

The most common cancer symptoms amongst men

COLON (INTESTINE)

- Blood in stool that renders it red or black
- False urges
- Changes in stool: hard or liquid (alternation between constipation and diarrhoea)
- On-going stomach pain

PROSTATE

- Pain or burning sensation when urinating
- Difficulty urinating
- Weakening of the urinary stream
- Blood in urine
- Blood or pain when ejaculating

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.

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.

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

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



0848 990 990



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



Anglais