

# MERCK CANCER ACCESS PROGRAM

Together we can fight cancer every day

## EARLY DETECTION OF CANCER CAN SAVE LIVES

Merck Cancer Prevention and Early Detection Campaign: **Early Warning Signals of Cancer**



**Indigestion and difficulty in swallowing**



**Nagging cough or hoarseness of voice for more than 2 weeks or smoker's cough that becomes intense.**



**Change in bowel or bladder habits consistently for 2 - 3 months.**



**Unexplained tiredness and weight loss of 10% or more within 3-6 months.**



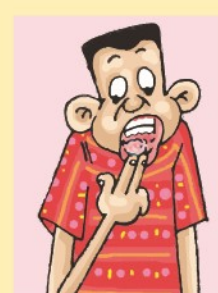
**Persistent pain or discomfort in the abdomen**



**Obvious change in size or texture of a wart or a mole**



**Unexplained fever**



**A sore doesn't heal, changed color, ulcerates or bleeds**



**Thickening or lump in the breast or elsewhere that has progressively enlarged with or without associated pain**



**Unusual bleeding or discharge from any opening example: coughing blood, blood in the urine, stool, frequent or heavy menstruation**

This symptoms are highly suggestive of cancer but other disease can mimic the same symptoms.

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## Merck Cancer Prevention and Early Detection Campaign

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New research shows that as many as one-third of all cancer deaths are due to preventable causes, another third of cases are treatable if detected early.\*



Be physically active.



Limit your alcohol intake



Avoid Smoking



Have a healthy diet  
Eat plenty of whole grains, vegetables and fruits.  
Limit high-calorie foods.  
Avoid processed meat; limit red meat and foods high in salts



Get immunized. Cancer prevention from certain viral infections.  
Talk to your doctor about immunization against Hepatitis and Human Papilloma Virus (HPV)



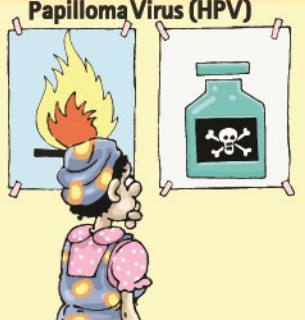
Protect yourself from the sun. Skin cancer is one of the most common kinds of cancer and one of the most preventable.



Maintain a healthy body weight.



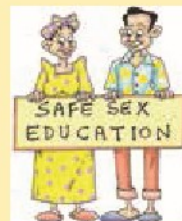
Get regular medical care. Regular self exams and screenings for various types of cancers such as: skin, colon, prostate, cervix and breast cancer especially for people with family history and high risk individual can increase your chances of discovering cancer early, when treatment is most likely to be successful.



Read and follow health and safety instructions



Don't share needles



Practice safe Sex

Avoid risky behavior that can lead to infection ( HIV, HPV, Hepatitis B-C) that in turn, might increase the risk of cancer