

7 warning signs of cancer

| Warning Signs | What to look for |
|--|---|
| Unusual bleeding/discharge | <ul style="list-style-type: none"> • Blood in urine or stool • Discharge from any parts of your body, for example nipples, penis, etc. |
| A sore which does not heal | <p>Sores that:</p> <ul style="list-style-type: none"> • don't seem to be getting better over time • are getting bigger • getting more painful • are starting to bleed |
| Change in bowel or bladder habits | <ul style="list-style-type: none"> • Changes in the color, consistency, size, or shape of stools. (diarrhea, constipated) • Blood present in urine or stool |
| Lump in breast or other part of the body | Any lump found in the breast when doing a self examination. Any lump in the scrotum when doing a self exam. Other lumps found on the body. |
| Nagging cough | <ul style="list-style-type: none"> • Change in voice/hoarsness • Cough that does not go away <ul style="list-style-type: none"> • Sputum with blood |
| Obvious change in moles | <p>Use the ABCD RULE</p> <ul style="list-style-type: none"> • Asymmetry: Does the mole look the same in all parts or are there differences? • Border: Are the borders sharp or ragged? • Color: What are the colors seen in the mole? • Diameter: Is the mole bigger than a pencil eraser (6 mm)? |
| Difficulty in swallowing | <ul style="list-style-type: none"> • Feeling of pressure in throat or chest which makes swallowing uncomfortable • Feeling full without food or with a small amount of food |