

## **CANCER WARNING SIGNS**

- Ø *A new or existing spot or mole that changes colour, size or shape*
- Ø *Any sore which does not heal*
- Ø *A new lump or thickening in any part of the body*
- Ø *Any unusual bleeding or discharge*
- Ø *Persistent hoarseness or cough*
- Ø *Any change in bowel habits*
- Ø *Any unexplained weight loss*

**IF YOU NOTICE ANY OF THESE SIGNS OR HAVE ANY SYMPTOMS, GO TO YOUR DOCTOR WITHOUT DELAY.**

**IT MAY NOT BE DUE TO CANCER, BUT IF IT IS, THE SOONER TREATMENT BEGINS, THE GREATER WILL BE YOUR CHANCE OF CURE.**

## **GUIDE TO PREVENTION AND EARLY DETECTION OF CANCER**

*Research has made great inroads into understanding cancer, treating it, and even in some cases preventing it from occurring.*

*When the cause of a cancer is known, that cancer is in many cases preventable. There are other cancers for which early detection methods have been developed, improving the chances of successful treatment and recovery.*

## **SMOKING RELATED CANCERS**

Smoking causes lung cancer and is a cause or contributory factor in the development of many other cancers.

### *Prevention*

- Don't smoke
- If you do smoke, make the decision to quit as soon as possible. Help is available at the Quitline 131 848
- Reduce your exposure to passive smoke by choosing public places that follow smoke-free policies.

## **TESTICULAR CANCER**

### *Early detection*

All men, particularly between the ages of 15 and 45, should practice Testicular Self Examination regularly. They should become familiar with what is normal for their testicles so that any changes can be reported early.

## **SKIN CANCERS**

### *Prevention*

- Reducing exposure to UV rays especially in childhood greatly reduces the risk
- Avoid the sun between 11am and 3pm and seek shade wherever possible
- Wear clothing that covers as much of your skin as possible
- Wear a broad brim or legionnaire-style hat
- Wear sunglasses of a wrap-around style, that comply with Australian Standard 1067
- Use 30+ broad spectrum, water resistant sunscreen, applied liberally 20 minutes before going out in the sun. It should be reapplied every 2 hours, or more if swimming or perspiring.

### *Early detection*

- Examine your skin for any new or unusual freckles, moles, sunspots or sores that do not heal.
- Consult your doctor if you detect any spots that change colour, shape or size.

## **COLORECTAL CANCER (CRC)**

### *Early detection*

See your doctor if any of the following symptoms occur:

- Blood in bowel motions
- Changes in normal bowel patterns
- Unexplained loss of weight
- Persistent cramping or abdominal pain
- Feeling of incomplete emptying of bowel

Some people are 'above average' risk for CRC, and should consult their doctor for ongoing management if they have any of the following:

Colonic adenomas  
Family history of CRC  
Extensive colitis of long duration  
History of Familial Adenomatous Polyposis (FAP)

## **BREAST CANCER**

### *Early detection*

- All women over the age of 50 should have a screening mammogram every two years.
- All women should be familiar with what is normal for their breasts so that any changes can be reported early.
- Women should ask their GP to examine their breasts annually.

## **PROSTATE CANCER**

### *Detection*

- Men with any urinary symptoms e.g. difficulty, frequency or pain in passing urine, are advised to see their GP.
- Prostate Specific Antigen (PSA) and Digital Rectal Examination (DRE) are tests that may be offered by a doctor to assess prostate health.
- Men with a family history of prostate cancer are advised to see a doctor for ongoing management, beginning in their 40s.

## **CERVICAL CANCER**

Regular Pap Smear screening can prevent the majority of cervical cancers occurring

### *Early detection*

- All women who have ever had sex should have a Pap Smear every two years. Women should start having Pap Smears at 18 or within 2 years of first sexual activity. It is recommended Pap Smears continue until age 70, but cease only after discussion with a doctor.
- Women who have had a hysterectomy may still require Pap Smear screening and should consult their doctor.
- Despite a 'normal' Pap Smear result, any abnormal symptoms, such as vaginal bleeding or discharge, should be reported to a doctor.