









Theme: "I Am and I Will"

Together, all of our actions matter

World Cancer Day 2021 is observed every year on 4th February to spread awareness, inspire change and reduce the global impact of cancer all around the world.



WORLD CANCER DAY 2021

This year's World Cancer Day's theme, "I Am and I Will," is all about you and your commitment to act. We believe that through our positive actions, together we can reach the target of reducing the number of premature deaths from cancer and noncommunicable diseases by one third by 2030.

WARNING SIGNS OF CANCER

7 COMMON SIGNS

CANCER

CAUTION

CHANGE IN BOWEL OR BLADDER HABITS

The term "change in bowel habits" is vague, and probably deliberately so. It can mean almost anything including a change in frequency, consistency (diarrhea or constipation) or in caliber of the stools. While colon cancer can be a cause for these changes, it is obvious that many other things can do the same thing.



A SORE THAT DOES NOT HEAL

Chronic wounds, by definition, are sores that don't heal within about three months. They can start small, as a pimple or a scratch. ... While cancer can sometimes present as a chronic wound, chronic wounds typically fall into three main categories: diabetic ulcers, venous leg ulcers and pressure ulcers



Unusual bleeding or discharge

Irregular vaginal bleeding is the most common symptom of invasive cervical cancer. ...

Sometimes, it shows as blood-streaked vaginal discharge, which often gets dismissed as spotting. Vaginal bleeding can also occur in postmenopausal women, who no longer have menstrual periods



THICKENING OR LUMP IN THE BREAST

Breast cancer is a malignant tumor in or around breast tissue. It usually begins as a lump or calcium deposit that develops from abnormal cell growth. Most breast lumps are benign but can be premalignant and become cancer. Breast cancer can be primary (initially appearing within the breast) or metastatic (spread to another part of the body).



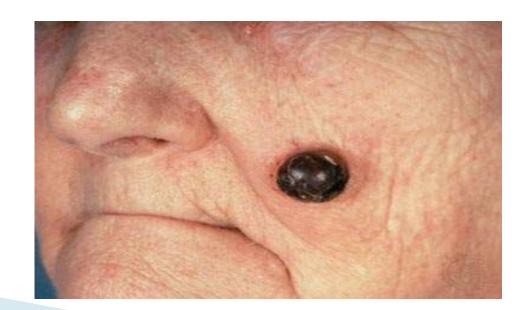
NDIGESTION

Dyspepsia, also known as indigestion, is a term that describes discomfort or pain in the upper abdomen. It is not a disease. The term refers to a group of symptoms that often include bloating, discomfort, nausea, and burping. In the majority of cases, indigestion is linked to eating or drinking



OBVIOUS CHANGE TO WARTS AND MOLES

Recent change in a wart or mole or any new skin change Any wart, mole, or freckle that changes color, size, or shape, or that loses its sharp border should be seen by a doctor right away. A skin change may be a melanoma which, if found early, can be treated successfully.



Nagging Cough or Hoarseness

Hoarseness can be caused by a number of conditions. The most common cause of hoarseness is inflammation of the vocal cords from virus infection related to the common cold or upper respiratory infection. ... Cough suppressants are sometimes used to prevent recurrent irritation of the vocal cords from coughing.



THE NUMBER OF PEOPLE AFFECTED BY CANCER HAS CONTINUED TO INCREASE IN RECENT YEARS. IF DETECTED EARLY, CANCER CAN BE TREATED.





SCHOOL HEALTH AND SAFETY DEPARTMENT