



CANCER ASSOCIATION  
OF SOUTH AFRICA

## Did you know?

### Cancer warning signs (adults)

- C** Change in a wart or mole
- A** A sore that doesn't heal
- U** Unusual discharge or abnormal bleeding
- T** Thickening or a lump
- I** Indigestion or difficulty in swallowing
- O** Ongoing cough or hoarseness
- N** Notable change in bowel or bladder movement

### Cancer warning signs (children)

- C** Continued, unexplained weight loss
- H** Headaches, often with vomiting, at night or early morning
- I** Increased swelling or persistent pain in bones, joints or back
- L** Lump or mass in the abdomen, neck, chest, pelvis or arms
- D** Development of excessive bruising, bleeding or rash
- C** Constant infections
- A** A whitish colour behind the pupil
- N** Nausea that persists or vomiting without nausea
- C** Constant tiredness or noticeable paleness
- E** Eye or vision changes that occur suddenly and persist
- R** Recurrent fevers of unknown origin

These symptoms may be caused by another health problem but if one or more of these symptoms persist, consult your doctor without delay.

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Leading the fight  
against cancer  
in South Africa



# Be informed - make smart choices

If you live a balanced lifestyle, you can reduce your risk of getting cancer. CANSA encourages everyone to follow these basic do's and don'ts:

## Do

- Eat fresh fruit and vegetables each day
- Exercise regularly
- Drink plenty of fresh, clean water daily
- Conduct regular self-examinations
- Cover up in the sun or stay in the shade

## Don't

- Don't smoke or use any tobacco products, including hubbly-bubbly
- Don't drink more than one serving of alcohol per day
- Don't eat processed food, junk food or food high in animal fat
- Don't eat lots of meat (follow a mainly plant-based and whole grain diet)

## More about us

CANSA's purpose is to lead the fight against cancer in South Africa by offering a unique and integrated service to the public and all people affected by cancer.

As a leading role-player in cancer research (R4,5 million spent annually), the scientific findings and knowledge gained from our research are used to realign our health programmes as well as strengthen our watchdog role to the greater benefit of the public.

CANSA has more than 330 staff, 12 000 volunteers, 51 offices as well as 11 interim homes in the main cities for out-of-town cancer patients accessing treatment. CANSA runs a toll-free information service during office hours **0800 22 66 22**. CANSA gives out free cancer coping kits in English, Afrikaans, seSotho and isiZulu.

We need volunteers to assist in delivering our wide-reaching service to all our communities as the incidence of cancer is rising and more South Africans are needed to get actively involved in the fight against cancer.

For more information,  
call **CANSA** toll-free on  
**0800 22 66 22** or see  
**[www.cansa.org.za](http://www.cansa.org.za)**

