

October is Cancer Awareness Month



7 Cancer WARNING signs that most people MISS

I don't have to tell you that cancer screening is a BIG business.

*You may have a postcard sitting in your mailbox RIGHT NOW reminding you that it's time for a **mammogram**... or a **colonoscopy**... or to get your **PSA levels** checked.*

*But do you know who can spot cancer faster than any doctor... or any test? **YOU!***

There are actually **subtle changes to your body that can be early warning signs of cancer** – and they can seem too small, you may end up ignoring them. Here are seven symptoms that many people miss – and that should have you rushing to make a doctor's appointment.

#1 Fatigue: Everyone feels tired from time to time. The fatigue associated with cancer is a tiredness that doesn't get better with rest and shows up for no reason. You know if you haven't been sleeping well or if you have been burning the candle at both ends. But if you feel tired when you are well rested and had a good night's sleep – then is time to get checked out.

#2 Skin changes: You want to notice any wound which is slow to heal. The typical worry signs to look out for are summed up by the initials ABCDE: **A**symmetry (lop-sided shape), a **B**order that is irregular, a **C**olor that is not consistent, **D**iameter larger than a pencil eraser, and **E**volving, a mole which changes quickly.

Some skin lesions appear practically overnight. Melanomas, which are the deadliest type of skin cancer, aren't necessarily all dark colored.

#3 Unexplained weight Loss: We all want to lose weight, but when you lose weight **for no reason** (you have changed nothing) this is something to be worried about. The most common cancers which cause unexplained weight loss are pancreatic, stomach, esophageal, and lung.

#4 Poor appetite: Certain cancers rob you of your appetite: these include colon cancer, ovarian cancer, stomach cancer, pancreatic cancer, and others.

#5 Fever: If you had a cold or flu and have a fever, this is not remarkable. But if you have a fever and no other signs of illness, then cancer is a possibility. Fevers are more common in blood cancers such as leukemia or lymphoma but can occur in any cancer.

#6 Strange pain: Once again, what you are looking for is pain with no obvious reason (you didn't work too hard or smash your hand on a hammer... but you still feel pain).

#7 Stool or urine changes: Blood in stool, a coffee-grind appearance to your stool, or even diarrhea or constipation can be a sign. Also, look for blood in your urine, or an urgent need to pee all the time. Bladder, kidney, colon, prostate, and ovarian cancer can all cause these symptoms. Your best chance of stopping cancer is to catch it early. Pay attention to these early warning signs to help you detect it as early as possible.



Seven [7] Things to do when **YOU feel isolated with Cancer**

- #1: Tell yourself **you** feel isolated with cancer, and then act on it.
- #2: Process **your** diagnosis on your own.
- #3: Look to **your** immediate circle of friends & family.
- #4: Look to other people with cancer.
- #5: Look outside **your**self for help – *see explanation below.*
- #6: Be specific about **your** routine and daily activities.

And be sure to –

- #7: Tell people what would make **You** feel better.

- *Your VFW Auxiliary Cancer Grant that can be filled in, signed and mailed to our National Headquarters for processing. The Grant is currently a \$550 “gift” that never has to be paid back. As a one year & over, male or female VFW Auxiliary member, you are eligible to apply for a Grant twice in your lifetime, at least one year apart.*