

CANCERS

RISKS FACTORS

| | BREAST | COLON & RECTUM | ESOPHAGUS | KIDNEY | OVARY | PANCREAS | PROSTATE | UTERUS |
|---------------------------------|---|---|---|--|--|---|---|--|
| WARNING SIGNS | 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 |
| HELPFUL SUPPS | 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 |
| AGE / GENDER | 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 |
| RACE | non-Hispanic white | | | | | African American | African American | |
| FAMILY HISTORY | 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 | |
| GENES | BRCA1 & BRCA2 | | | | BRCA1 & BRCA2 | | | |
| WEIGHT | 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) |
| EXERCISE | 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 |
| FOOD | | 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) | | |
| TOBACCO | | yes | yes | yes | | yes | | |
| ALCOHOL | raises risk 9% for every daily drink | | squamous cell cancer | | | | | |
| OTHER CANCERS / DISEASES | 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) |
| CHILDBIRTH | never gave birth | | | | never gave birth | | | never gave birth |
| HORMONES | took hormones after menopause | | | | estrogen without progesterone for 10 yrs | | | estrogen without progesterone |