

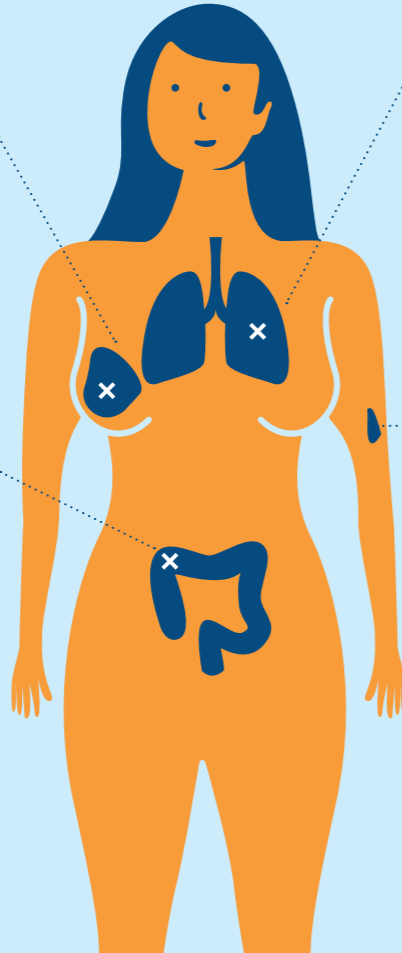
Most common cancer symptoms in women

BREAST

- Hard mass in the breast or under the fold of the arm
- Red spot or eczema on the skin of the breast
- Nipple changes (size, colour) or leaks
- Size difference between the 2 breasts

COLON (INTESTINE)

- Blood in the stool rendering it red or black
- False urges
- Changes in stool: hard or liquid (alternating between constipation or diarrhoea)
- Continuous stomach cramps



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.

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

Medical exam for breast cancer



I'm 50+ and I choose to submit to a medical exam.



I call Vaud's league for cancer screening who sets up a meeting for a mammography near me.



I receive the results through the post office one week later:

- If the mammography is normal, I receive an invitation to redo an exam in 2 years.
- If the mammography shows an anomaly, I call my family doctor who will send me to undergo an additional exam. If I don't know any doctor, Vaud's foundation for cancer screening contacts me.



This medical exam costs me about 20 Fr. The health insurance covers the rest.

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.

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



0848 990 990



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Anglais



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