CANCER SIGNS AND SYMPTOMS

This handout describes some common symptoms of frequent cancers. Having these symptoms does not necessarily mean that you have cancer. If you notice any of them, do not get alarmed because they could be a result of another condition. Please ask your doctor. There are other less common signs of cancer not mentioned here.

Brain Cancer
- Double vision
- Trouble keeping balance
- Difficulty doing things that are controlled by specific brain areas (i.e. motor functions, difficulty with speech etc.)

Breast Cancer
- Swollen breast
- Lump in the breast
- Skin irritation or dimpling
- Nipple pain or inverted nipple
- Red or scaly nipple or breast
- Nipple discharge other than breast milk
- Lump in the underarm area

Colorectal Cancer
- Change in bowel habits
- Bleeding from the rectum
- Blood in the stool
- Cramping or gnawing stomach pains
- Fatigue
- Unusual vaginal discharge (i.e. blood spots or light bleeding between menstrual cycles)
- Bleeding following intercourse or pain during intercourse

Female Gynecological Cancer*
- Indigestion, nausea or long-term stomach pain
- Gas, bloating or pressure
- Bleeding between periods or after menopause
- Pain in the pelvic region, leg, or back
- Unexplained weight loss or gain
- Shortness of breath
- Unusual fatigue
- Urinary frequency, constipation or diarrhea
* Female gynecological cancer types include cervical, vaginal, uterine and ovarian cancer

Leukemia
- Fatigue
- Fever
- Unexplained weight loss
- Loss of appetite

Lung Cancer
- Persistent cough
- Chest pain
- Shortness of breath, wheezing, hoarseness
- Weight loss and loss of appetite
- Coughing blood
- Fever with unknown reason
- Repeated problems with pneumonia or bronchitis

Continued
**Lymphoma**
- Fever
- Unexplained weight loss
- Profuse sweating (enough to soak clothing)
- Abnormal lumps close to the surface of the body
- Coughing or trouble breathing
- Swelling of the head and arms
- Pain in the stomach, nausea, and reduced appetite

**Prostate Cancer**
- Slow urinary stream
- Frequent urination
- Blood in the urine
- Impotence (difficulty having an erection)
- Pain in the pelvic bone, spine, hips

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**Take Action!**
Please consult a physician if any of these symptoms continue for more than two weeks.

**Remember**
- A balanced diet, regular physical activity, and the avoidance of smoking and drinking are believed to lower the risk of cancer.
- Pay attention to your body. The earlier a person is diagnosed, the greater the chance of beating this disease.
- Take charge of your health!