



# Know the signs and symptoms of cancer



Since 1958, Aflac has been a pioneer in cancer insurance. As cancer treatment protocols have changed, our coverage has evolved to help cover the costs of those innovative treatments and provide solutions that empower you to seek treatment, while easing the financial concerns that often accompany it.

Aflac believes strongly in having the recommended cancer screenings because when cancer is detected and treated early, it can help lead to a better outcome from a cancer diagnosis.<sup>1</sup>

## Signs and symptoms of cancer

Signs and symptoms are ways the body lets you know that you have an injury, illness or disease.

A **sign**, such as fever or bleeding, can be seen or measured by someone else.

A **symptom**, such as pain or fatigue, is felt or noticed by the person who has it.

Signs and symptoms of cancer depend on where the cancer is, how big it is, and how much it affects nearby organs or tissues. If a cancer has spread or metastasized, signs or symptoms may appear in different parts of the body.

## Most common signs and symptoms

According to the City of Hope,<sup>1</sup> below are some of the more common signs and symptoms that may be caused by cancer. However, any of these can be caused by other issues as well. If you have any of these that don't go away or get worse, you should see a doctor to find out what's causing them. Cancer may not be the cause, and a doctor can help determine the reason and treat it, if needed. If it is cancer, you'll give yourself the chance to have it treated early when treatment is more successful.

- Persistent fatigue that doesn't get better with rest.
- Rapid and unexplained weight loss of 10 pounds or more.
- Eating problems such as loss of appetite, trouble swallowing, stomach or abdominal pain, bloating or nausea.
- Swelling or unusual lumps or bumps anywhere in the body.
- Lump in the breast or other part of the body.
- Persistent pain anywhere in the body, new or unexplained, that doesn't go away or gets worse.
- Skin changes such as to the color, size or shape, or new freckles, moles or warts, or a yellow cast to the skin (jaundice).

<sup>1</sup> 15 Potential Cancer Warning Signs You May Overlook. City of Hope. <https://www.cancercenter.com/community/blog/2023/10/potential-warning-signs-of-cancer>. [October 3, 2023](#).

- Cough or hoarseness that does not go away.
- Unusual bleeding or bruising for no known reason.
- Change in bowel habits, such as constipation or diarrhea, that doesn't go away or a change in how your stools look.
- Bladder changes such as pain when passing urine, blood in the urine or needing to pass urine more or less often.
- Recurrent fever and/or night sweats.
- Persistent headaches that don't respond to over-the-counter or prescribed pain medications lasting more than two weeks.
- Vision or hearing problems.
- Mouth changes such as sores, lesions or white patches.

### Take control of your health and help reduce your cancer risk

- Don't use tobacco products.
- Maintain a healthy weight.
- Exercise.
- Eat a nutritious diet.
- Limit alcohol consumption.
- Limit exposure to the sun.
- Know yourself, your family history and your risks.
- Get regular checkups and cancer screening tests.

Visit the American Cancer Society's website at <https://www.cancer.org/healthy/find-cancer-early.html> to discover cancer screening guidelines and information on how to get screened.

The unfortunate reality is cancer touches almost everyone at some point in their lives, whether it's you or a loved one. **One in two men**, and **one in three women** will be diagnosed with cancer in their lifetime.<sup>2</sup> But each person has a unique story, especially when it comes to cancer treatment. We believe if faced with a cancer diagnosis, you need solutions that help you face the financial, physical and emotional challenges often experienced by cancer patients and their families – before, during and after treatment.

### Apply today

Talk to your Aflac agent to learn how, if you are faced with the realities of cancer, Aflac will be there during your greatest time of need.



<sup>2</sup> American Cancer Society. <https://www.cancer.org/cancer/risk-prevention/understanding-cancer-risk/lifetime-probability-of-developing-or-dying-from-cancer.html>. Accessed: 4/22/24.

Cancer insurance is also known as specified-disease insurance in some states. Content within this article is intended to provide general information about an evolving topic and does not constitute legal or medical advice regarding any specific situation. This information is not intended to portray any specific benefits or details of Aflac cancer insurance policies. In Delaware, Policies B70100DE, B70200DE & B70300DE. In Idaho, Policies B70100ID, B70200ID, B70300ID, B7010EPID, B7020EPID. In Oklahoma, Policies B701000K, B702000K, B703000K, B7010EPOK, B7020EPOK. In Virginia, policies A75100VA–A75300VA. This policy is not available in all states. This is a brief product overview and is for illustrative purposes only. Benefits and/or premiums may vary based on state and benefit option selected. Riders are available for an additional premium. The policy has limitations and exclusions that may affect benefits payable. For more information about the product availability, benefits, limitations and exclusions, please contact your Aflac insurance agent.

**Coverage is underwritten by American Family Life Assurance Company of Columbus. In New York, coverage is underwritten by American Family Life Assurance Company of New York.** WWWHQ | 1932 Wynnton Road | Columbus, Georgia 31999