CANCER: EARLY DETECTION SAVES LIVES!!

Warning signs and symptoms for adult cancer:

- Change in a wart or mole
- Any continued fever
- Nagging cough or continued hoarseness
- Chronic pains in bones or any other area of the body
- Enduring fatigue, nausea or vomiting
- Repeated infection and/or inflammation

Please remember these symptoms may be caused by another health problem but if one or more of these symptoms persist, consult your doctor/ medical professional without delay!

Caution signs:

- Change in bowel or bladder habits
- A sore that does not heal
- Unusual discharge or abnormal bleeding
- Thickening or lump in the breast, testicles or elsewhere
- Indigestion or difficulty in swallowing
- Obvious change in the size, colour, shape or thickness of a wart, mole or mouth sore
- Noticeable weight loss or loss of appetite
CANCER: PREVENTION IS BETTER THAN CURE, EARLY DETECTION SAVES LIVES!!!!

Did you know……..

Skin cancer is the most common of all cancers! Each year nearly 9000 new cases are diagnosed in South Africa!! Yet skin cancer is also the most preventable and curable cancer!

Why? It’s right there in plain sight where we can see it- show it to a doctor- and have it removed before it does further harm!!

Sun exposure causes more than 90% of all skin cancers.

Your risk of getting skin cancer doubles if you've had 5 or more sunburns in your life

Prevention is better than cure!!

- Apply a broad spectrum sunscreen (UVA/UVB) with an SPF of 15 or higher every day! Sunscreens absorb, reflect or scatter UV light- reducing the amount that gets to your skin. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher
- Do not burn.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses
- Avoid tanning and never use UV tanning beds.
- Play it safe year-round. Winter sunlight can still cause damage and the UV radiation increases with altitude. Also, UV rays can do damage even on cloudy days!
- Stay out of the sun between 10 a.m. to 4 p.m. when the sun's rays are the strongest.

You rarely hear the good news about breast cancer- and there’s a lot of good news.

- It’s a fact that 8 out of 10 breast lumps are not cancer
- When found early, breast cancer is almost always curable

Did you know…?

Breast cancer isn’t limited to women only! About one in every 130 cases is male. Men should also check their breasts regularly for any lumps or abnormal hardenings – and see their doctors with any questions/ concerns.

- It is estimated that 80% of women diagnosed with breast cancer are 50 or older. This doesn’t mean that younger women aren't at risk. Young women are diagnosed with breast cancer, just much less frequently. For the world population as a whole, the incidence and prevalence of breast cancer increases with increasing age.
- 1 in 8 women will be affected by breast cancer in their lifetime.
- 1 in 10 diagnosed women globally will die of breast cancer.
- Women who drink alcohol increase their breast cancer risk and the risk is heightened with the amount of alcohol consumed. Women who drink 2-5 drinks a day increase their risk by 1
1/2 when compared to women who do not drink alcohol. One drink a day only slightly elevates a woman's risk.

For more information: CANSA (Cancer Association of South Africa

Toll-free 0800 22 66 22 www.cansa.org.za or contact us at: info.shs@up.ac.za