What to do to avoid or get prompt diagnosis of the most frequent curable cancers

**mouth**

- If you are a smoker and alcohol drinker ask your doctor, dentist or health worker for a visual inspection of your mouth.

**uterus**

- Get regular cervical smears (pap test) from your doctor or health worker or nurse, starting at age 20.

**prostate**

- Get regular (yearly) testing by prostate specific antigen (PSA) after the age of 50, a simple and cheap laboratory test.

---

**intestine (golden and rectum)**

- Beware of recent and worsening changes in bowel habits.

- If the symptoms are not relieved with one or two years, testing for occult blood in stools, a simple and cheap laboratory test.

- Be particularly aware if you have cases of intestinal cancer in your relatives.

---

**breast**

- Starting at age 30, get a breast clinical examination by your doctor, health worker or nurse.

- Mammography is a tool to detect breast cancer.

- In case of any suspicious lump get mammography, a simple and painless radiological examination. In any case, try to get mammography every 2 years after the age of 40.

- Be particularly aware if you have cases of breast cancer in your relatives.

---

**skin**

- In case of increase in size or intermittent bleeding from a skin mole or wart (pigmented lesions), seek doctor advice.

---

**prognosis**

- The prognosis is good with early detectable cancer.