


World Cancer day



**Identify these signs, eliminate
the risks and make lifestyle
changes for cancer prevention**



Signs and symptoms

- » Persistent cough
- » Lumps under the skin
- » Difficulty in swallowing
- » Changes in the bowel habits

A large, vibrant pink ribbon is draped across the left side of the image, symbolizing breast cancer awareness. It is positioned over a white, rounded rectangular box that contains the text.

Risk factors

- » **Family history of cancer**
- » **Excessive tobacco usage**
- » **Eating processed foods**
- » **Chronic health conditions like diabetes & obesity**

A large, vibrant pink ribbon is draped across the left side of the white rounded rectangle, symbolizing breast cancer awareness.Three small, solid pink dots are arranged horizontally in the top right corner of the white rounded rectangle.

Lifestyle changes

- » **Daily physical activity**
- » **Don't smoke**
- » **Limit alcohol**
- » **Switch to healthier eating habits**

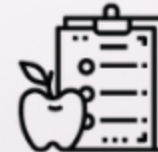
**Lower the risk of getting cancer by leading a healthier lifestyle.
Use Wellbeing on the Web (WoW) to start getting healthy now.**



Counsellors



Doctors



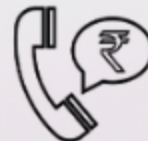
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