

Cancer prevention plan for women



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 breasts - lumps, thickening, unusual discharge, nipples that suddenly turn inwards, changes in shape, colour or unusual pain
- coughs that don't go away, show blood, or a hoarseness that persists
- weight loss that can't be explained
- any loss of blood, even a few spots between periods or after they stop (menopause)
- moles that have changed shape, size or colour, or an inflamed skin sore that hasn't healed
- blood in a bowel motion
- persistent changes in toilet habits
- persistent abdominal pain or bloating.

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.

