

Major Illness Warning Signs

Permafold®



Topics

1. Prevention Tips
2. Cancer Warning Signs
3. Diabetes Warning Signs
4. Heart Attack Warning Signs
5. Lupus Warning Signs
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7. Tests & Exams

It is better to prevent an illness than to get it. The next best thing is to detect and treat an illness early. To do this:

- Have regular health screenings. (See topic 7.)
- Know warning signs for major illnesses and tell your doctor if you have any of them.

Treating a Major Illness Early

- Gives a better chance for a cure
- Prevents more serious health problems
- Saves money on health care

1. Prevention Tips

- Maintain a healthy body weight.
- Exercise on a regular basis.
- Eat healthy.
 - Eat 5 or more servings of fruits and vegetables a day. Eat whole-grain breads, cereals, and bran. Eat dried beans, peas, and soy foods, such as tofu.
 - Have 20 to 35 grams of dietary fiber a day.
 - Follow a low-fat diet. Strictly limit saturated and *trans* fats.
 - Limit cholesterol to 300 milligrams per day.
 - Eat salt-cured, salt-pickled, and smoked foods only once in a while, if at all.



- Limit alcohol to 2 drinks per day for men; 1 drink per day for women and persons age 65 and older.
- Don't smoke or use tobacco products. Avoid secondhand smoke.
- Limit exposure to cancer causing agents, such as asbestos, pesticides, etc.
- Have X-rays only when needed.

- Limit your exposure to the sun, sun lamps, and tanning booths. When you are in the sun, protect your skin.
- Manage stress.
- Take the medicines your doctor prescribes.
- Ask your doctor about medicines to help prevent major illnesses. Ask about:
 - A low dose of aspirin (e.g., 81 milligrams or 1 baby aspirin) daily. This may help prevent heart attacks and strokes.
 - Estrogen replacement therapy (if you are female), Fosamax®, Evista®, or Actonel® to reduce the risk of osteoporosis



- Talk to your doctor about taking vitamins, minerals, and other supplements.
- Have regular health screenings. (See topic 7.)

2. Cancer Warning Signs

When cancer first develops, there may be no pain or other signs. That's why screening tests are important. As different types of cancers grow, warning signs may be present. These signs may be due to problems other than cancer, too. See your doctor to find out. In many cases, the sooner cancer is found and treated, the better the chances for a full recovery.

For Bladder Cancer

- Blood in the urine. The color of the urine can be deep red or it can be a faint rust or smokey color.
- Pain when you urinate
- The need to urinate often or urgently

For Breast Cancer

- A lump or thickening: In the breast; in the surrounding area; along the collar bone and below the breast; or in the underarm area
- A change in the size or shape of the breast
- A nonmilky or bloody discharge from the nipple
- A change in the color or feel of the skin of the breast, nipple, or areola (the brown or pink area around the nipple). Dimpled puckered, or scaly skin.



For Colon and Rectal Cancers

- A change in bowel habits
- Constipation, having stools more often, and/or loose stools
- A feeling that the bowel does not empty all the way
- Blood in or on the stool (either bright red or very dark in color)
- Stools that are more narrow than usual
- Stomach bloating, fullness, and/or cramps
- Frequent gas pains
- Weight loss for no known reason
- Constant tiredness

For Kidney Cancer

- Blood in the urine
- A lump or mass that can be felt in the kidney area
- A dull ache or pain in the back or side
- An unexplained cough for more than 3 weeks

For Lung Cancer

- A cough that doesn't go away. This could be a "smoker's cough" that gets worse.
- Constant chest pain. Back pain in some persons.
- Hoarseness
- Shortness of breath and wheezing
- Recurring pneumonia or bronchitis
- Coughing up blood
- Fatigue, appetite loss and weight loss
- Weakness in your shoulder, arm, or hand

For Ovarian Cancer

Often, there are no early symptoms. When symptoms appear, they include:

- Swelling, bloated feeling, or discomfort in the lower abdomen
- Feeling full even after a light meal. Loss of appetite and weight.
- Gas, indigestion, nausea
- Diarrhea, constipation, or frequent urination
- Bleeding from the vagina

Often, the cancer has spread by the time it is found.

For Prostate Cancer

Early prostate cancer often does not cause symptoms. When symptoms occur, they may include:

- A need to urinate often, especially at night
- A hard time starting to urinate, holding back urine, or not being able to urinate
- Weak or interrupted flow of urine



- Pain or burning feeling when you urinate
- Pain when you ejaculate
- Blood in the urine or semen
- Frequent pain or stiffness in the lower back, hips, or upper thighs

For Skin Cancer

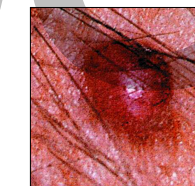
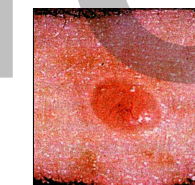
There are 3 types of skin cancer:

1. Basal cell. More than 90 percent of all skin cancers in the U.S. are this type. It grows slowly. It seldom spreads to other parts of the body.
2. Squamous cell. This type of skin cancer spreads more often than the basal cell type. It is still rare for it to spread, though.

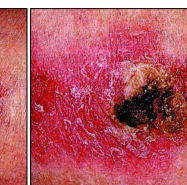
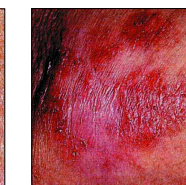
Basal and squamous cell cancers are found mainly on areas of the skin that are exposed to the sun, like the head, face, neck, hands, and arms. These skin cancers can occur anywhere, though.

Early Warning Signs of These Cancers

- Small, smooth, shiny, pale, or waxy lump
- Firm red lump



- A lump that bleeds or develops a crust
- A flat, red spot that is rough, dry, or scaly



3. Melanoma. Melanoma is the most serious kind of skin cancer. It often spreads to other parts of the body. It can be fatal if not treated early.



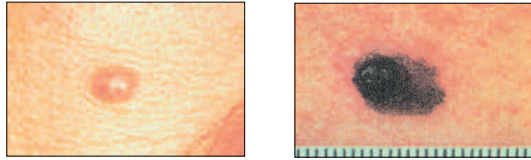
Reviewed and Approved by the Senior Medical Advisory Board

This Permafold® is not meant to take the place of expert medical care or treatment. Follow your doctor's or health care provider's advice.

Warning Signs of Melanoma

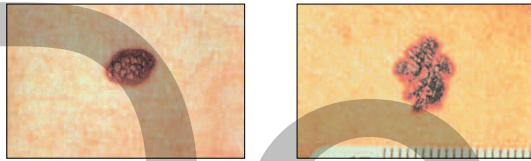
- Often, the first sign is a change in the size, shape, or color of an existing mole. It may be a new, abnormal, or “ugly-looking” mole.
- The letters “ABCD” can identify signs.

A. Asymmetry – The shape of one half does not match the other.



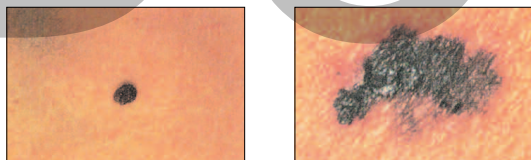
Benign (normal) mole Melanoma

B. Border – The edges are ragged, notched, or blurred.



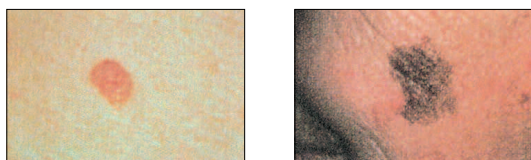
Benign (normal) mole Melanoma

C. Color – The color is uneven. Shades of black, brown, and tan may be seen. Areas of white, gray, red, or blue also may be seen.



Benign (normal) mole Melanoma

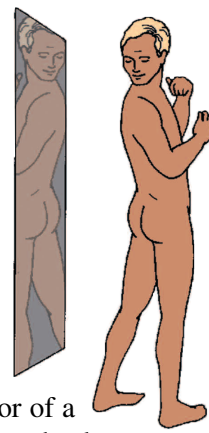
D. Diameter – There is a change in size. Also, melanoma lesions are often bigger than the diameter of a pencil eraser.



Benign (normal) mole Melanoma

Skin Self-Exam

- Do an exam monthly, after a shower or bath. To check your skin, use:
 - A well-lit room
 - A full-length mirror
 - A hand-held mirror
- Locate your birthmarks, moles, and blemishes. Check for a change in the size, texture, or color of a mole. Check for a sore that does not heal.



- Check *all* areas.

- Look at the front and back of your body in the mirror. Raise your arms and look at your left and right sides.
- Bend your elbows and look carefully at the palms of your hands. Look at both sides of your forearms and upper arms.
- Look at the back and front of your legs. Look between the buttocks and around the genital area.
- Sit and closely examine your feet. Look at the soles and between the toes.
- Look at your face, neck, and scalp. Use a comb to move your hair so you can see your scalp.

See your doctor if you find anything unusual.

For Testicular Cancer

- A lump in a testicle
- A feeling of heaviness in the scrotum
- A dull ache in the lower abdomen or groin
- A sudden build up of fluid in the scrotum
- Pain or discomfort in a testicle or the scrotum
- Enlarged or tender breasts

Males aged 15 and older should do a testicular self-exam (TSE) as often as advised by their doctor to look for any lumps or changes in the size or shape of a testicle.

For Throat Cancer

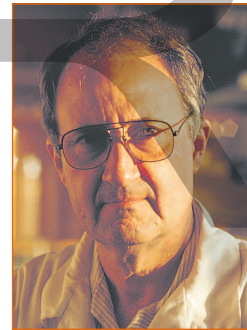
- Hoarseness or other changes in the voice
- A lump on the neck or feeling of a lump in the throat
- A cough that doesn't go away
- A hard time swallowing. A feeling of fullness, pressure, or burning when swallowing.
- Repeated cases of indigestion and heartburn. Frequent vomiting or choking on food.
- Pain behind the breastbone or in the throat

3. Diabetes Warning Signs

One in three people who have diabetes do not know they have the disease. Diabetes can be present without warning signs or symptoms.

According to the American Diabetes Association, symptoms of diabetes include:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision



See your doctor or health care provider if you have one or more of these symptoms.

In type 1 diabetes, symptoms tend to come on quickly. With this type, the body either makes no insulin or only very small amounts.

In type 2 diabetes, symptoms tend to come on more slowly. The body does not make enough insulin or can't use it the right way. This type most often occurs in persons who are over age 40, are overweight, and who don't exercise.

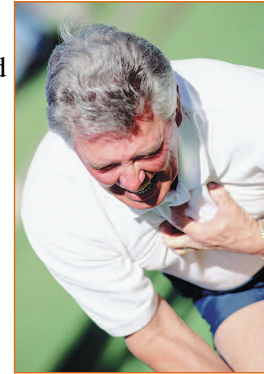
Pre-diabetes occurs before type 2 diabetes. Getting diagnosed and treated for this can keep you from getting type 2 diabetes.

Follow your doctor's or health care provider's advice for screening for diabetes. Early detection and treatment lower the chances of diabetes complications.

4. Heart Attack Warning Signs

Common Warning Signs

- Chest pain. This may spread to the arm, neck, tooth, or jaw.
- A feeling of tightness, burning, squeezing, fullness, or heaviness in the chest. This lasts more than a few minutes or goes away and comes back.
- Chest discomfort with fainting, lightheadedness, nausea, shortness of breath, or sweating



Less Common Warning Signs

- Atypical chest pain, abdominal or stomach pain
- Dizziness, nausea, shortness of breath, trouble breathing, or arm or jaw pain (in the absence of chest pain)
- Fast or uneven heartbeat or pulse
- Sweating for no reason; pale, gray, or clammy skin
- An uneasy feeling in the chest with: Unexplained anxiety, fatigue, or weakness; fluttering heartbeats; or severe indigestion (doesn't go away with an antacid)

If heart attack warning signs occur, call 9-1-1 or your local rescue squad right away!

5. Lupus Warning Signs

Lupus is a disorder of the immune system that can affect the skin, joints, kidneys, and nervous system. Lupus is 10 times more common in women than in men. Warning signs are:

- Joints that ache and swell for more than 3 months
- Fingers that get pale, numb, or that ache in the cold

- Mouth sores for more than 2 weeks
- Blood tests that show: Anemia; low white cell count, or low platelet count; and/or protein in the urine
- A rash across the nose and cheeks that lasts for more than 1 month
- Skin rash (not sunburn) after being in the sun
- Pain for more than 2 days when you take deep breaths
- Seizure or convulsion

Let your doctor know if you have or have had 3 or more of these warning signs.

6. Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause



If stroke warning signs occur, call 9-1-1 or your local rescue squad right away!

For Information, Contact:

National Health Information Center
800.336.4797 or www.healthfinder.gov

For free health information: Access the American Institute for Preventive Medicine's Web site: www.HealthyLife.com and click on "Online Products / 365 Health Topics."

7. Tests & Exams

Test	Ages 20-39	Ages 40-49	Ages 50+
Dental Checkup	Every year		
Physical Exam	Every 2 to 3 years		Every 1 to 2 years
Blood Pressure	At least every 2 years		
Vision	Every 3 to 5 years		Every 2 to 3 years
Glaucoma Screening ¹			Every 2 to 3 years
Cholesterol Blood Test	Every 5 years or as advised		
Pap Test	W	At least every 3 years. As advised after age 65.	
Chlamydia Screening	O	Discuss with provider	
Mammogram	M	Every 1 to 2 years	
Breast Self-Exam ²	E	Discuss with provider	
Breast Exam by Doctor or Nurse ²	N	Every 3 years	Every year
Testicular Self-Exam	M	Discuss with provider	
Digital Rectal Exam	E	Discuss with provider	
Colorectal Cancer Screening ³	N		Discuss with provider

- African Americans should begin screenings every 2 to 3 years between the ages of 40 and 50.
- Though rare, men can get breast cancer, too, and should do a breast self-exam and get a breast exam by their doctor or nurse as advised.
- Screening test options include a stool blood test, sigmoidoscopy, double contrast barium enema, and colonoscopy. How often testing is needed depends on the test(s) given.