

do you know your risk for CANCER?

At Menorah Medical Center and Research Medical Center we know the best weapons against cancer are knowledge, early detection and treatment. We want to help you understand your symptoms and personal risk factors to report to your doctor. We have created these simple tools for you to evaluate your risk factors and identify possible warning symptoms.

Survey questions are based on information from the American Cancer Society and the National Cancer Institute.

Possible Warning Symptoms

Read each statement carefully. Check Yes if the statement is true and No if it is false.

SYMPTOM	YES	NO
Change in bowel or bladder habits		
A sore(s) that will not heal		
Unusual bleeding or discharge		
Thickening or lump(s) in your breast(s) or elsewhere		
Indigestion that doesn't go away or difficulty swallowing		
New or change in the size, shape or color of a mole or wart		
Nagging cough or hoarseness that doesn't go away		
White patches inside the mouth or on the tongue, especially if you use tobacco		
Fever and night sweats without infection		
Unexplained weight loss		
Unexplained fatigue or loss of appetite		

If you answered yes to any of these symptoms, you should notify your physician. Many of these symptoms can be caused by conditions other than cancer, but should be checked out by a physician. Only a physician can determine if you are at risk for developing cancer. To find a physician call 913-541-7400 or 816-751-3000.

Know Your Risk Factors

Read each statement carefully. Check Yes if the statement is true and No if it is false.

RISK FACTOR	YES	NO
You are over the age of 50		
You smoke or use smokeless tobacco		
You have a history of frequent and/or lengthy unprotected skin exposure (especially with a history of sunburns) or use of tanning beds		

(continued on back)

RISK FACTOR (continued)	YES	NO
You have a personal history of cancer		
You have been diagnosed with Hepatitis B or C or Human Papilloma Virus (HPV)		
Family members have a history of a certain type of cancer		
You are overweight		
You regularly drink alcohol		

Each yes answer can increase your risk for developing cancer. You should see a physician yearly and discuss your risk factors and cancer screening plan.

Remember:

- Avoid cigarette and cigar smoke
- Avoid overexposure to the sun
- Eat a balanced diet low in fat and high in fiber
- Exercise regularly
- Avoid alcohol
- Maintain a healthy weight
- Avoid exposure to radiation

Cancer screenings can result in early detection, diagnosis, and treatment. Early detection and diagnosis of cancer can lead to a more favorable prognosis when treatment is received early in the disease course. Ask your physician to develop a cancer screening plan individualized to meet your needs based on family history and health status.

No Excuses, Get Screened.

For more information, call Midwest Cancer Care at Menorah Medical Center at 913-541-7400 or Research Medical Center, 816-276-4700.



Menorah Medical Center
Research Medical Center