



## A Healthy Lifestyle Reduces the Risk of Cancer. What Can You Do?

There is no reliable protection against cancer.

Risk factors such as age, gender or hereditary conditions within the family are without influence on the individual.

At least one-third of diseases could be prevented by changes in behaviour and by avoiding certain risks.

A healthy lifestyle includes not smoking, a balanced diet, regular exercise, as well as consistent protection from the sun.

## The Cancer League in your region

**Krebsliga Aargau**  
Tel. 062 834 75 75  
[www.krebsliga-aargau.ch](http://www.krebsliga-aargau.ch)

**Krebsliga beider Basel**  
Tel. 061 319 99 88  
[www.klbb.ch](http://www.klbb.ch)

**Bernische Krebsliga**  
**Ligue bernoise**  
**contre le cancer**  
Tel. 031 313 24 24  
[www.bernische-krebsliga.ch](http://www.bernische-krebsliga.ch)

**Ligue fribourgeoise**  
**contre le cancer**  
**Krebsliga Freiburg**  
tél. 026 426 02 90  
[www.liguecancer-fr.ch](http://www.liguecancer-fr.ch)

**Ligue genevoise**  
**contre le cancer**  
tél. 022 322 13 33  
[www.lgc.ch](http://www.lgc.ch)

**Krebsliga Graubünden**  
Tel. 081 252 50 90  
[www.krebsliga-gr.ch](http://www.krebsliga-gr.ch)

**Ligue jurassienne**  
**contre le cancer**  
tél. 032 422 20 30  
[www.liguecancer-ju.ch](http://www.liguecancer-ju.ch)

**Ligue neuchâteloise**  
**contre le cancer**  
tél. 032 721 23 25  
[www.liguecancer-ne.ch](http://www.liguecancer-ne.ch)

**Krebsliga Ostschweiz**  
**SG, AR, AI, GL**  
Tel. 071 242 70 00  
[www.krebsliga-ostschweiz.ch](http://www.krebsliga-ostschweiz.ch)

**Krebsliga Schaffhausen**  
Tel. 052 741 45 45  
[www.krebsliga-sh.ch](http://www.krebsliga-sh.ch)

**Krebsliga Solothurn**  
Tel. 032 628 68 10  
[www.krebsliga-so.ch](http://www.krebsliga-so.ch)

**Thurgauische Krebsliga**  
Tel. 071 626 70 00  
[www.tgkl.ch](http://www.tgkl.ch)

**Lega ticinese**  
**contro il cancro**  
Tel. 091 820 64 20  
[www.legacancro-ti.ch](http://www.legacancro-ti.ch)

**Ligue vaudoise**  
**contre le cancer**  
tél. 021 623 11 11  
[www.lvcc.ch](http://www.lvcc.ch)

**Ligue valaisanne**  
**contre le cancer (Sion)**  
tél. 027 322 99 74  
[www.lvcc.ch](http://www.lvcc.ch)

**Krebsliga Wallis (Brig)**  
Tel. 027 604 35 41  
[www.krebsliga-wallis.ch](http://www.krebsliga-wallis.ch)

**Krebsliga Zentralschweiz**  
**LU, OW, NW, SZ, UR**  
Tel. 041 210 25 50  
[www.krebsliga.info](http://www.krebsliga.info)

**Krebsliga Zug**  
Tel. 041 720 20 45  
[www.krebsliga-zug.ch](http://www.krebsliga-zug.ch)

**Krebsliga Zürich**  
Tel. 044 388 55 00  
[www.krebsligazuerich.ch](http://www.krebsligazuerich.ch)

**Krebshilfe Liechtenstein**  
Tel. 00423 233 18 45  
[www.krebshilfe.li](http://www.krebshilfe.li)

## Useful Addresses

### Cancer Hotline

Tel: 0800 11 88 11

Monday to Friday, 9:00 a.m. – 7:00 p.m. Calls are free.  
[helpline@swisscancer.ch](mailto:helpline@swisscancer.ch)

### Cancer Forum

The Cancer League's Internet Forum  
(German, French and Italian)

[www.krebsforum.ch](http://www.krebsforum.ch)

[www.forumcancer.ch](http://www.forumcancer.ch)

[www.forumcancro.ch](http://www.forumcancro.ch)

### Stop Smoking Helpline

Tel: 0848 000 181

max. 8 centimes per minute (landline)

Monday to Friday, 11:00 a.m. – 7:00 p.m.

### swiss cancer screening

Swiss federation of cancer screening programmes

[www.swisscancerscreening.ch](http://www.swisscancerscreening.ch)

# Early Detection of Cancer

## Information from the Cancer League



swiss cancer league

### Swiss Cancer League

Effingerstrasse 40, Post Box, 3001 Berne

Tel. 031 389 91 00, [info@swisscancer.ch](mailto:info@swisscancer.ch), [www.swisscancer.ch](http://www.swisscancer.ch)

Postal account 30-4843-9, CHE-107818.640 VAT



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## Better Chances thanks to Early Detection

For some types of cancer, it is possible to detect the disease by means of appropriate testing before symptoms occur. Generally speaking, the earlier cancer is detected, the greater the chances are for successful treatment. The Cancer League recommends the following screening tests:

**Women and Men aged 50 and over** are recommended to have an early detection of **colorectal cancer** examination. Several research methods enable colorectal cancer detection before any symptoms are noticeable. The most important methods are the faecal occult blood test (FOBT) and the colonoscopy. Discuss your individual colorectal cancer screening possibility with your doctor or pharmacist.

### For women

Get your doctor to regularly perform a PAP test for the early detection of **cervical cancer** and also a breast examination.

Whenever possible, women aged 50 and over are recommended to participate in a mammography programme for early detection of **breast cancer**.

If you live in a canton that doesn't have a screening programme, consult your doctor for the best advice in this matter.

### For Men

We do not recommend systematic **prostate cancer** screening for young men with familial prostate cancer risk. Men, aged 50 and over, who would like to learn about early detection of prostate cancer should discuss the pros and cons of a screening examination with their doctor.

### Cancer Occurrence in the Family

If one of your close family members (parents, siblings or one of your own children) is suffering from breast, prostate, colorectal, ovarian cancer or a melanoma, your cancer risk may be increased. Discuss your situation with your doctor.

### Physical Changes

Get clarification from your doctor on any unusual physical changes or persistent symptoms you may have. These can be:

- Blood in stool, changes in usual bowel movements, persistent abdominal pain
- Skin changes
- Moles which have changed in size, colour or shape
- Unusual swelling, knotted hardening (e.g., in the breast or chest, neck, groin, testicles)
- Bloody discharge from the nipple
- Chronic cough or hoarseness
- Difficulty in urinating
- Wounds/sores that are healing poorly or not healing at all (also in the mouth)
- Unexplained weight loss
- Unusual, persistent fatigue

