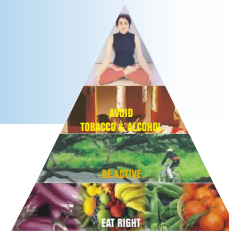


Cancer ...



Healthy Habits , Healthy Life , Healthy India

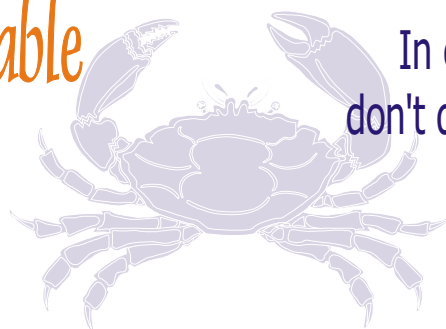
- ✓ Avoid smoking, tobacco products and alcohol.
- ✓ Adopt and maintain a healthy diet
- ✓ Maintain ideal body weight for height
- ✓ Eat plenty of vegetables and fruits



WARNING SIGNALS

- C** HANGE IN BOWEL OR BLADDER HABITS
- A** SORE THAT DOES NOT HEAL
- U** NUSUAL BLEEDING OR DISCHARGE
- T** HICKENING OR LUMP IN THE BREAST OR ELSEWHERE
- I** NDIGESTION OR DIFFICULTY IN SWALLOWING
- O** BVIOUS CHANGE IN A WART OR MOLE
- N** AGGING COUGH OR HOARSENESS OF VOICE

*Cancer is treatable
in early stages*



In case of any symptom
don't delay, get medical advice