

HOW TO SURVIVE YOUR POLICE CAREER



A PRACTICAL GUIDE FOR THE 24/7 BOBBY

Your cut-out-and-keep “beat cancer checklist” from howtosurviveyourpolicecareer.com

If you are concerned about any of the following symptoms, tell your doctor as soon as possible and, who knows, it might just save your life.

- Breathlessness
- Unexplained vaginal bleeding
- Very heavy night sweats
- Croaky voice or hoarseness
- Persistent heartburn or indigestion
- Mouth or tongue ulcer that won't heal
- Persistent bleeding
- Difficulty swallowing
- A change in bowel habit, such as constipation, looser poo or pooing more often
- Sores that won't heal
- Appetite loss
- Unusual breast changes
- Blood in your poo
- Blood in your pee
- Unexplained weight loss
- New moles or changes to a mole
- Coughing up blood
- Persistent cough
- Explained pain or ache

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- Unusual lump or swelling anywhere