

**But CANCER is also
PREVENTABLE**

In addition to these instructions:

Avoid smoking and discourage your children and relatives: smoking is responsible for lung and many other cancers, heart diseases and stroke

Avoid excessive unprotected sun exposure, especially in children

Avoid excessive alcohol drinking

Eat a healthy diet with plenty of fruits and vegetables and less red meat and fats

Get regular physical exercise and control overweight: obesity increases the risk of many cancers

Get vaccination against Hepatitis B virus

Make sure your right to live and work in a safe environment is respected.

**Remember : if cancer is diagnosed early
you may avoid suffering and death**

Share this leaflet with your relatives and friends

A message from:

MTCC
Mediterranean Task Force
for Cancer Control

An international non profit organization devoted to
improve cancer prevention, screening and early
detection in countries of the Mediterranean area

www.mtcc-prevention.net



Mediterranean School of Oncology



Mediterranean countries
against colorectal cancer
www.colomed.it

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Your life is in your hands



**A message for life from the
Mediterranean initiative
against cancer**

**Cancer is a curable disease
Avoid suffering to you
and your beloved ones**

**Follow the instructions contained
in this leaflet**

**Take note of early
warnings signs...**

An ulcer or wound on the skin or mouth not
healing promptly

Presence of blood in urine or stools or from
other parts of the body

A lump in your breast or bloody nipple discharge
and any lump elsewhere in the body

Difficulty in swallowing food and drinks

Persistent cough and/or blood present in sputum

A sore or unhealing red or white patch in your
mouth, tongue and/or lips

**If any of the above signs is present,
urgently seek medical advice**



BREAST

Learn to know your breast : inspect and palpate it with your flat open hand at least once a month to feel any new lump

Starting at age 30, get a breast clinical examination by your doctor, health worker or nurse

In case of any suspicious lump get mammography, a simple and painless radiological examination. In any case, get mammography every 2 years after the age of 40

Tell your doctor if you have cases of breast cancer in your family history.

MOUTH

If you are a smoker and alcohol drinker ask your doctor, dentist or health worker to inspect your mouth

MOUTH

BREAST

UTERUS

UTERUS

Get regular cervical smears (pap test) by your doctor or health worker or nurse, starting at age 20

Get vaccinated against Papilloma virus, a common infection predisposing to cervical cancer

Report to your doctor any unexpected bleeding or spotting from your vagina, especially after menopause

Ask for regular vaginal visual inspection by your doctor, nurse or health worker even if you don't have any symptoms

What to do to avoid or get prompt diagnosis of the most frequent curable cancers

INTESTINE

PROSTATE

SKIN

SKIN

In case of increase in size or intermittent bleeding from a skin mole, seek medical advice

INTESTINE (colon - rectum)

Beware of recent and worsening changes in bowel habits

Get regular (every one or two years) testing for occult blood in stools, a simple and cheap laboratory test

Tell your doctor if you have cases of bowel cancer in your family history

Get regular endoscopic examination of your intestine (colonoscopy) starting from the age of 50 or earlier if there are cases of bowel cancer in your family history.

PROSTATE

Get regular (yearly) testing by prostate specific antigen (PSA) after the age of 50, a simple and cheap laboratory test

Ask your doctor for a rectal digital examination when you go for a medical consultation

Tell your doctor if you have cases of prostate cancer cases in your family history

