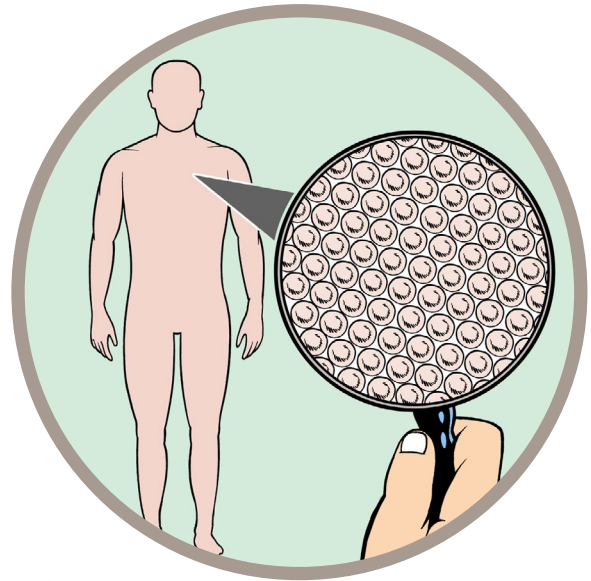


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**MACMILLAN**  
CANCER SUPPORT

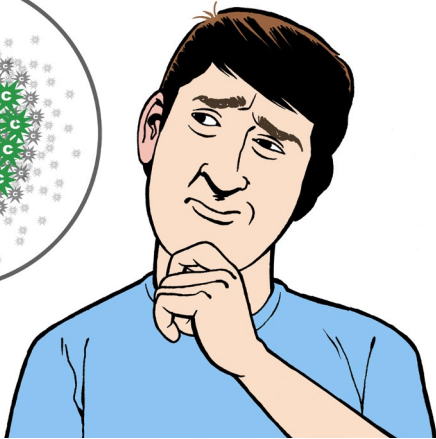
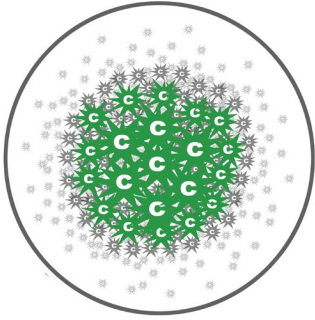
easy  
read

# What is cancer?

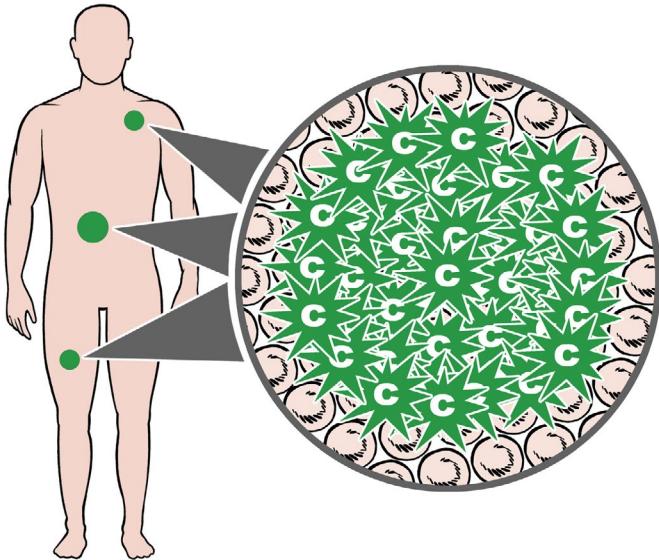




# About this easy read booklet



This booklet is about what cancer is.



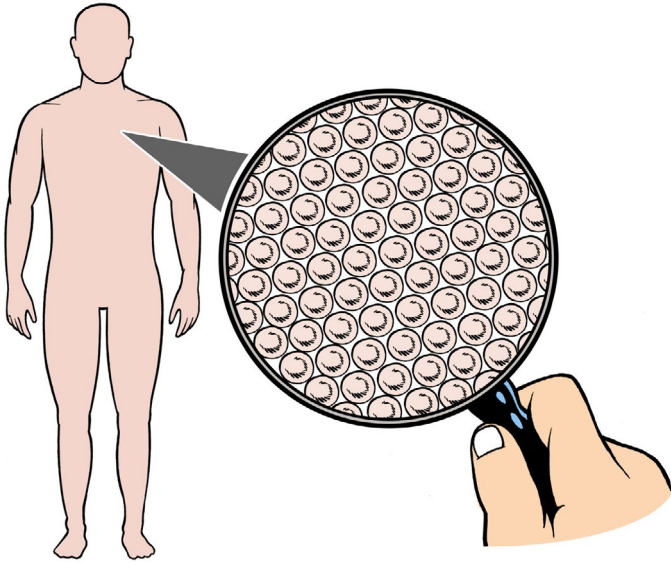
You can learn about how cancer changes the cells in your body.



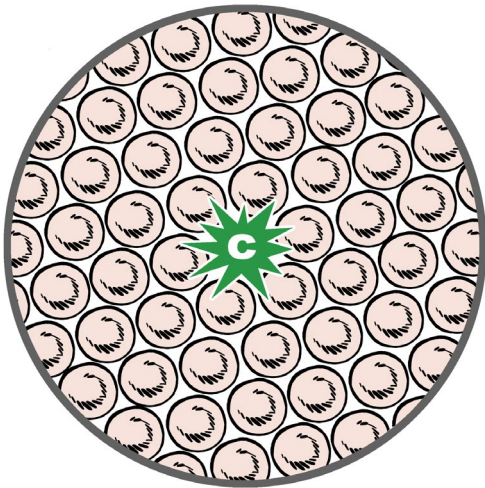
If you are worried about your health, you should talk to a doctor or nurse.



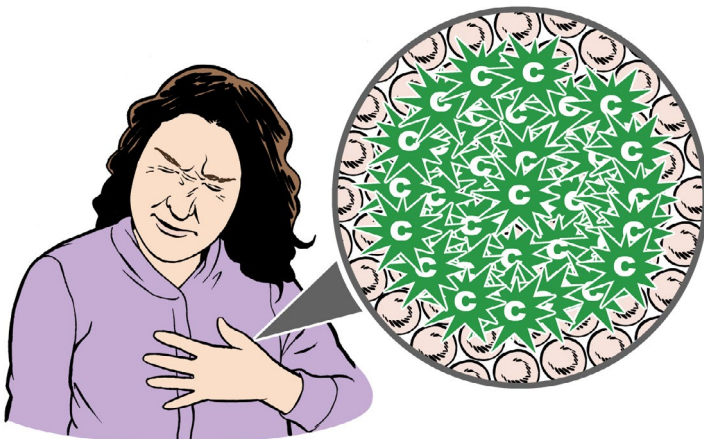
# What is cancer?



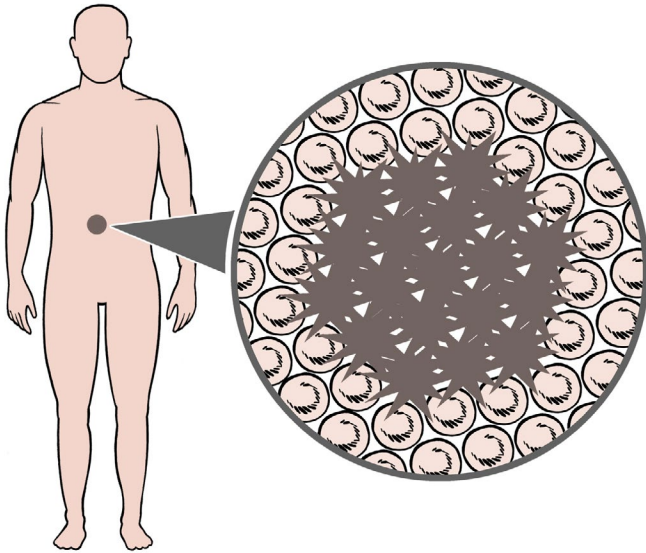
Your body is made up of lots of tiny building blocks called cells.



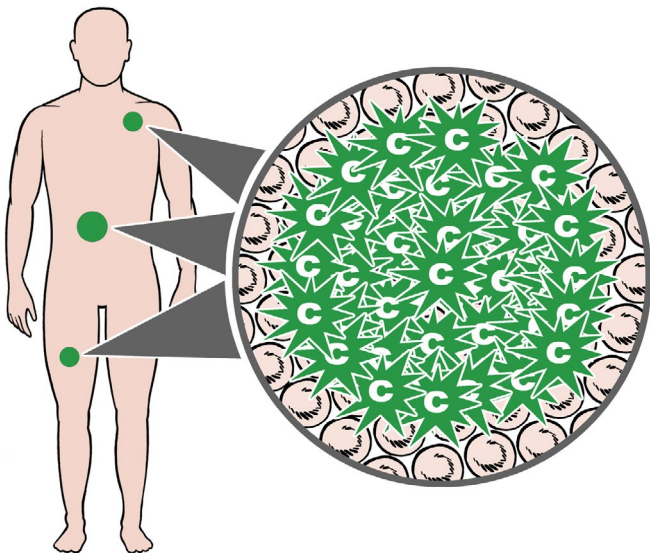
Sometimes these cells can go wrong.



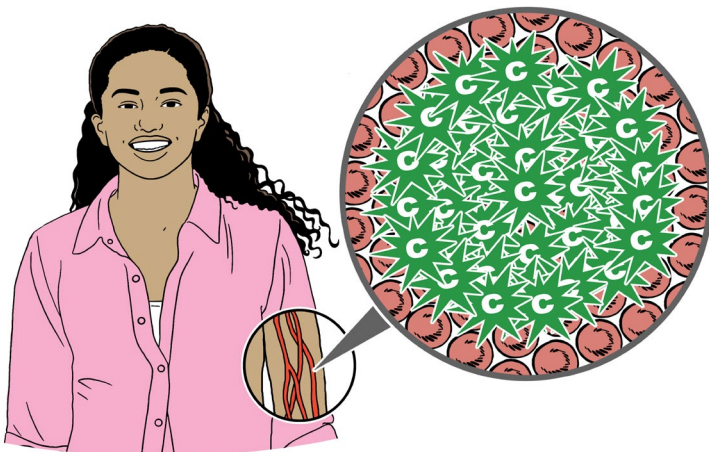
One cell can go wrong which can make other cells go wrong. These cells can turn into a lump. This is called a tumour.



Some tumours are **benign**. This means they are not cancer. They do not usually cause harm.



Other tumours are **malignant**. These grow and can spread to different parts of the body. This is cancer.



Your blood is also made of cells. When blood cells go wrong, they do not form a lump. But they can build up in the blood. This is also cancer.



Cancer can make you feel unwell or different from usual. Our booklet **Signs of cancer** tells you more about how cancer may make you feel.



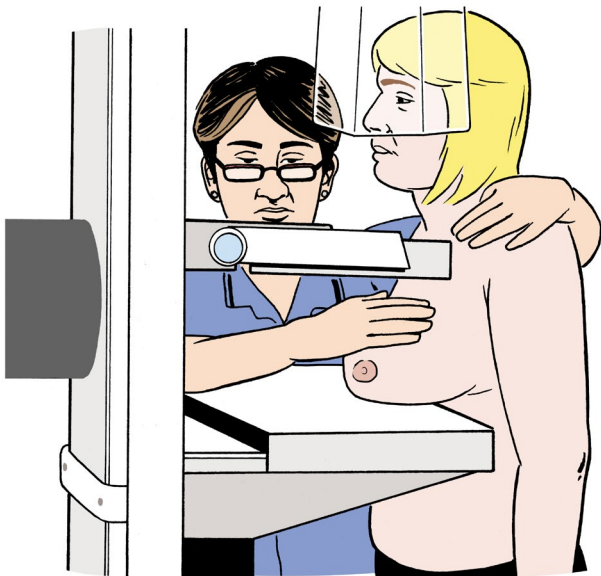
Look for any changes in your body that are different from usual.



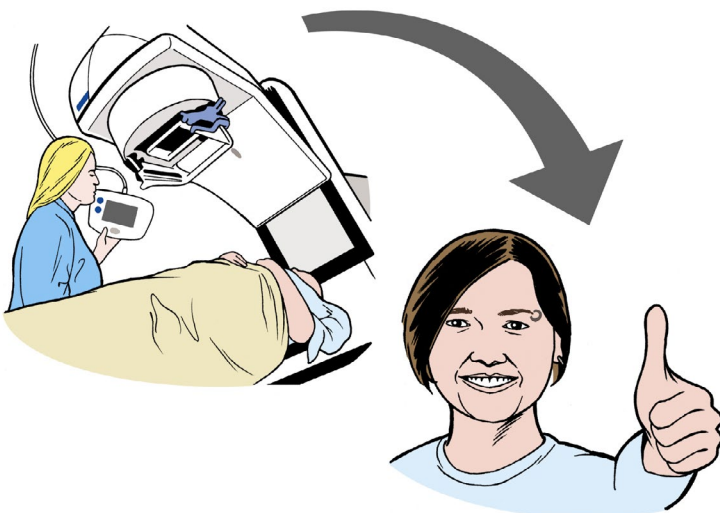
It is important to tell your doctor about any changes or worries you have as soon as possible.



Some people might not feel ill before the cancer is found. It is important to go for any health checks you are offered. This can include **screening**.



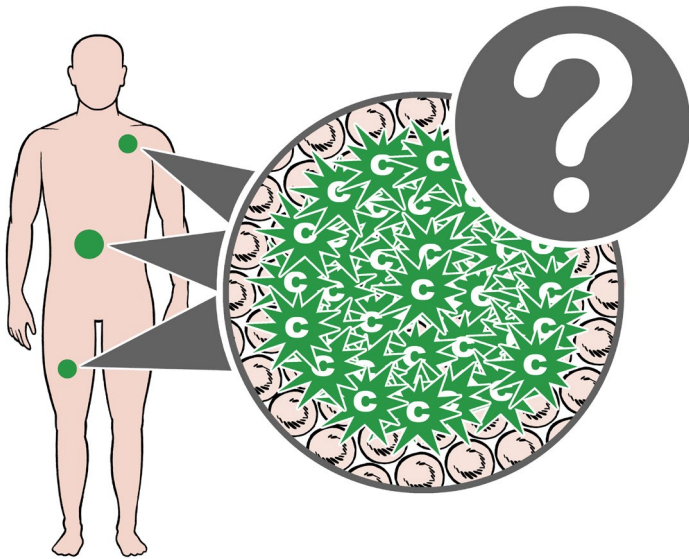
**Screenings** are tests that look for very early signs of cancer. You have screenings even if you feel well.



Cancer can then be treated before it causes problems.



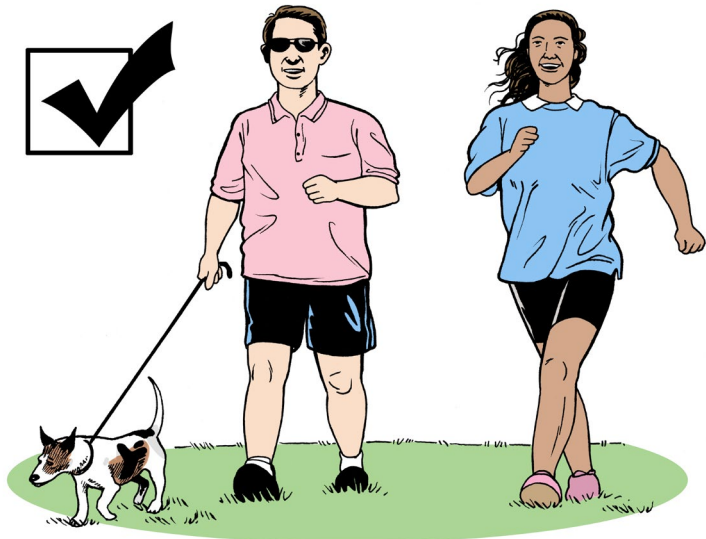
You cannot get cancer from someone else. And you cannot give it to anyone.



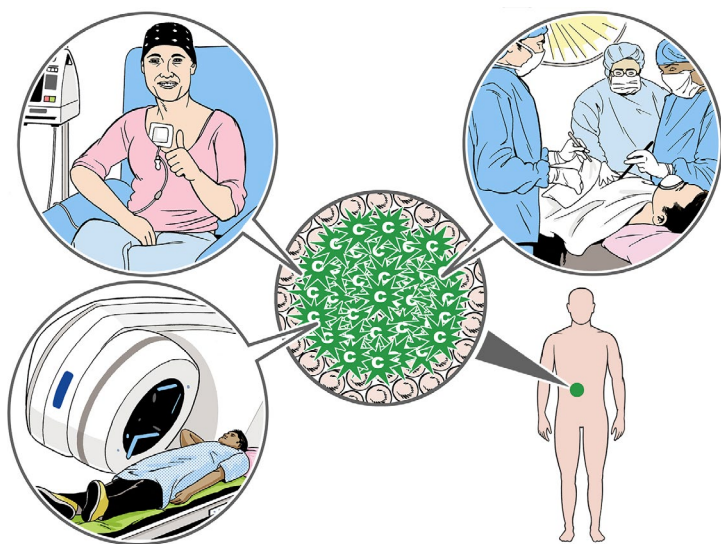
Most of the time, we do not know why a person gets cancer.



But you may be less likely to get cancer if you live a healthy life.



This means eating a healthy diet, doing exercise, not smoking and not drinking too much alcohol. You can learn more about staying healthy from our other booklets.



Cancer is a serious illness. But there are treatments that may help. You can learn more about these treatments from our other booklets.



If you want to talk about cancer, your doctor or nurse can help. They can answer your questions and help with any worries you have.





You can also talk to Macmillan about cancer. You can call us free on 0808 808 00 00, 7 days a week from 8am to 8pm.

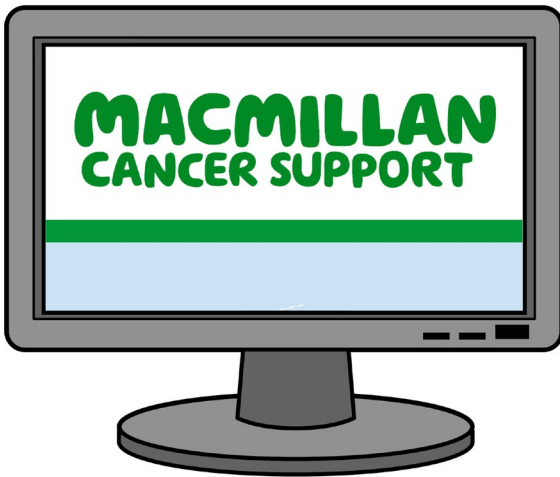


# How Macmillan can help you

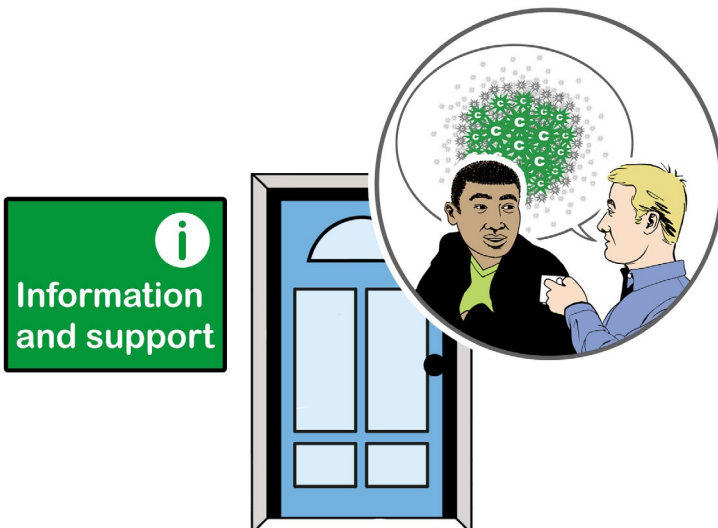


You can get support from:

- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit [macmillan.org.uk](http://macmillan.org.uk) for information about cancer. You can also use our web chat to ask questions at [macmillan.org.uk/talktous](http://macmillan.org.uk/talktous)



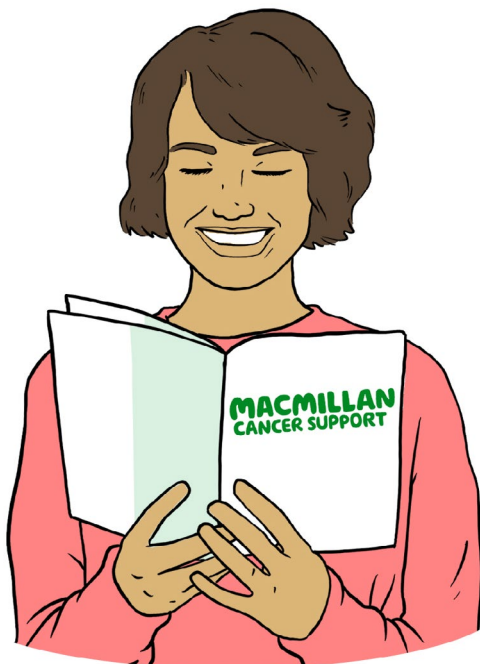
- Information centres. You can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) or call us.



- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

### **Booklets about cancer**

You can order booklets about cancer from

[be.macmillan.org.uk](https://be.macmillan.org.uk)



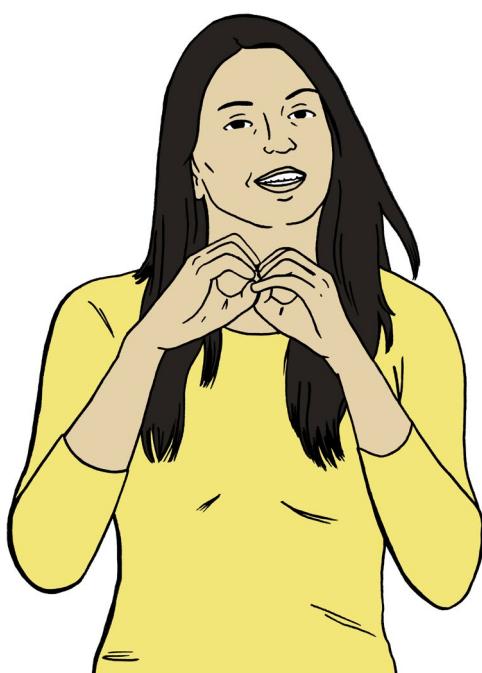
## Videos

You can watch videos about cancer at [macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



## Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



## British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



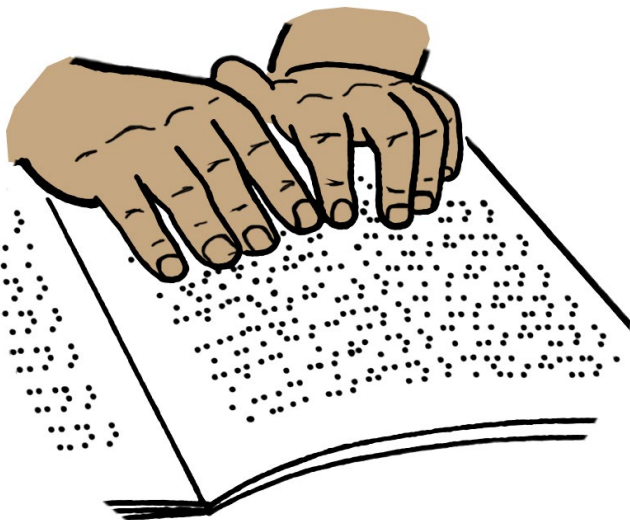
## eBooks

You can get eBooks  
about cancer from  
[be.macmillan.org.uk](https://be.macmillan.org.uk)



## Large print

Tell us if you need  
information in large print.  
Email: [cancerinformationteam  
@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

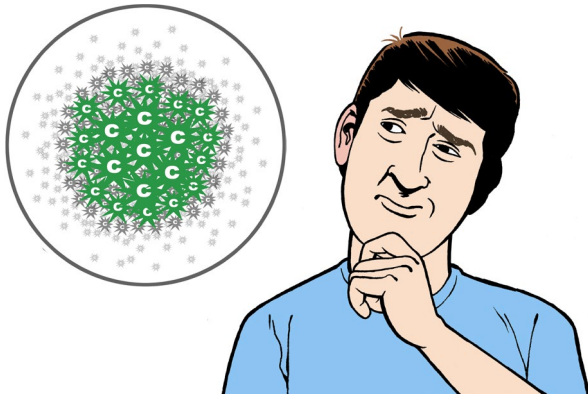


## Braille

Tell us if you need  
information in Braille.  
Email: [cancerinformationteam  
@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



# More easy read booklets



Order more easy read booklets from [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread)

There are booklets on lots of topics:

## About Macmillan

- How Macmillan Cancer Support can help you

## About cancer

- Lung cancer
- What is cancer?

## Signs and symptoms

- Breast care for women
- Cervical screening
- How to check your balls (testicles)
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



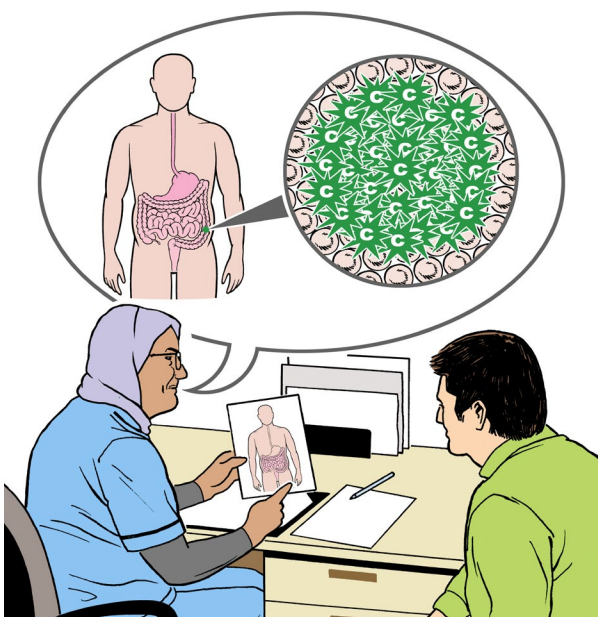
## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex
- Stop smoking



## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



## Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer

## Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Cancer and coronavirus
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer







## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



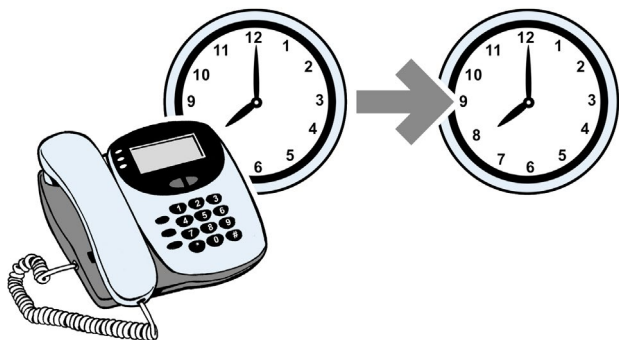
## After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread) or call us on **0808 808 00 00**

This booklet is about cancer.

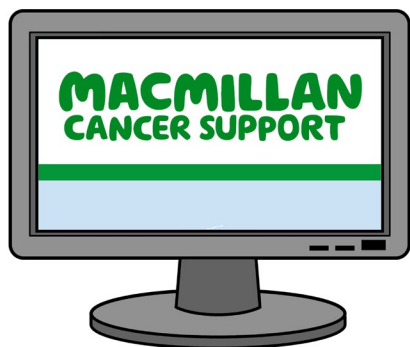
It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:  
**0808 808 00 00**  
7 days a week from 8am to 8pm.



- If you use a textphone, you can call:  
**18001 0808 808 00 00**



- Or go to the website  
**[macmillan.org.uk](http://macmillan.org.uk)**

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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