Cancer Warning Signs

Be sure to get screening because many cancers can be prevented. Also, look for the seven warning signs. These can be remembered by thinking about the word CAUTION:

- Change in bowel or bladder habits
- A sore throat that does not heal
- Unusual bleeding or discharge
- Thickening or lump in the breast or elsewhere
- Indigestion or difficulty swallowing
- Obvious change in a wart or mole
- Nagging cough or hoarseness

Any symptom that lasts for more than two weeks should be checked by a health care professional.

FOR MORE INFORMATION

Native American Outreach Program:
Phyllis Pettit Nassi, MSW
801-585-2606
Phyllis.Nassi@hci.utah.edu

Lynne Hall, MSW
801-585-1991
Lynne.Hall@hci.utah.edu

Free information about cancer prevention, screening, or treatment:
Huntsman Cancer Learning Center
801-581-6365 in Salt Lake
1-888-424-2100 toll free
patient.education@hci.utah.edu

Your body is a 
sacred gift.
It can’t be replaced.
Take care of it.

NATIVE AMERICAN OUTREACH

Our goal is to educate
NATIVE AMERICANS
about how to protect themselves from getting cancer and to help them find high-quality, culturally sensitive care if they get it.

Huntsman Cancer Institute
University of Utah
2000 Circle of Hope
Salt Lake City, Utah 84112
801-581-6365
877-581-6365
www.huntsmancancer.org/nativeamerican
I believe in the spirituality of the Navajo way.
I know the power of prayer.
I know the power of medicine.

“I was in my early 20s when I learned I had cervical cancer. I was frightened and embarrassed. Making treatment decisions was very hard. But, with the help of my family and my health care team, I made it…and went on to dance in the 2002 Winter Olympics.”

It’s important to understand cancer and to know how to protect yourself.

**Women’s Cancer Screening Guidelines**

*Every Age*

- Physical exam at least every three years
- Regular self-exam of skin
  - Ages 9-26
  - Human papillomavirus (HPV) vaccination (three-shot series recommended before age 27)
  - Starting at Age 21
- Pelvic exam and Pap test as recommended
- Breast exam by a doctor every three years
- Monthly breast self-exam
  - Starting at Age 40
- Yearly mammogram and breast exam by a doctor
  - Starting at Age 50

**Men’s Cancer Screening Guidelines**

*Every Age*

- Physical exam at least every three years
- Regular self-exam of skin
  - Ages 15-35
- Monthly testicular self-exam
  - Starting at Age 50
- Yearly PSA test and digital rectal exam
- Colorectal screening (choose one):
  - Colonoscopy every 10 years
  - Double contrast barium enema every 5 years
  - Flexible sigmoidoscopy every 5 years
  - Stool check for blood every year

The screening guidelines listed here are for men and women who are not at high risk for cancer.