- Breast cancer is the most common cancer among women globally, with symptoms including breast lumps, changes in breast shape or size, nipple discharge, and skin alterations; early detection through mammograms is crucial.

- Prostate cancer is the most common cancer among men, often slow-growing and may not require immediate treatment, particularly in older men; risk factors include age, family history, ethnicity (higher rates in African American men).

- Being a cancer advocate helps raise awareness, influence policies, and promote early detection, ensuring better support and improved outcomes for patients and their families. Become an advocate today!

QUOTE FROM A SURVIVOR:

I was diagnosed of Breast Cancer since 2010. It wasn't easy when I was informed but started my treatment early. For me, early detection and treatment gave me a second chance at life.

–*Gloria Orji (NEPICIN)*

SCREENING CENTERS ALONG AIRPORT ROAD:

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KNOW THE SIGNS. TAKE ACTION.

**Screening + Early Detection = Higher Survival Rates
A healthy lifestyle can reduce your cancer risk.**

World Cancer Day
4 February

CANCER UNITED BY UNIQUE

UNITED IN OUR GOALS
UNIQUE IN OUR NEEDS

CANCER IS NOT A DEATH SENTENCE

What you need to know about cancer prevention and treatment

WHAT IS CANCER?

Cancer is a medical condition characterized by the uncontrolled growth and spread of abnormal cells, often invading surrounding tissues and causing significant harm.

Most Common Types of Cancer Include:

- Breast Cancer
- Cervical Cancer
- Prostate Cancer
- Lung Cancer
- Prostate Cancer
- Colorectal Cancer
- Blood Cancer

Signs and Symptoms of Cancer

- Very heavy night sweats or fever
- Fatigue
- Unexplained bleeding or bruising
- Unexplained pain or ache
- Unexplained weight loss
- Unusual lump or swelling anywhere
- Urination issues
- Erectile dysfunction
- Bone pain
- Blood-stained discharge that is not responding to treatment

Cancer is not a death sentence - if detected early and treated promptly, lives can be saved.

Early detection refers to identifying cancer at an initial stage, often before symptoms appear, when it is most treatable.

Key Aspects of Early Detection:

- **Regular Screening Tests** – These are routine medical tests conducted on individuals without symptoms to detect cancer early.

Examples include mammograms (breast cancer), Pap smears (cervical cancer), colonoscopies (colorectal cancer), and low-dose CT scans (lung cancer).
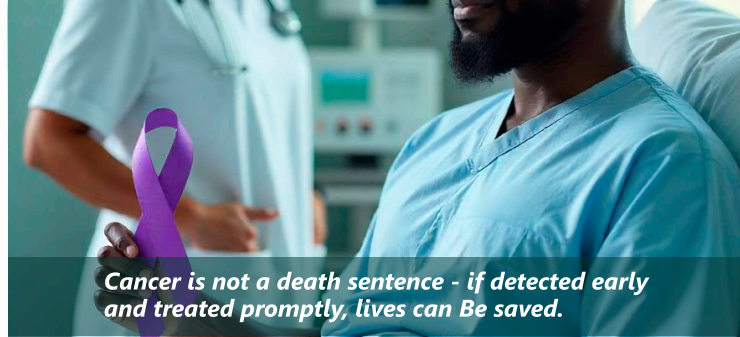
Cancer is not a death sentence - if detected early and treated promptly, lives can Be saved.

- **Awareness of Symptoms** – Knowing the early signs of cancer, such as unexplained weight loss, persistent cough, lumps, or abnormal bleeding, can prompt early medical evaluation.

- **Genetic Testing** – People with a family history of cancer may undergo genetic testing to assess their risk and take preventive measures.

Why Is Early Detection Important?

- **Increases Survival Rates –** Cancers diagnosed early have a higher chance of successful treatment, leading to significantly higher survival rates.

- **Prevents Complication**s – Early-stage cancers often require less aggressive treatment, reducing side effects, preserving quality of life.

- **Better Treatment Outcomes** – Treatments such as surgery, chemotherapy, and radiotherapy are more effective when cancer is diagnosed early.

- **Lower Healthcare Costs** – Early detection reduces the financial burden of treatment, as advanced-stage cancers require more complex and costly interventions.

- **Prevention of Spread (Metastasis)** – Detecting cancer before it spreads to other parts of the body increases the chances of complete recovery.

- **Reduces Mortality Rates** – Many cancers that were once considered fatal can now be successfully managed or cured if diagnosed early.

How to Prevent Cancer

- **Don't smoke:** Smoking is the most important thing you can do to reduce your risk of cancer.

- **Maintain A Healthy Weight:** Being overweight increases your risk of cancer.

- **Exercise Regularly:** Aim for at least 30 minutes of physical activity each day.

- **Eat A Healthy Diet:** Eat plenty of fruits and vegetables, whole grains, and healthy proteins. Limit red and processed meats, high calorie foods, and added sugars.

- **Limit Alcohol:** Drinking alcohol increases your risk of cancer.

- **Protect Your Skin:** Wear sunscreen with an SPF of at least 30, cover up, and wear unglasses. Avoid tanning beds and sunlamps.

- **Education & Awareness:** Understanding risk factors, recognizing early symptoms, and making informed lifestyle choices play a crucial role in prevention.

- **Protect yourself from sexually transmitted infections (STIs)** by using a latex condom.

DID YOU KNOW FACTS

- Lung cancer can affect both smokers and non-smokers; if you have lungs, you can develop lung cancer.

- Many lung cancer cases are initially misdiagnosed as tuberculosis (TB), leading to delays in proper treatment.

- Cancer is now a notifiable disease in Nigeria, requiring mandatory reporting for better surveillance and control.

- Regular screenings and early detection significantly improve treatment outcomes and increase survival rates.

- Advances in targeted therapies have improved survival rates for lung cancer patients, regardless of the disease stage.

- Cervical cancer is primarily caused by the human papillomavirus (HPV), highly preventable with regular screening and HPV vaccination, and often curable if detected early; most commonly diagnosed in women between 35-44 years old.