

CANCER SYMPTOMS WOMEN IGNORE!

The latest mortality data for people with developmental disabilities showed a greater number of women than men dying from cancer, which was the number one cause of death. Be sure you know the possible symptoms and act on that knowledge!

No. 1: Unexplained weight loss

- Unexplained weight loss — say 10 pounds in a month without an increase in exercise or a decrease in food intake.

No. 2: Stomach or pelvic pain

- Including bloating, feeling full after eating small amounts, unexplained urgent need to use the bathroom.

No. 3: Breast changes

- Including lumps, redness or thickening of the skin, changes in nipples, unexplained discharges.

No. 4: Between-period bleeding or other unusual bleeding

- Including gastro-intestinal (GI), post-menopause, blood in urine or stool, particularly if it happens more than once.

No. 5: Skin changes

- Including changes in moles, excessive scaling or bleeding on your skin, unexplained changes in skin color.

No. 6: Difficulty swallowing

- So that you have to make changes in your diet.

No. 7: Indigestion

- Indigestion for no apparent reason.

No. 8: Mouth changes

- Smokers should be especially alert for any white patches inside the mouth or white spots on the tongue called leukoplakia that can progress to oral cancer.

No. 9: Other general things that, if they persist and are not explained, please see your doctor.

- Pain that persists and is unexplained needs to be checked.
- Changes in lymph nodes that persist longer than a month.
- Fever that is not connected to flu or infection.
- Fatigue that is not explainable to lack of sleep.
- Paleness not associated with illness.
- Persistent cough lasting more than a few weeks.

Cancer prevention is a life-long commitment to a long-life of healthy living and it's never too late to start. Make a healthy lifestyle a part of your New Year resolutions so you will be here to celebrate many more long and Happy New Years' with a New You!

