

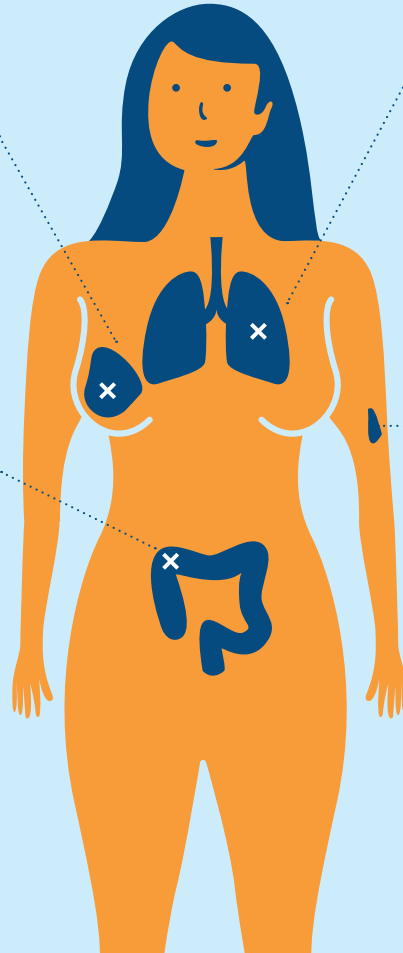
## Most common cancer symptoms in women

### BREAST

- Hard mass in the breast or under the fold of the arm
- Red spot or eczema on the skin of the breast
- Nipple changes (size, colour) or leaks
- Size difference between the 2 breasts

### COLON (INTESTINE)

- Blood in the stool rendering it red or black
- False urges
- Changes in stool: hard or liquid (alternating between constipation or diarrhoea)
- Continuous stomach cramps



### LUNGS

- Cough that has been persisting for more than 4 weeks
- Chronic cough that keeps on getting worse
- Lung infection that doesn't go away despite antibiotic treatment
- Blood in spit
- Unusual difficulty breathing while walking up the stairs
- Chest pain

### SKIN

Normal spot



Spot to get checked



*Irregular form?*



*Well-defined borders?*



*Same colour everywhere?*



*Change in size? Form? Colour? Thickness?*

If you observe one of these symptoms, **it doesn't mean you have cancer.** Make an appointment with your doctor for a medical exam.

## Things you can do on a daily basis to maintain your health



Walk for at least 30 minutes



Eat 5 fruits or vegetables



Limit alcohol consumption to 1 glass



Protect yourself against the sun



Avoid smoking

## Medical exam for breast cancer



I'm 50+ and I choose to submit to a medical exam.



I call Vaud's league for cancer screening who sets up a meeting for a mammography near me.



I receive the results through the post office one week later:

- If the mammography is normal, I receive an invitation to redo an exam in 2 years.
- If the mammography shows an anomaly, I call my family doctor who will send me to undergo an additional exam. If I don't know any doctor, Vaud's foundation for cancer screening contacts me.



This medical exam costs me about 20 Fr. The health insurance covers the rest.

## Medical exam for colon cancer



I'm 50+ and I chose to submit to a medical exam.



I fill out a questionnaire with a health professional and I receive a faecal blood test.



I do the test myself at home and I send it to the laboratory by means of an envelope provided.



I receive the results through postal mailing one week later:

- If the test results are normal, I receive a voucher to redo an exam in 2 years.
- If the test shows that there is blood in my stool, I call my family doctor who sends me to do an additional medical examination (colonoscopy\*). \*Colonoscopy can be chosen as the first medical exam for colon cancer. If I don't know a doctor, Vaud's Foundation for cancer screening will contact me.



This medical exam costs me about 5 Fr. The health insurance covers the rest.

I have a question?  
I call Vaud's league for cancer screening at



0848 990 990



Anglais



Discovering a cancer  
at the beginning  
of the disease increases  
chances of recovery!