

# CANCERS

## RISK FACTORS

	BREAST	COLON & RECTUM	ESOPHAGUS	KIDNEY	OVARY	PANCREAS	PROSTATE	UTERUS
<b>WARNING SIGNS</b>	painless lump, thickening, swelling, distortion, tenderness, skin irritation, redness, scaliness, or nipple abnormalities (ulceration, retraction, discharge)	diagnosed before cancer is in lymph nodes gives you a 90% chance of surviving for 5 yrs. Diarrhea, constipation, bowel not emptying completely, blood in stool, narrow stools, gas pains or cramps, full or bloated, weight loss, fatigue, nausea, vomiting	difficult or painful swallowing, severe weight loss, hoarseness, chronic cough, vomiting, coughing up blood, pain in throat or back, pain behind the breastbone or between shoulder blades.	blood in urine (rusty to deep red color), pain in side, lump in the side of abdomen, weight loss, fever, fatigue	Enlarged abdomen (caused by fluid accumulation), persistent vague bloating, pelvic or abdominal pain, difficulty eating, feeling full quickly, urinary urgency or frequency. if you catch it early, 5 yr survival rate is 92%. If spread to lymph nodes, survival rate is 71%.	pain in upper abdomen or back, yellow skin & eyes, dark urine, weakness, loss of appetite, nausea, vomiting, weight loss. 24% one yr survival rate. 5% 5 yr survival rate	weak or interrupted urine flow, difficulty stating or stopping urine flow, need to urinate frequently, blood in urine, pain or burning with urination. 5 yr survival rate is close to 100%.	abnormal uterine bleeding or spotting, pain during urination or intercourse, pain in the pelvic area
<b>HELPFUL SUPPS</b>	Vitalizer, Shaklee Soy Protein	Vitalizer, at least 1000 mg calcium, fiber	Vitalizer	Vitalizer	Vitalizer, Shaklee Soy Protein	Vitalizer, Shaklee Soy Protein	Vitalizer, lycopene lowers risk 60%, antioxidants (vitamin E & selenium)	Vitalizer, Shaklee Soy Protein
<b>AGE / GENDER</b>	woman over 60	over 50 (average diagnosis @ age 72)	over 60 male	male	over 55 female (usually diagnosed in 70s)	over 60	over 65	over 50, white
<b>RACE</b>	non-Hispanic white					African American	African American	
<b>FAMILY HISTORY</b>	have relatives, especially a mother, sister or daughter, who had it	have a parent, sibling or child with it				close family member with pancreatic, ovarian or colon cancer	father or brother with it	
<b>GENES</b>	BRCA1 & BRCA2				BRCA1 & BRCA2			
<b>WEIGHT</b>	If you're overweight or obese at postmenopausal (increased at least 22 lbs since age 18)	overweight or obese (men with waist at least 47 in. had 68% more cancer than waist smaller than 37. for women: 43 in. waist vs 33 in.)	overweight or obese	overweight to obese		overweight to obese (female waist 36 in. or more)	obesity	overweight to obese (risk doubles if gained 11 to 44 lbs since age 18)
<b>EXERCISE</b>	jumping on trampoline stimulates lymph nodes to fight cancer	more risk if exercise less than 5 times a week, jumping on trampoline stimulates lymph nodes to fight cancer	jumping on trampoline stimulates lymph nodes to fight cancer	jumping on trampoline stimulates lymph nodes to fight cancer	jumping on trampoline stimulates lymph nodes to fight cancer	jumping on trampoline stimulates lymph nodes to fight cancer	jumping on trampoline stimulates lymph nodes to fight cancer	light to moderate exercise lowers risk, jumping on trampoline stimulates lymph nodes to fight cancer
<b>FOOD</b>		more cancer if you eat processed (bacon, sausage, hot dogs, bologna) or red meat			Dairy with lactose (in 3 glasses of milk a day) increases risk	red meat (for men, if meat was cooked in high temp), processed meats (bacon, sausage, hot dogs, bologna)		
<b>TOBACCO</b>		yes	yes	yes		yes		
<b>ALCOHOL</b>	raises risk 9% for every daily drink		squamous cell cancer					
<b>OTHER CANCERS / DISEASES</b>	abnormal breast cells (biopsy found atypical hyperplasia or lobular carcinoma in situ), dense or fatty breast tissue on mammogram (menstruation began before age 12 or menopause after age 55), older than 30 when having first child	polyps, inflammatory disease (ulcerative colitis or Crohn's), cancer of ovary, uterus or breast		high blood pressure, hypertension	if you, mother, daughter or sister has had cancer of ovary, breast, uterus, colon or rectum	Diabetes, chronic pancreatitis	biopsy found high-grade prostatic intraepithelial neoplasia (PIN)	diabetes, high blood pressure, if menstruation started before 12 or menopause after 55, endometrial hyperplasia (heavy menstrual periods, bleeding between periods, or bleeding after menopause)
<b>CHILDBIRTH</b>	never gave birth				never gave birth			never gave birth
<b>HORMONES</b>	took hormones after menopause				estrogen without progesterone for 10 yrs			estrogen without progesterone