

Adult Cancer

Risk Factors:

Anything that increases a person's chance of getting cancer.

Common Risk Factors:

Increasing Age

Diseases: certain viruses can cause cancer

Family History of Cancer

Radiation Exposure

Smoking

Alcohol Use

Decreased physical activity

Obesity

Race/Ethnicity



Prevention:

Be screened to detect cancer early

Education on early signs of cancer

Know your risk factors

Stop smoking

Reduce alcohol intake

Reduce weight and increase exercise

Eat a healthy diet

Make healthy sexual lifestyle choices

WE NEED YOUR HELP!!

Early Detection!

RECOGNIZING EARLY SIGNS AND SYMPTOMS OF CANCER

Early Referral!

REFER PATIENT TO KCMC FOR FURTHER INVESTIGATION

Early Diagnosis and Treatment!

IF DIAGNOSED EARLY, CANCER CAN BE CURED!

Usikubali kupoteza maisha yako kutokana na saratani.

Shiriki katika mpango wa kuzuia saratani K.C.M.C

**Please Call for any Referrals
0682404052**



PrevATrain and PrevACamp

Adult Cancer



Kilimanjaro Christian Medical Centre

Cancer Care Centre

Moshi, Tanzania

0682404052



Breast Cancer

Signs of Breast Cancer:

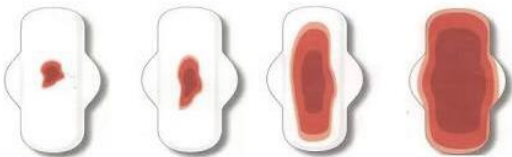
- Lump or mass in breast
- Swelling of all or part of breast
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple turning inward
- Nipple discharge
- Swollen lymph nodes



Cervical Cancer

Signs of Cervical Cancer:

- Abnormal vaginal bleeding after intercourse
- Abnormal vaginal bleeding after menopause
- Abnormal vaginal bleeding between periods
- Menstrual bleeding longer and heavier
- Unusual discharge from vagina
- Pain during intercourse



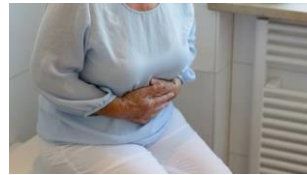
Common Cancers

Signs and Symptoms

Colon Cancer

Signs of Colon Cancer:

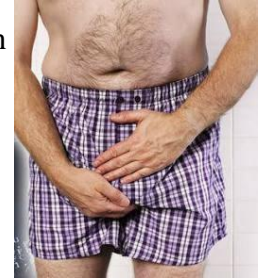
- Change in bowel habits such as diarrhea, constipation, narrowing of stool (lasts longer than a few days)
- A feeling that you need to have a bowel movement that is not relieved by doing so
- Blood in stool
- Rectal bleeding
- Cramping or stomach pain
- Weakness and fatigue



Prostate Cancer

Signs of Prostate Cancer:

- Problems urinating: weak/slow urinary stream
- Need to urinate more often, especially at night
- Blood in urine or semen
- Trouble getting an erection



Lymphoma: Cancer of Lymph System

Signs of Lymphoma:

- Lump in armpit, groin or neck
- Fever
- Night Sweats
- Weight Loss
- Fatigue

