

EARLY DETECTION OF CANCER

Cancer develops in the body very silently. Until it comes to certain stage patients lead a normal life without any complaints. Initially it produces mild symptoms as found in other ailments.

WHY EARLY DETECTION IS IMPORTANT?

- Disease detected at early stage produces better results on treatment and even cure
- Advanced disease shows poor result on treatment
- Advanced disease leads to financial and psychological burden

STAY INFORMED AND BE PROACTIVE

- Tell the doctor about the chemicals you use at work or at home
- Doctor can perform appropriate screening tests for early detection of cancer
- Ask the doctor if increased cancer risks are associated with your family or personal medical history or medical drugs you are taking

SEVEN DANGER SIGNALS

- Change in bladder & bowel habits
- Sore throat not healing
- Unusual bleeding or discharge
- Thickening or lump in breast or anywhere
- Indigestion and difficulty in swallowing
- Obvious change in mole
- Nagging cough or hoarseness of voice

BREAST CANCER – WARNING SIGNS

- Firm lump
- Small changes in the nipple
- Discharge from the nipple

RISK FACTORS

- ✓ Early menstruation
- ✓ Late menopause
- ✓ First child After 35 Yrs Of Age
- ✓ Childlessness
- ✓ Family history - Breast cancer
- ✓ High fat & low fiber diet

RECOMMENDED TESTS

- ✓ **Mammograms:** Recommended at age 40 and continuing for as long as a woman is in good health
- ✓ **Clinical breast exam (CBE):** Every 3 years for women in their 20s and 30s and every year for women 40 and over
- ✓ **Breast self-exam (BSE):** is a recommended for women starting in their 20s.

MAMMOGRAM

- An X-ray of the breast
- The best method of finding breast cancer before symptoms appear
- Several organizations recommend mammography screening every 1 to 2 years after age 40

CERVICAL CANCER – WARNING SIGNS

- Abnormal bleeding between periods
- Bleeding after intercourse
- Prolonged heavy bleeding during menstruation

RISK FACTORS

- ✓ Frequent sexual intercourse at an early age, multiple sex partners, many children

RECOMMENDED TESTS

- ✓ **Screening (testing) should begin at age 21**
- ✓ Women under age 21 should **not** be tested
- ✓ **Pap test:** at every 3 years for women between ages 21 and 29
- ✓ **Pap test plus an HPV test:** at every 5 years for Women between ages of 30 and 65

Women over age 65 who have had regular cervical cancer testing with normal results should not be tested for cervical cancer.

PAP TEST OR PAP SMEAR

- The most successful screening tool used to screen for cancer of the cervix
- Cells are collected from the cervix and examined under a microscope

COLORECTAL CANCER – WARNING SIGNS

- Blood in stool
- Feeling of being bloated
- Change in bowel habits
- Constipation

RECOMMENDED TESTS

- ✓ Tests that find polyps and cancer
 - **Flexible sigmoidoscopy** every 5 years or
 - **Colonoscopy** every 10 years, or
 - **Double-contrast barium enema** every 5 years or
 - **CT colonography** (virtual colonoscopy) every 5 years

ESOPHAGEAL CANCER – WARNING SIGNS

- Difficulty in swallowing
- Recurrent indigestion

RISK FACTORS

- ✓ Smoking
- ✓ Alcohol
- ✓ Deficiency of vitamins and minerals

LARYNGEAL CANCER – WARNING SIGNS

- Persistent hoarseness
- Soreness in the neck
- Feeling of having a lump in the throat
- Difficulty in swallowing

RISK FACTORS

- ✓ Tobacco consumption and alcohol intake

ORAL CANCER – WARNING SIGNS

- Persistent white or red patches, usually painless
- Any persistent lump or swelling

RISK FACTORS

- ✓ Tobacco consumption and alcohol intake

LUNG CANCER – WARNING SIGNS

- Chronic cough
- Coughing out of blood
- Change in the voice
- Chest pain
- Shortness of breath

RISK FACTORS

- ✓ Smoking, exposure to asbestos, coal tar derivatives and radiation