



Cancer Warning Signs

Cancer manifests differently depending on its type and severity. Being aware of common warning signs and seeking medical attention if they appear will help with catching cancer early.

- **Skin cancer.** A mole that changes colors or shape could indicate skin cancer, as could a sore that will not heal. Skin cancer is often easily treatable if addressed early.
- **Breast or testicular cancer.** A lump, hard mass, or thickening in texture is a common sign for both cancers. If you notice any abnormalities, contact your doctor.
- **Colorectal cancer.** A change in bowel habits, blood in the stool, or chronic constipation should be evaluated immediately.
- **Lung cancer.** A nagging cough or hoarseness could be a sign of lung cancer, as is frequent or bloody sputum.
- **Prostate or bladder cancer.** Blood in the urine, difficulty urinating, and back pain are a warning sign for both types of cancer.
- **Mouth or tongue cancer.** These forms of cancer, which are most common in tobacco users, often manifest through a sore in the mouth that will not heal.
- **Leukemia or lymphoma.** Frequent infections and easy bleeding or bruising are common signs of these blood and tissue cancers.



Managing your specific risks is the best way to prevent cancer or catch it early. Key steps you can take include:

- Having an annual checkup with your primary care physician and check-in appointments with specialists as needed
- Staying up-to-date on the recommended cancer screening schedule for your age and health history
- Eating a fiber-rich, low-fat diet and exercising regularly
- Avoiding tobacco and limiting your alcohol intake

Cancer takes a toll on everyone. Whether you have received a cancer diagnosis or are worried about a loved one who is ill, LifeMatters can help. Through LifeMatters, you can speak with a counselor anytime, day or night. You can also access Togetherall, which provides online peer support for a variety of situations and circumstances.

1-800-634-6433

Assistance with Life, Work, Family, and Wellbeing • 24/7/365
mylifematters.com • Text* "Hello" to 61295 (U.S.)/204-817-1149 (Canada)
Call collect to **262-574-2509** if outside of North America
TTY/TRS 711 and language translation services are available

