

Not Normal For You?

Hints & Tips

NON-SPECIFIC RED FLAG SYMPTOMS:

- Usually for more than 4-6 weeks
- Age is a factor
- Unexplained bleeding (rectal, vaginal, bruising)
- An unusual lump or swelling anywhere on the body
- A sore that does not heal
- Unexplained weight loss
- Very heavy night sweats
- An unexplained pain or ache
- Appetite loss
- Fatigue
- Pruritis

BARRIERS TO SEEING THE GP ABOUT WORRYING SYMPTOMS:

- Embarrassment
- Perceptions of wasting the GP's time
- Fear
- Worries about what the doctor might find
- Difficulty in making an appointment
- Apparent immunity (it couldn't happen to me)
- Responsibility is that of the healthcare professional (my doctor has not said anything)
- Ignorance

CONVERSATIONAL TIPS

- Is this normal for you?
- What has your doctor said about this?
- How long have you had it?
- What has changed?
- What is it you are worried about?

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