1. What is Cancer?
Cancer is a broad group of diseases. All types of cancer begin when cells in a part of the body start to grow out of control and become abnormal. 

2. How Common is Cancer?

Nearly 1 in 4 deaths in the U.S. is due to cancer. In the U.S., the lifetime risk for developing cancer is:
- Slightly less than 1 in 2 for men
- A little more than 1 in 3 for women

3. Causes & Risk Factors

With all cancers, genes that control cell growth and division malfunction. Damage to genes can occur from many factors.

- Tobacco use and exposure
- Certain viruses and bacteria: Human papillomavirus (HPV), Herpes simplex virus type 2, Human immunodeficiency virus (HIV)
- Hepatitis B virus (HBV)
- Kaposi sarcoma (KS)
- Helicobacter pylori (H. pylori) bacteria, the main cause of stomach ulcers
- Exposure to ultraviolet (UV) rays from the sun and indoor tanning
- Exposure to cancer-causing chemicals
- A person’s genetic makeup and immunity status
- Use of certain medicines, such as DES (a synthetic estrogen)

4. Lower Your Risk

- The obvious – avoid tobacco:
  - Don’t smoke it.
  - Don’t chew it between your lips and gums.
  - Don’t inhale it secondhand.
  - Avoid thirdhand smoke – tobacco toxins that bind to clothes, furniture, and other materials hours or even days after a cigarette is smoked.
- Protect yourself from ultraviolet (UV) radiation. Limit time in the sun. Wear sunscreen, sunglasses, a hat, and clothing that protects your skin. Don’t fake the bake. Sun lamps and tanning booths also emit cancer-causing rays.
- Have X-rays only when necessary.
- Avoid asbestos, pesticides, herbicides, and other cancer-causing agents. Protect yourself from cancer-causing chemicals at work and elsewhere.
- Have your home tested and treated if asbestos is found.
- Do regular physical activity. Control your weight.
- Eat healthy foods. Have 5-9 colorful fruits and vegetables per day. Opt for whole-grain breads and cereals. Limit red meat and foods high in fat.
- Limit alcohol – no more than two drinks per day for men, no more than one drink per day for women.
- Find ways to manage stress. Too much stress can weaken your immune system.
- Talk with your doctor about taking vitamins, herbal products, or other supplements.
- Follow your doctor’s advice to prevent, lower the risk, and treat virus and bacteria that can cause cancer. (See ones listed on the previous page.)

5. Screening Tests

Screening tests help detect some types of cancer in early stages, when they are most treatable.

Ages 40-49 and 74+, discuss your breast cancer screening with your doctor. Women at high risk for breast cancer should discuss mammogram and breast MRI with their doctor.

- Pap test at least every 2 years from ages 21-65. An ultrasound after age 65.
- Starting at age 40, discuss your breast cancer screenings. If you have a family, genetic, or other reasons for being at high risk, you may want to start earlier.
- At least every 2 years, women who may be eligible for Medicare should ask for a free breast exam.

Men

- Prostate Cancer Screening
  - By age 50, discuss with doctor.
- Cervical Cancer Screening
  - By age 50, discuss with doctor.

6. Treatment

Treatment depends on the type of cancer, the stage it is in, and individual factors. Cancer treatment includes:
- Surgery to remove the cancerous tumor(s) and clear any obstruction to vital passageways
- Radiation therapy
- Chemotherapy
- Biological therapy
- Targeted therapy, such as drugs that affect only the cancer cells
- Stem cell or bone marrow transplant
- Clinical trials

Finding and removing precancerous tissue can prevent cancers of the cervix, colon, and rectum. Get screening tests, as listed below, or as advised by your doctor. If you are at a greater risk for one or more cancers, you may need screenings earlier or more often. You may need additional screenings. If a certain type of cancer is common in your family, ask your doctor about genetic testing. Also, check with your insurance plan to find out if and when screening tests are covered.

Cancer Screening Guidelines

- Pap Test
- At least every 2 years from ages 21-65. An ultrasound after age 65.
- Mammogram
- Starting at age 40, discuss with doctor
- Colon Cancer Screening
- Ages 50-75
- 1. For ages 45-49 and 74+, discuss your breast cancer risk and the pros and cons of breast cancer screening with your doctor. Women at high risk for breast cancer should talk with medical about their breast cancer screening and prevention.
- 2. African American men and men with a father or brother diagnosed with prostate cancer should discuss the pros and cons of screening for prostate cancer with their doctor. For more information on these topics, visit the National Cancer Institute: www.cancer.gov/prostate.

LAW RETIREE MEDICAL BENEFITS TRUST

See the Medical Benefits Trust website for more information: www.lawbenefits.com

This material is intended to be used as a broad, general guide to common health conditions. This material is not intended as medical advice or as a substitute for medical advice. For individual medical advice, contact your doctor or health care provider directly.
3. Causes & Risk Factors

With all cancers, genes that control cell growth and division malfunction. Damage to genes can occur from many factors.

- **Factors that damage genes include:**
  - Tobacco use and exposure
  - Certain viruses and bacteria
  - Radiation exposure
  - Surgery
  - Biological limitless exposure

- **Tobacco use and exposure:**
  - Human papillomavirus (HPV), which causes most cervical cancers and some vaginal and vulvar cancers.
  - Hepatitis B virus (HBV), which raises the risk for liver cancer.
  - Human immunodeficiency virus (HIV), which raises the risk for some cancers, such as Kaposi sarcoma and non-Hodgkin lymphoma.
  - Helicobacter pylori (H. pylori) bacteria, the main cause of stomach ulcers, raises the risk for stomach cancer.
  - Exposure to ultraviolet (UV) rays from the sun and indoor tanning.
  - Exposure to cancer causing chemicals
  - A person’s genetic makeup and immune status
  - Use of certain medicines, such as DES (a synthetic estrogen)

- **The obvious — avoid tobacco:**
  - Don’t smoke it.
  - Don’t chew it between your lips and gums.
  - Don’t inhale it secondhand.
  - Avoid thirdhand smoke – tobacco toxins that linger on your clothes, furniture, and other materials hours or even days after a cigarette is done.
  - Protect yourself from ultraviolet (UV) radiation. Limit time in the sun. Wear sunscreen, sunglasses, a hat, and clothing that protects your skin. And, don’t fake bake. Sun lamps and tanning booths also emit cancer-causing rays.
  - Have X-rays only when necessary.
  - Avoid asbestos, pesticides, herbicides, and other cancer-causing agents. Protect yourself from cancer-causing chemicals at work and elsewhere.
  - Have your home tested and treated if asbestos is found.
  - Don’t inhale asbestos, pesticides, herbicides, or secondhand.
  - Do regular physical activity. Control your weight.
  - Eat healthy foods. Have 5-9 colorful fruits and vegetables per day. Opt for whole-grain breads and cereals. Limit red meat and foods high in fat.
  - Limit alcohol — no more than two drinks per day for men; no more than one drink per day for women.
  - Find ways to manage stress. Too much stress can weaken your immune system.
  - Talk with your doctor about taking vitamins, herbal products, or other supplements.
  - Follow your doctor’s advice to prevent, lower the risk, and treat viruses and bacteria that can cause cancer. (See ones listed on the previous page.)

4. Lower Your Risk

There are many things you can do to prevent and lower your risk of getting cancer. Do them for yourself. Do them for your loved ones.

- **Preventing Cancer, What You Need To Know**
  - Finding and removing precancerous tissue can prevent cancers of the cervix, colon, and rectum. Get screening tests, as listed below, or as advised by your doctor. If you are at a greater risk for one or more cancers, you may need screenings earlier or more often. You may need additional screenings. If a certain type of cancer is common in your family, be sure to ask your doctor about genetic testing. Also, check with your insurance plan to find out if and when screening tests are covered.

5. Screening Tests

**Cancer Screening Guidelines**

**Women**

- Pap Test
  - At least every 2 years from ages 21-65. The advised after age 65.

- Professional Breast Exam
  - During age 40, discuss with doctor.

- Mammogram
  - Every 2 years age 50-74 or as advised.

**Men**

- Prostate Cancer Screening
  - At age 50, discuss with doctor.

- Colorectal Cancer Screening
  - Ages 50-75

1. For ages 40-64 and 74, discuss your breast cancer risk and the pros and cons of breast cancer screening with your doctor. Women at high risk to breast cancer should seek medical advice about breast cancer screening and prevention.

2. African American men and men with a brother or father diagnosed with prostate cancer should discuss the pros and cons of screening for prostate cancer with their doctor. By age 45, men at higher risk should talk with their family members diagnosed with prostate cancer.

Treatment depends on the type of cancer, the stage it is in, and individual factors. Cancer treatment includes:

- Surgery to remove the cancerous tumor(s) and cure any obstruction to vital passageways
- Radiation therapy
- Chemotherapy
- Targeted therapies, such as drugs that affect only the cancer cells
- Stem cell or bone marrow transplantation
- Clinical trials

This Preventa® is not intended to replace the advice of a licensed medical care or treatment. Follow your doctor’s or health care provider’s advice.
1. What is Cancer?

- Cancer is a broad group of diseases.
- All types of cancer begin when cells in part of the body start to grow out of control and become abnormal.
- These extra cells may form a mass of tissue called a lump or a tumor.
- The tumor destroys healthy tissue.
- If the tumor gets bigger, it can invade and grow into other tissues and organs.
- Cancer cells also can break away and spread through the lymphatic system or blood stream to other parts of the body. This is called metastasis.
- Tumors that are not cancer are called benign. They almost never threaten life.
- Untreated cancers can cause serious illness and even death.

2. How Common is Cancer?

- In the U.S., the lifetime risk for developing cancer is less than 1 in 2 for men and women.
- A little more than 1 in 3 for women.

3. Causes & Risk Factors

- Tobacco use and exposure
- Certain viruses and bacteria
- Human papillomavirus (HPV)
- Causes most cervical cancers and some vaginal and vulvar cancers
- Hepatitis B virus (HBV)
- This raises the risk for liver cancer
- Human immunodeficiency virus (HIV)
- This raises the risk for some cancers, such as Kaposi sarcoma and non-Hodgkin lymphoma
- Helicobacter pylori (H. pylori) bacteria, the main cause of stomach ulcers, raises the risk for stomach cancer.
- Exposure to ultraviolet (UV) rays from the sun and indoor tanning
- Exposure to cancer-causing chemicals
- A person’s genetic makeup and immune status
- Use of certain medicines, such as DES (a synthetic estrogen)

Factors that damage genes include:
- Tobacco use and exposure
- Certain viruses and bacteria
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- This raises the risk for some cancers, such as Kaposi sarcoma and non-Hodgkin lymphoma
- Helicobacter pylori (H. pylori) bacteria, the main cause of stomach ulcers, raises the risk for stomach cancer.

Exposure to ultraviolet (UV) rays from the sun and indoor tanning
- Exposure to cancer-causing chemicals
- A person’s genetic makeup and immune status
- Use of certain medicines, such as DES (a synthetic estrogen)

4. Lower Your Risk

- There are many things you can do to prevent and lower your risk of getting cancer. Do them for yourself. Do them for your loved ones.

- The obvious – avoid tobacco:
  - Don’t smoke it.
  - Don’t chew it between your lips and gums.
  - Don’t inhale it secondhand.
  - Avoid secondhand smoke – tobacco toxins that linger in your home or office. Avoid secondhand smoke for at least five minutes after a cigarette is put out.
  - Protect yourself from ultraviolet (UV) radiation. Limit time in the sun. Wear sunscreen, sunglasses, a hat, and clothing that protects your skin. And, don’t fake bake. Sun lamps and tanning booths also emit cancer-causing rays.
  - Have X-rays only when necessary
  - Avoid asbestos, pesticides, herbicides, and other cancer-causing agents. Protect yourself from cancer-causing chemicals at work and elsewhere.
  - Have your home tested and treated for radon if needed.
  - Protect your skin. Regular physical activity. Control your weight.
  - Eat healthy foods. Have 5-9 colorful fruits and vegetables per day. Opt for whole-grain breads and cereals. Limit red meat and foods high in fat.
  - Limit alcohol – no more than two drinks per day for men; no more than one drink per day for women.
  - Find ways to manage stress. Too much stress can weaken your immune system.
  - Talk with your doctor about taking vitamins, herbal products, or other supplements.
  - Follow your doctor’s advice to prevent, lower the risk, and treat viruses and bacteria that can cause cancer.

5. Screening Tests

- Screening tests help detect some types of cancer in early stages, when they are most treatable.

- Finding and removing precancerous tissue can prevent cancers of the cervix, colon, and rectum.
- Get screening tests, as listed below, as or by advised by your doctor. If you are at a greater risk for one or more cancers, you may need screenings earlier or more often. You may need additional screenings. If a certain type of cancer is common in your family, ask your doctor about genetic testing. Also, check with your insurance plan to find out if and when screening tests are covered.

Cancer Screening Guidelines

Women

- Pap Test
  - At least 2 years from ages 21-26. If ablated after age 65.

- Breast Exam
  - Opt for 40, discuss with doctor

Mammogram
- Every 2 years ages 50-74 or as advised

Men

- Prostate Cancer Screening
- By age 50, discuss with doctor

Cataract Cancer Screening Age 50-75

1. For ages 45–60 and 70–74, discuss your breast cancer risk and the pros and cons of breast cancer screening with your doctor. For women at high risk for breast cancer should seek medical advice about breast cancer screening and prevention.

2. African American men and men with a brother or father diagnosed with prostate cancer should discuss the pros and cons of screening for prostate cancer with their doctor. By age 45, men at high risk for prostate cancer may receive testing. A medical family member diagnosed with prostate cancer.

6. Treatment

- Treatment depends on the type of cancer, the stage it is in, and individual factors.

- Cancer treatment includes:
- Surgery to remove the cancerous tumor(s) and clear any obstruction to vital passageways
- Radiation therapy
- Chemotherapy
- Biological therapy
- Targeted therapy, such as drugs that affect only the cancer cells
- Stem cell or bone marrow transplant
- Clinical trials

Preventing Cancer What You Need To Know

Permafold® Topics

1. What is Cancer?
2. How Common is Cancer?
3. Causes & Risk Factors
4. Lower Your Risk
5. Screening Tests
6. Treatment
7. Warnings & Symptoms

Nearly 1 in 4 deaths in the U.S. is due to cancer. In the U.S., the lifetime risk for developing cancer is less than 1 in 2 for men and women, A little more than 1 in 3 for women.
Warning Signs & Symptoms

For Bladder Cancer
• Pale-yellow or red-colored urine to bright red urine
• Frequent urination or feeling the need to urinate without being able to urinate
• Pain during urination

For Breast Cancer
• Lump or firmness in your breast, the skin on a breast, or under your arm
• A change in the shape of your breast
• A reddish or bluish discoloration or discharge from the nipple
• Pain in your breast, neck, or scalp

For Colon and Rectal Cancers
• Urgent need to urinate or urinating often
• Bloating or swelling of the abdomen
• Enlarged or tender breasts
• Pain or discomfort in a testicle or the scrotum
• Sudden build-up of fluid in the scrotum
• A feeling of heaviness in the scrotum
• Testicles that do not drop down for easier examination
• Small, smooth, or tender lumps under the testicle

For Colon Cancer
• Diarrhea
• Loss of appetite
• Changes in bowel habits (frequent stools)
• Blood in the stool

For Kidney Cancer
• Blood in urine
• Lump or mass on the side or lower back
• Low back pain on one side (not due to an injury)
• Weight loss without trying
• Fever that doesn’t go away after a few weeks and that is not from an infection
• Feeling very tired
• Swelling of the ankles and legs

For Lung Cancer
• Cough that gets worse or does not go away
• Hoarse voice
• Coughing up blood or rust-colored phlegm
• Shortness of breath. New onset of wheezing.
• Chest pain. Often, this worsens with taking deep breaths, coughing, or laughing.
• Bronchitis, pneumonia, and other lung infections occur often and keep coming back.
• Tiredness
• Unexplained weight loss

For Lymphoma
• Persistent unexplained fever
• Night sweats
• Weight loss
• Fatigue
• Enlarged spleen or liver

For Melanoma
This type of skin cancer can spread to other parts of the body and be fatal if not treated early. The first sign is a change in the size, shape, or color of an existing mole or a new mole. It is often called “ugly looking” mole. Learn the ABCD and its D to help you detect it early.

For Myeloma
• Bone pain or tenderness
• Weakness or numbness in the feet or legs
• Fatigue or easy getting tired

For Prostate Cancer
• Blood in the urine or semen
• Pain in the lower back, hips, or upper thighs
• Trouble having or keeping an erection
• Weakness or numbness in the feet or legs

For Ovarian Cancer
These 4 symptoms last almost daily for longer than a few weeks:
• Blotching or swelling of the abdomen
• Pain in the upper abdomen or pelvic pressure
• Trouble eating or feeling full quickly
• Urgent need to urinate or urinating often

For Skin Cancer
There are two types:
• Basal Cell
• Squamous Cell

For Testicular Cancer
• A lump or other testicular or surrounding area
• An enlarged testicle
• A feeling of heaviness in the scrotum
• A dull ache in the lower abdomen or groin
• Sudden build-up of fluid in the scrotum
• Pain or discomfort in a testicle or the scrotum
• Enlarged or tender breasts

These symptoms could also be caused by other problems, such as infection or tumors of the scrotum or testis or a ball hanging on a string. See your doctor if any of these symptoms lasts 2 or more weeks. Men who are 15 and older should do a testicular self-exam if and as often as their doctors advise. Results are best after a warm bath, which relaxes the scrotum, allowing the testicles to drop down easier for easier exam.

For Tumor of the Bivium
• A thin, red spot that is bright, dry, or scaly and may become itchy or tender

For Tumor of the Colon
• A dull, red lump

For Tumor of the Rectum
• A small, smooth, or tender lump under the testicle

For Tumor of the Tongue
• A small, smooth, or tender lump under the testicle

For Mouth, Throat, and Thyroid Cancers
• A sore in the mouth that does not heal
• Numbness of the tongue or other mouth area
• Painful or itchy or bad breath that persists. A sore throat or a feeling that something is caught in the throat. This doesn’t go away.
• A white or red patch on the gums, tongue, tonsil, or lining the mouth
• Hoarseness or other changes in the voice
• Lump or mass in the neck or chest or a feeling of a lump in the throat
• Pain in the front of the neck, sometimes going up to the ears
• Trouble breathing or swallowing or moving the jaw or tongue
• A cough that doesn’t go away

For More Information, Contact:
American Cancer Society
800.ACS.2345 (237.2345) • www.cancer.org
National Cancer Institute
800-4-CANCER (800-422-6237) • www.cancer.gov
Clinical Trials www.clinicaltrials.gov

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### 7. Warning Signs & Symptoms

You can have cancer without any symptoms. There is usually no pain at the onset of cancer. At different types of cancers grow, warning signs may occur. See your doctor for a proper diagnosis.

#### For Bladder Cancer
- Pale yellow-or-red colored urine to bright red urine
- Frequent urination or feeling the need to urinate
- Pain during urination

#### For Breast Cancer
- Lump or firmness in your breast or under your arm
- A change in the shape of your breast
- A visible discharge from the nipple
- Sometimes this has blood.
- Inverted or tender nipple
- The skin on a breast, underarm, or armpit may become red, itchy, or sore.
- An area of the breast may retract or pucker.

#### For Colon and Rectal Cancers
- Blood in or around the stool
- Frequent or unexplained straining to have a bowel movement
- A change in the size or shape of the bowel
- A feeling of incomplete evacuation after a bowel movement or a need to go to the bathroom even if you just went

#### For Kidney Cancer
- Blood in urine
- Lump or mass on the side or lower back
- Low back pain on one side (not due to an injury)
- Weight loss without trying
- Fever that doesn’t go away after a few weeks and that is not from an infection
- Feeling very tired
- Swelling of the ankles and legs

#### For Lung Cancer
- Cough that gets worse or does not go away.
- Hoarse voice. Coughing up blood or rust-colored phlegm
- Shortness of breath. New onset of wheezing.
- Chest pain. Often, this worsens with taking deep breaths, coughing, or laughing.
- Bronchitis, pneumonia, and other lung infections occur often and keep coming back.

#### For Prostate Cancer
- Problems urinating
- Blood in the urine or semen
- Pain in the lower back, hips, or upper thighs
- Trouble having or keeping an erection
- Weakness or numbness in the feet or legs

#### For Testicular Cancer
- A lump on either testicle or surrounding tissue
- An enlarged testicle
- A feeling of heaviness in the scrotum
- A dull ache in the lower abdomen or groin
- Sudden build-up of fluid in the scrotum
- Pain or discomfort in a testicle or the scrotum
- Enlarged or tender breasts

#### For Skin Cancer
- Skin Self-Exam
  - Do a skin self-exam monthly. The best time to do one is after a shower or bath.
  - Go to a well-lit area. Use both a full-length and hand mirror so you can see every part of your body.
  - Look at the front and back of your body. Raise your arms and look at your chest and underarms.
  - Bend your elbows. Look carefully at both sides of your arms, hands, forearms, and upper arms.
  - Examine the back and front of your legs. Also, look between your buttocks and around the genital area.
  - Sit and cross your legs. Look at your feet, neck, and scalp. Use a comb or blow dryer to move your hair to allow you to examine your scalp.

For More Information, Contact:
- American Cancer Society 800.ACS.2345 (227.2345) • www.cancer.org
- National Cancer Institute 800.422.6237 • www.cancer.gov

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### 7. Warning Signs & Symptoms

You can have cancer for years without having symptoms. There is usually no pain at the onset of cancer. At different types of cancers grow, warning signs may occur. See your doctor for a proper diagnosis.

#### For Bladder Cancer
- Pale-yellow or colored urine to bright red urine
- Frequent urination or feeling the need to be unable to urinate
- Pain during urination

#### For Breast Cancer
- Lump or firmness in your breast or under your arm
- A change in the shape of your breast
- A red or white discharge from the nipple
- Sometimes this has bled.
- Inverted or tender nipple
- The skin on a breast, neck, or nipple may be red, or swollen.

An area of the breast may retracted or puckered.

Discuss with your doctor the pros and cons of doing monthly breast self-exams and how to perform them. Ask, too, about self-exams for breast cancer: You can also call 800 CANCER (422-6237) or access www.cancer.gov/breast for the Breast Cancer Risk Assessment Tool.

### Note

Men can get breast cancer, too, and should report a breast lump or other change to their doctors.

#### For Colon and Rectal Cancers
- Rectal bleeding or dark blood on the stool.
- Very narrow stools.
- Change in bowel habits for 2 or more weeks or constipation or diarrhea for 1 week or longer.
- Frequent gas pains, cramps, bloating, or feeling of fullness in the abdomen.
- Feeling that your bowels does not empty completely.
- Weight loss with no explanation.

#### For Kidney Cancer
- Blood in urine
- Lump or mass on the side or lower back
- Low back pain on one side (not due to an injury)
- Weight loss without trying
- Fever that doesn’t go away after a few weeks and that is not from an infection
- Feeling very tired
- Swelling of the ankles and legs

#### For Lung Cancer
- Cough that gets worse or does not go away.
- Hoarse or muffled voice. Coughing up blood or rust-colored phlegm
- Shortness of breath. New onset of wheezing.
- Chest pain. Often, this worsens with taking deep breaths, coughing, or laughing.
- Bronchitis, pneumonia, and other lung infections occur often and keep coming back.
- Tiredness
- Unexplained weight loss

#### For Testicular Cancer
- A lump on either testicle or surrounding area
- An enlarged testicle
- A feeling of heaviness in the scrotum
- A dull ache in the lower abdomen or groin
- Sudden build-up of fluid in the scrotum
- Pain or discomfort in a testicle or the scrotum
- Enlarged or tender breasts

These symptoms could also be caused by other things, such as infections or tumors of the scrotum or testicle or from testicles that are too large.

#### For Prostate Cancer
- Problems urinating
- Blood in the urine or semen
- Pain in the lower back, hips, or ribs, or upper thighs
- Trouble having or keeping an erection
- Weakness or numbness in the feet or legs

#### For Ovarian Cancer
- These 4 symptoms last almost daily for longer than a few weeks:
  - Blurring or swelling of the abdomen
  - Pain in the upper abdomen or pelvic pressure
  - Trouble eating or feeling full quickly
  - Urgent need to urinate or urinating often

#### For Skin Cancers
- There are three types:
  - Basal Cell
  - Squamous Cell
  - Melanoma

- Basal Cell accounts for more than 90 percent of all skin cancers in the United States. Both basal and squamous cell cancer seldom spreads to other parts of the body. Here’s what to look for.
- Melanoma
  - The size change happens faster than the other.
  - The color is uneven.
  - The color may be normal, tan, or blue.
  - A feeling of itchiness.
  - An obvious, usually deep, solid bump. A mark that changes color and size.

#### For Skin Self-Exam
- Go to a well-lighted area. Use both a full-length and a hand-held mirror so you can see every part of your body.
- Look at the front and back of your body. Then raise your arms and look at the side of your body.
- Bend your elbows. Look carefully at both sides of your body, front, back, and sides.
- Examine the back and front of your legs. Also, look between your buttocks and around the genital area.
- Sit and closely examine your feet, including the soles and between your toes.
- Look at your face, neck, and scalp. Use a comb or brush to move your hair to allow you to examine your scalp.

#### For Melanoma
- This type of skin cancer can spread to other parts of the body and may be fatal if not treated early. Often, the first sign is a change in size, shape, or color of an existing mole. It is called a “ugly-looking mole. Learn the ABCD and E’s that exist in your mole. It also may appear as a new, abnormal, evolving lesion – Surface bleeding or a change in the size, shape, shade of color or symptoms onset.

#### For Mouth, Throat, and Thyroid Cancers
- A sore in the mouth that does not heal.
- Numbness of the tongue or other mouth area.
- Prolonged or bad breath that persists. A sore throat or a feeling that something is caught in the throat. This doesn’t go away.
- A white or red patch on the gums, tongue, tonsil, or lining of the mouth.
- Hoarseness or other changes in the voice.
- Lump or mass in the neck or chest or a feeling of a lump in the throat.
- Pain in the front of the neck, sometimes going up to the ears.
- Trouble swallowing or moving the jaw or tongue.
- A cough that doesn’t go away.
- Persistent, painless, or burning sensations as food goes down the throat.
- Upset stomach, heartburn, vomiting, and choking on food.
- Unexplained weight loss

#### For More Information, Contact:
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  - 800.ACS.2345 (227.2345) • www.cancer.org
- National Cancer Institute
  - 800.4.CANCER (227.4237)
- Clinical Trials
  - www.clinicaltrials.gov

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