

Cancer prevention plan for men



SIGNS AND SYMPTOMS to look out for.

Finding cancer early improves your chances of successful treatment and long-term survival. Look for:

- lumps, sores or ulcers that don't heal
- unusual changes in your testicles – changes in shape, consistency or lumpiness
- coughs that don't go away or show blood, a hoarseness that persists
- weight loss that can't be explained
- moles that have changed shape, size or colour, or bleed, or an inflamed skin sore that hasn't healed
- blood in a bowel motion
- persistent changes in toilet habits
- urinary problems or changes

These symptoms are often related to more common, less serious health problems. However, if you notice any unusual changes, or these symptoms persist, visit your doctor. Early detection is key for successful treatment.

