

Know the symptoms



Feeling exhausted or worn out, even after resting.



Bruising easily, or for no reason at all.



Unusual bleeding, like nosebleeds, bleeding gums or heavier periods than usual.



Infections that last a long time or keep coming back.



Fever for no obvious reason.



Night-time sweats that soak your nightclothes and bedding.



Feeling breathless.



Joint or bone pain.



A rash of tiny red, purple or darker dots that don't fade when you roll a glass over them. This may be harder to see on black or brown skin.



Looking pale. If you have black or brown skin, this may be easier to see on your palms, gums or inside your eyelids.



Swollen lymph nodes (glands) that don't go down within a few weeks.



Tummy pain, bloating or feeling full quickly after eating.



Losing weight without trying to.

Many illnesses can cause all these symptoms. Most people who have them do **not** have leukaemia.

Leukaemia is a type of blood cancer. It can affect people of any age. It happens when white blood cells grow out of control and build up in your body. This stops your body making enough healthy blood cells, which can cause symptoms.

If you're worried about any of these symptoms, contact your GP. Tell them you're concerned about leukaemia and ask about a blood test.

Nearly 3 in 10 people with leukaemia have to speak to their GP three or more times before getting a diagnosis.

If you have to keep going back to your GP about the same symptom, remind them about Jess' rule. This encourages GPs to 'reflect, review and rethink' if a person has been to see them three or more times with the same or worsening symptoms.

Need support or information?

- Scan the QR code or visit leukaemiacare.org.uk
- Call our freephone helpline on **08088 010 444**
- Send a WhatsApp to **07500 068065**
- Email support@leukaemiacare.org.uk



This information is aimed at people in the UK. We do our best to make sure it is accurate and up to date but it should not replace advice from your health professional. If you have any feedback or you'd like a list of our sources, please email information@leukaemiacare.org.uk.



Patient Information Forum



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