

SIRI KANSER

CANCER

Early Treatment
is a Smart Move

REDUCE THE RISK OF CANCER

LIVE A HEALTHY LIFESTYLE

EARLY DETECTION CAN
SAVE YOUR LIFE



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Know the 9 Warning Signs of Cancer

- Vaginal bleeding that occurs between menstruation periods or after menopause.
- Lumps in breasts or any other changes detected in the breasts.
- Changes in bowel-movement routine.
- Lumps in the neck that has not previously been there.
- Hoarse voice for more than two weeks.
- Abnormal nose-bleeding, loss of hearing or ringing ears.
- Ulcer that does not heal, lumps or white and red spots on the mouth.
- Continuous stomach pain or discomfort.
- Continuous coughing and traces of blood in phlegm.

If you have the above symptoms it does not necessarily mean you have cancer. Seek immediate medical advice for confirmation

How to Prevent Cancer?

- Do not smoke.
- Maintain a healthy diet: low fat, more fruits and vegetables.
- Maintain an optimum weight by exercising.
- Reduce alcohol intake.
- Avoid sexual relations with multiple partners.
- Avoid chewing betel leaf and / or chewing tobacco.
- Make certain that your child acquires a complete Hepatitis B vaccine.
- Conduct self-breast examination every month.
- Seek medical examination should you experience any warning signs of cancer.

Ensure That You Practice The Above Steps To Avoid Cancer.

