

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

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