

# Watch for these seven cancer warning signs!

Knowing the symptoms of cancer can spell the difference between life and death for you or a loved one, experts say, because the earlier a malignancy is found the better the chances of a cure. Here are the American Cancer Society's seven warning signs of cancer:

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1. Any change in bowel or bladder habits.
  2. A sore that does not heal.
  3. Unusual bleeding or discharge.
  4. A thickening or lump in the breast or elsewhere.
  5. Indigestion or difficulty in swallowing.
  6. Obvious change in wart or mole.
  7. Nagging cough or hoarseness.



## Top 6 prevention secrets!

Adopt a cancer-prevention lifestyle to save your life! Here are some of the steps you can take to protect yourself against malignancy:

- Protect your skin from the sun to reduce the chances of contracting deadly melanomas.
- Don't smoke. The habit is associated with increased incidence of cancers of the bladder, lungs, esophagus and pancreas.
- Use pesticides cautiously. Chemicals in bug-killers have been linked to the onset of leukemia, tumors of the muscle and connective tissues and lymph cancer.
- Avoid over-processed foods. They have been robbed of vital nutrients and some contain additives suspected of causing cancer.
- Exercise. Research shows that working out for 20 to 40 minutes five times a week significantly reduces cancer risk.
- Lower stress. Stress saps your immune system, making you vulnerable to disease.