

# Is your check engine light on?

## Men: Don't ignore these 10 signs of cancer

- 1 Abnormal lump.**  
Lumps normally show up in the chest, testicles, lymph nodes and soft tissues, like tendons and ligaments.
- 2 Changes in your skin.**  
Look for unusual bleeding, scaling or sores that do not heal. Other signs include warts, moles and freckles that change in color, size or shape.
- 3 Indigestion or trouble swallowing.**  
A prolonged, painful burning sensation in your throat or chest shouldn't be ignored.
- 4 Persistent cough or hoarseness.**  
Do you have a nagging cough? Persistent hoarseness, wheezing, shortness of breath or coughing up blood are signs to call your doctor right away.
- 5 Changes in your testicles.**  
Have you noticed changes in the size of your testicles? Maybe you've found a lump, or your testicles feel swollen or extra heavy. Any of these signs should send you straight to your doctor.
- 6 Changes in your restroom habits.**  
Suddenly need to use the restroom all the time? Or have pain when you go? Other signs to look out for are blood in your urine or stool. Changes in your bowel habits, like constipation or diarrhea that won't go away, should be checked out too.
- 7 Changes in your mouth.**  
Look for white patches inside your mouth or white patches on your tongue. Also report sores, unexplained bleeding, numbness or tenderness in the area around your mouth – like your tongue, lips and cheeks.
- 8 Unexplained weight loss.**  
Are you dropping pounds without changing your diet or exercise habits? Call your doctor – even if you think they're pounds you need to lose.
- 9 Constant fatigue.**  
Are you too tired to play with your kids? Or hang out with the guys after work? Are you constantly tired no matter how much rest you get? Don't brush it off. Talk with your doctor.
- 10 Persistent pain.**  
Nagging back pain, a headache that won't go away, abdominal or stomach pains – your doctor needs to know. "No pain, no gain" doesn't apply to cancer.



**Call the professionals and get problems dealt with faster and easier.**

Ask your insurance provider for help finding your health care team or visit **TexasCancer.info**.

Appointments are also available at MD Anderson: **713-745-8040**.