

Find Cancer Early

Source: [Canadian Cancer Society](#)

How well do you know your body? Know what's normal for you so you can notice changes. When cancer is found early, it's often easier to treat.

Get changes checked sooner rather than later. That change to your body might be nothing, but it might be serious. Some types of cancers can be found early, when they are often easier to treat. Always see a doctor if there are any changes to how you're feeling or you have new physical symptoms.

What kinds of changes in my body should I report to my doctor?

Regular checkups are important because doctors and other healthcare professionals are trained to spot the early warning signs of cancer. Having any of these signs doesn't always mean that you have cancer. They may be due to some other medical problem, or they may not be serious at all. Only your doctor can tell for sure.

Even if you've recently seen your doctor for a checkup, it's important to report any of these changes as soon as possible:

What you can see or feel on the outside

- Any new growth on the skin
- Patches of skin that bleed, itch or become red
- Any sore that does not heal anywhere on your body or in your mouth
- Obvious change in the shape, size or colour of a mole or wart
- A new or unusual lump or swelling in the breast, testicles or any other part of the body
- Any unusual bleeding or discharge from the nipple or vagina
- Blood in your urine or feces
- Blood in phlegm

What you can feel on the inside

- Weight loss, fever, tiredness, aches or pains that you can't explain
- Any change in bladder habits, such as finding it hard to urinate or pain when you urinate
- Any change in bowel habits, such as having bowel movements more often with looser stools (diarrhea) or being constipated longer than a few weeks

- Indigestion or problems swallowing
- A nagging cough, hoarseness or a croaky voice

If you're in a certain age or population group, you can also have screening tests that help find breast, cervical, prostate, and colorectal cancer before you've even noticed symptoms.

- [Screening for cancer](#): See your doctor regularly and know when you should be screened for certain cancers
- [Find prostate cancer](#): Talk to your doctor about prostate cancer and the PSA test
- [Get screened for breast cancer](#): See your doctor regularly and know when you should be screened for certain cancers
- [Get screened for cervical cancer](#): Even if you've had HPV vaccine, regular pap tests are still needed
- [Get screened for colorectal cancer](#): Stool tests check for hidden blood you can't see with your eyes.
- [Screening in LGBTQ communities](#): LGBTQ communities can have unique screening needs – see your doctor regularly and know when you should be screened for certain cancers

How many cancers can be prevented?

Did you know that about 4 in 10 cancer cases in Canada can be prevented? It's true. There are things we eat, drink, breathe and do that affect our cancer risk.

The ComPARE study ([Canadian Population Attributable Risk of Cancer](#)) found how many cancer cases we can prevent in the future by changing the world around us. This includes making healthy choices and protecting ourselves where we live, work and play.

If we act now, we can prevent thousands of cancer cases by the year 2042. It's all about understanding what the risks are and taking action to protect ourselves in our everyday lives.

Make healthy choices

There's a lot you can do to reduce your risk of cancer – starting with living a healthy, active lifestyle. Making healthy choices can be easy, affordable and quick. You can take small but important steps to stay on the path of great health no matter what age you are.

We're proud to present simple ways to reduce your risk of cancer.

- [Live smoke-free](#): The single most important thing you can do to reduce your risk of cancer is to live smoke-free
- [Be sun safe](#): Enjoy the sun safely – protect your skin and protect your eyes

PEOPLE RESOURCES

- [Have a healthy body weight:](#) Besides living smoke-free, having a healthy body weight is one of the best things you can do to reduce cancer risk.
- [Eat well:](#) Eating well is an important part of reducing your cancer risk.
- [Move more, sit less:](#) Not enough physical activity and too much sitting increases your cancer risk – aim for 30 minutes of activity every day and take frequent, short breaks from sitting
- [Limit alcohol:](#) Drinking any type or amount of alcohol increases your risk of developing cancer – the less alcohol you drink, the more you reduce your risk
- [Check your family history:](#) Tell your doctor if any of your close relatives have ever been diagnosed with cancer
- [Understand hormones:](#) The birth control pill and hormone replacement therapy may increase your risk of cancer – understand the risks and benefits
- [Get vaccinated:](#) Some viruses cause cancer – check with your doctor about whether a Hepatitis B or HPV vaccine is a good idea for you
- [Know your environment:](#) Learn how to reduce your exposure to cancer-causing substances (carcinogens)