Misunderstood signs and symptoms of blood cancer



There are different types of blood cancer, each with their own signs and symptoms. While not everyone will experience the same symptoms, greater awareness of these signs can help to build understanding of the disease.[1]

Below, people living with blood cancer have shared examples of symptoms they would like others to be aware of.

Key insights

"What feels like back pain can actually be a problem with your kidneys. If I had known the physical difference between back pain and kidney pain, I would have been diagnosed so much faster."

"General, unexplained pain is something that's easy to overlook, but don't ignore it."

"Knowing your body and knowing the differences between symptoms can help you describe them in more detail to your healthcare team."

Other symptoms can include:[1]

- Unexplained bruising or bleeding
- Lumps or swelling
- Shortness of breath
- Unexplained weight loss
- Frequent, persistent or severe infections
- Drenching night sweats
- Paleness
- Unexplained rash

If anything is out of the ordinary with your body, see your doctor.

It is important to be aware that not everyone will have the same symptoms, and some people may have symptoms that are not listed above.[1]

Share this information guide to raise awareness of potential signs and symptoms of blood cancer.

Watch the campaign videos and learn more at J&J withMe UK.

Note: All information is for guidance and does not replace medical advice.

1. Blood Cancer UK. Blood cancer symptoms and signs. Available at https://bloodcancer.org.uk/understanding-blood-cancer/about-blood-cancer/blood-cancer-signs-symptoms/#blood-cancer-symptoms. Last accessed June 2026.

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