

A woman with dark, curly hair is sitting on a patterned sofa. She is wearing a maroon, long-sleeved, textured sweater. Her right hand is resting on her stomach, and the word 'Just' is written in blue ink on her palm. She has a thoughtful or slightly distressed expression, with her left hand near her head. The background is dimly lit, showing a lamp and a framed picture on a table.

“I’M JUST
A BIT
BLOATED”

JUST SPEAK TO YOUR GP

If you’ve had **tummy trouble** such as **bloating, diarrhoea** or **discomfort for three weeks or more**, it could be a sign of cancer. It’s probably nothing serious, but finding cancer early makes it more treatable.

Your NHS is here to see you, safely.

Clear on
cancer

help us
help you