

**Signs of cancer and how to avoid it. Colour lithograph by Kenya Cancer Association, ca. 2000.**

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# CHANCES ARE THAT YOU DON'T HAVE CANCER

## BUT WHY TAKE CHANCES ?

### Learn these signs of cancer

- Persistent cough or hoarseness
- Change in a mole
- Lump in the neck, breast or elsewhere
- Sore that doesn't heal
- Trouble swallowing/ prolonged indigestion
- Unusual bleeding or discharge
- Change in bowel habits

*It may not be Cancer but when you see one of these warning signs DON'T ignore it. If it persists for more than two weeks see your doctor for a check-up.*

### You can avoid it

- Stop smoking
- Keep a healthy diet
- Have a regular cervical smear and breast checks
- See your doctor if you are worried

**For more information on Cancer in Kenya write to**

**KENYA CANCER ASSOCIATION  
P.O. Box 19588, Nairobi, Kenya**

