

This information should be considered as general guidance and should not be used as specific advice for your individual case. Tax payers should always seek counsel from competent professionals

**SEVEN
WARNING
SIGNS
OF CANCER**

For Additional Information Contact:

*"Your Name"
"Your Company Name"
"Your Address"
"Your City, State & Zip code"
"Your Phone Number"*

Cancer is such a scary word. Many of us fear it, especially if it runs in our family. And with fear comes stupidity. We don't have the tests we need to have, we don't eat the foods that are good for us and we don't talk to our doctors about our risk factors. We know we should. Some of us may even plan on doing these things. But we wait. Sometimes we wait until it is too late.

Doctors do know one thing about cancer. They know that prevention and taking the early steps to prevent it is a big key to staying healthy. They also know that early treatment once it has started can prevent it from spreading. Once it starts spreading, we need to take the steps necessary to stop it.

If cancer has all ready been spotted within your family, you know you are at risk. There are also some signs that can alert you that you can be in danger. Each type of cancer has its own detection symptoms.

Cancer is the uncontrollable growth of cells into masses called tumors or the spread of damaged and diseased cells through the blood into organs. These cells that get into the blood can spread a localized cancer to the other parts of the body. This spreading is called metastasis. It can happen at any age, to any sex, at any time. There are some cancer warning signs as well as risk factors.

Cancer risk factors include having a family history, sun overexposure, smoking, chemical and radiation exposure, and genetics.

SYMPTOMS THAT MAY

C Changes in bathroom habits. This can be anything from changes in the bowel movements (watery or too hard) to frequency (going more often or infrequently). Any long term changes in bathroom habits should be told to your doctor.

A A sore that does not heal. This can also be a sign of diabetes, but sores that do not heal within a usual amount of time need to be checked.

U Unusual discharge and bleeding. Moles and freckles should not bleed or drain. Other unusual draining issues should be checked out as well.

T Thickness or lumps in the breast or other places. Breast lumps can be cysts that are normal in the course of your menstrual cycle, or they can be the beginnings of breast tumors. If you notice a lump, have a mammogram to see if there is something there other than fluid.

INDICATE YOU HAVE CANCER

I Indigestion and difficulty in swallowing. Indigestion can come from many things, even very frequent indigestion can be a sign of acid reflux or other normal conditions. However, it can also be a sign of some cancers.

O Obvious changes in moles or warts. Warts and moles shouldn't change shapes or colors or thickness. Any of these changes can signal a chance of skin cancer.

N Nagging cough and hoarseness. This can go along with the difficulty in swallowing. It can also be a sign of lung and other cancers.