

- It can affect any age, though risk generally increases as a person gets older.
- Certain types, like breast or prostate cancer, are gender-specific.

Misconceptions

- It's not always a death sentence. Many cancers are now treatable or manageable.
- It's not over once treatment ends, as side effects can last years.
- It's not always visible, for instance, someone can have cancer without losing hair.

Diagnosis

- Screening and biopsies are used to identify cancerous cells.
- Scans track the location and size of tumours.

Treatment

- Surgery, chemotherapy, and radiotherapy are common primary treatments.
- Targeted therapies and immunotherapy are increasingly used for specific types.

Support

- Offer phased returns to work to help manage post-treatment fatigue.
- Be flexible with time off for frequent medical appointments or scans.
- Provide a quiet space for rest if they experience sudden energy drops.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.