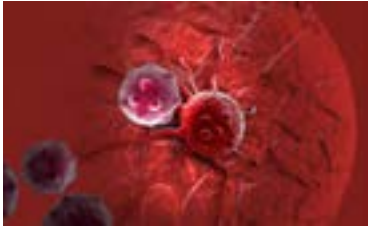


NBSIA Member Services Safety Bulletin

February 2020

NATIONAL CANCER PREVENTION MONTH



Cancer occurs when changes in a group of normal cells within the body lead to uncontrolled, abnormal growth forming a tumor; this is true of all cancers except leukemia (cancer of the blood). Left untreated, tumors can grow and spread into the surrounding tissue, or other parts of the body via the bloodstream and lymphatic systems, and can affect the digestive, nervous and circulatory systems or release hormones that may affect body function.

1. Key Cancer Facts

- **9.6 million** people die from cancer every year.
- **At least 1/3** of common cancers are preventable.
- Cancer is the **second-leading** cause of death worldwide.
- Up to **3.7 million** lives could be saved each year through prevention, early detection and treatment.

2. Signs and Symptoms of Cancer

- **Unusual lumps or swelling** – cancerous lumps are often painless and may increase in size as the cancer progresses
- **Coughing, breathlessness or difficulty swallowing** – be aware of persistent coughing episodes, breathlessness or difficulty swallowing
- **Changes in bowel habit** – such as constipation and diarrhea and/or blood found in the stools
- **Unexpected bleeding** – includes bleeding from the vagina, anal passage, or blood found in stools, in

urine or when coughing

- **Appetite loss** – feeling less hungry than usual for a prolonged period of time
- **Unexplained weight loss** – Unexplained and unintentional weight loss over a short period of time (a couple of months)
- **Fatigue** – Extreme tiredness and a severe lack of energy - if fatigue is due to cancer, individuals normally also have other symptoms
- **Pain or ache** – includes unexplained or ongoing pain, or pain that comes and goes
- **New mole or changes to a mole** – look for changes in size, shape, or color and if it becomes crusty, bleeds or oozes
- **Complications with urinating** – Needing to urinate urgently, more frequently, or being unable to go when you need to or experiencing pain while urinating
- **Unusual breast changes** – look for changes in size, shape or feel, skin changes and pain
- **A sore or ulcer that won't heal** – including a spot, sore, wound or mouth ulcer
- **Heartburn or indigestion** – persistent or painful heartburn or indigestion
- **Heavy night sweats** – be aware of very heavy, drenching night sweats

Sources

<https://www.worldcancerday.org/what-cancer>



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