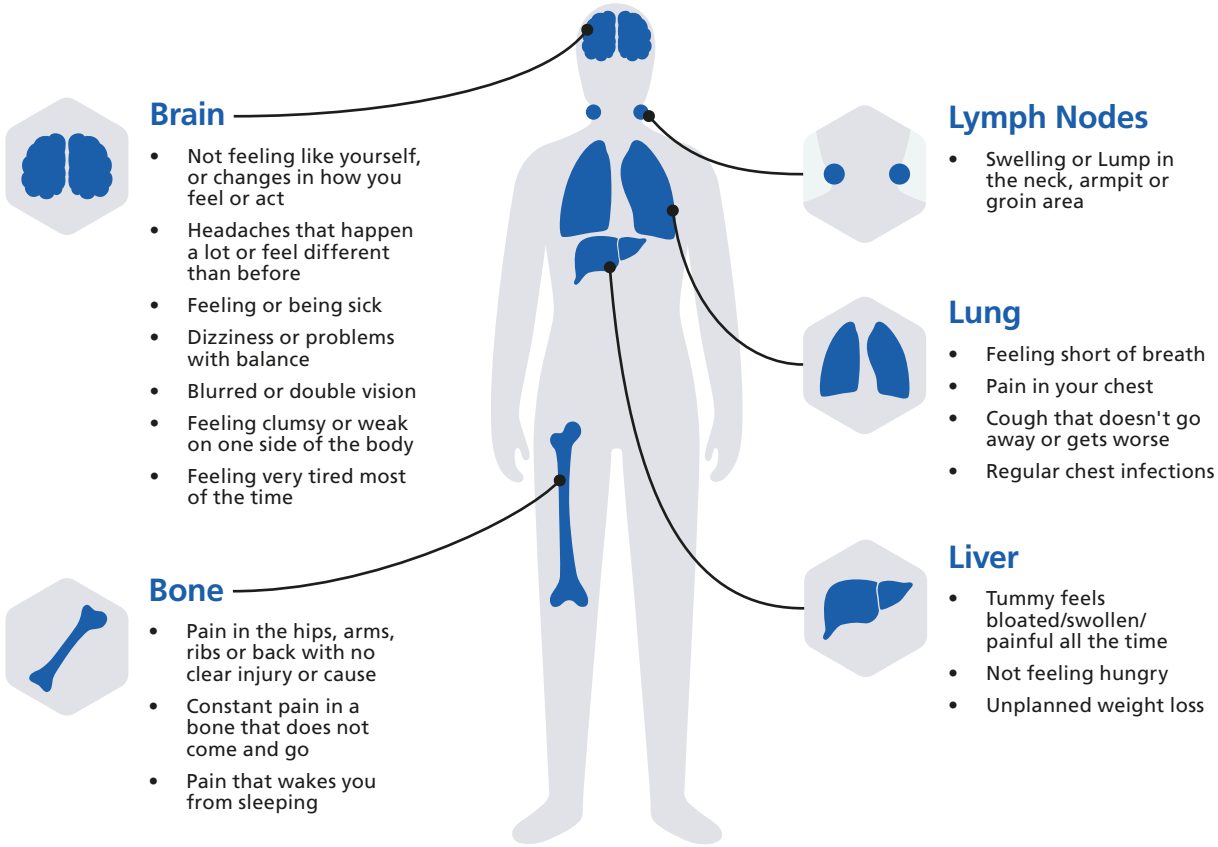
Oesophago-Gastric Cancer: Check for Spread

NHS
Greater Manchester
Cancer Alliance

Signs and symptoms of cancer returning (metastases)

Metastatic cancer means the cancer has spread from where it first started to another part of the body. Not all symptoms will mean that your cancer has returned, but it is best to get them checked.



Brain

- Not feeling like yourself, or changes in how you feel or act
- Headaches that happen a lot or feel different than before
- Feeling or being sick
- Dizziness or problems with balance
- Blurred or double vision
- Feeling clumsy or weak on one side of the body
- Feeling very tired most of the time

Bone

- Pain in the hips, arms, ribs or back with no clear injury or cause
- Constant pain in a bone that does not come and go
- Pain that wakes you from sleeping

Lymph Nodes

- Swelling or Lump in the neck, armpit or groin area

Lung

- Feeling short of breath
- Pain in your chest
- Cough that doesn't go away or gets worse
- Regular chest infections

Liver

- Tummy feels bloated/swollen/ painful all the time
- Not feeling hungry
- Unplanned weight loss

If you have any of the symptoms on the diagram for more than 4 weeks, please check with your specialist nurse at your local hospital or GP.

Emergency symptoms:

If you have any of the following symptoms, please call 999 or go to A&E. Tell them about your cancer and that you are worried about metastatic disease:

- Difficulty breathing
- Severe chest pain
- A large amount of blood when coughing
- New fit or seizure
- Difficulty controlling your bowels or bladder
- Feeling that your arms or legs do not work properly

If you have any of the following symptoms, please see your GP straight away. Tell them about your cancer and that you are worried about metastatic disease:

- Yellowing of the skin and eyes (jaundice)
- Spots of blood when coughing
- Headaches that wake you up from sleep or are very severe
- Being sick everyday
- Vomiting blood
- Blood in your stool
- Food or fluid getting stuck on a regular basis

Acknowledgement:
Based on infographics by Jo Taylor, founder of METUPUK