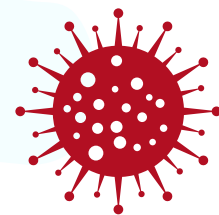


CANCER

When normal cells begin to grow abnormally at rapid base, it results in cancer.



Warning Signals of Cancer

- **C**hange in bowel or bladder habits
- **A** wound 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 a wart or mole
- **N**agging cough or hoarseness of voice

Risk Factors

- Tobacco, Alcohol in excess
- Lifestyle, Diet, Obesity
- Exposure to excessive sun rays, radiation
- Early marriage
- Multiple sexual partners
- Family history
- Age and gender

Act Now to Prevent Cancer

- Prioritize **early detection** through routine screenings.
- **Avoid tobacco** and **limit alcohol** consumption.
- Maintain a **healthy weight**—stay physically active and include exercise in your daily routine.
- Eat a **balanced diet** rich in fresh fruits and vegetables; avoid fast food.
- Get **vaccinated** against HPV and Hepatitis B.
- Practice **safe sex**—avoid sexually transmitted infections and multiple partners.
- **Minimize radiation** exposure—avoid unnecessary X-rays without medical advice.