

CANCER SOCIETY OF THE BAHAMAS

“CARING AND SHARING”

You should know and remember these 7 health safeguards

- C**HANGE in bowel or bladder habits.
- A**SORE that does not heal.
- U**NUSUAL bleeding or discharge.
- T**HICKENING or lump in breast or elsewhere.
- I**NDIGESTION or difficulty in swallowing.
- O**BVIOUS change in wart or mole.
- N**AGGING cough or hoarseness which persists.

IT MUST BE REALISED THAT THESE HEALTH SAFEGUARDS ARE **MOST OFTEN NOT CAUSED BY CANCER**. BUT THE PRESENCE OF ANY ONE OF THEM SHOULD ALERT YOU TO THE FACT THAT SOMETHING IS WRONG. YOUR DOCTOR WILL BE ABLE TO PUT YOUR MIND AT REST OR GUIDE YOU IN THE RIGHT CHANNEL FOR FURTHER INVESTIGATION IF NECESSARY.



A REMINDER:

A lot of things can wait until they're needed -
MEDICAL INSURANCE ISN'T ONE OF THEM.

The Cancer Society of The Bahamas urges the public to obtain proper medical insurance coverage. Contact an insurance representative today.

This Publication was made possible by your contributions to
The Cancer Society of The Bahamas



Cancer Related Checkups



THE CANCER SOCIETY OF THE BAHAMAS

Cancer Society of The Bahamas

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GUIDELINES
 For the early detection of cancer in people without symptoms
TALK WITH YOUR DOCTOR
 Ask how these guidelines relate to you



PROCEDURE	SEX	AGE	FREQUENCY
Health Counselling And Cancer Check-Up*	Male/Female	Puberty to 40 years 40+	Every 3 years Annually
Breast Self-Examination	Female	From puberty	Monthly
Physical Examination By Doctor	Female	Puberty to 40 years 40+	Every 3 years Annually
Cervical (PAP) Smear (Scraping of neck of the womb)	Female	From age of sexual activity	Annually
Pelvic Examination	Female	From age of sexual activity to 40 years 40+	Every 3 years Annually
Mammogram (Breast X-Ray)	Female	35-40 years 40+	Baseline Annually
Stool Test for Blood	Male/Female	40+	Annually
Rectal Examination (Digital)	Male/Female	40+	Annually
Sample of Womb Lining (Endometrium)	Female	If at high risk* and at menopause	At menopause

***CANCER CHECK-UP:** Includes examinations for cancers of the thyroid, testes, prostate, ovary, lymph nodes, mouth and skin.

Remember, these guidelines are not rules and only apply to people without symptoms. If you are at higher risk in the following categories or have any of the 7 Warning Signals listed on the back, see your doctor or go to your clinic without delay.

- ➔ Higher Risk for Breast Cancer: Personal or family history of breast cancer, never had children, first child after 30.
- ➔ Higher Risk for Cervical Cancer: Early age at first intercourse, multiple sex partners.
- ➔ Higher Risk for Colorectal Cancer: Personal or family history of colon or rectal cancer, personal or family history of polyps in the colon or rectum, ulcerative colitis
- ➔ Higher Risk for Endometrial Cancer: Infertility, obesity, failure of ovulation, abnormal uterine bleeding, estrogen therapy