

# Cancer Warning Signs

Each year, thousands of people are diagnosed with cancer. These warning signs may help catch it early:

- ▶ **Skin cancer.** A sudden or progressive change in a mole, such as one that changes colors, is uneven, or changes shape. Other signs include a sore that will not heal. If caught early, a dermatologist may be able to remove the damaged skin without any need for further treatment.
- ▶ **Testicular or breast cancer.** A lump, hard mass, or thickening in texture is a common sign for both cancers. If you notice any abnormalities, contact your doctor to arrange the appropriate screening.
- ▶ **Colorectal cancer.** Signs include a change in bowel habits, blood in the stool, or chronic constipation. These symptoms should be evaluated immediately.
- ▶ **Lung cancer.** A nagging cough or hoarseness could be a sign of lung cancer. Frequent or bloody sputum is a more urgent warning sign.
- ▶ **Prostate or bladder cancer.** Blood in the urine, difficulty urinating, and back pain are warning signs for both cancers.

Source: The StayWell Company, LLC

- ▶ **Mouth or tongue cancer.** These cancers may manifest through a sore in the mouth that will not heal. They are most common in tobacco users.
- ▶ **Leukemia or lymphoma.** People with these blood or tissue cancers may experience frequent infections and easy bleeding or bruising.

Other ways to manage your cancer risks include:

- ▶ Have an annual checkup
- ▶ Stay on the recommended cancer screening schedule for your age and health history
- ▶ Eat a fiber-rich, low-fat diet and exercise regularly
- ▶ Avoid tobacco and limit your alcohol intake

LifeMatters can help you cope with the emotional stresses and practical impact of a cancer diagnosis. Call 24/7/365.



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