

# Cancer Type

# Symptoms

# Screening

<p><b>Breast Cancer</b> A disease in which malignant (cancer) cells form in the tissues of the breast. Second leading cause of death from cancer for women in the US.</p>	<ul style="list-style-type: none"> <li>Breast changes</li> <li>New lump or mass in the breast or underarm</li> <li>Changes in the shape or size of the breast</li> <li>Swollen lymph nodes in the armpit or above the collarbone</li> </ul>	<ul style="list-style-type: none"> <li>Dimpling, irritation, redness, scaliness, or thickening of the breast or nipple skin</li> <li>Nipple retraction, discharge other than breast milk, or pain in the nipple area (often painless)</li> </ul>	<p>Risk-based mammography is the most common screening test for breast cancer. Mammography generally starts at age 40 unless there is a positive family history, known BRCA (breast cancer) pathogenic carrier, or medical indication to test sooner.</p>
<p><b>Colorectal Cancer</b> Colorectal cancer often begins as a growth called a polyp inside the colon or rectum. Finding and removing polyps can prevent colorectal cancer.</p>	<ul style="list-style-type: none"> <li>Bowel changes:</li> <li>Blood in stool, dark or tar-like stool</li> <li>Abdominal pain:</li> <li>Unexplained weight loss</li> </ul>	<ul style="list-style-type: none"> <li>Fatigue</li> <li>Bloating</li> <li>Vomiting, night sweats, or abnormal bumps</li> </ul>	<ul style="list-style-type: none"> <li>Stool-based testing</li> <li>Sigmoidoscopy</li> <li>Colonoscopy</li> <li>CT Colonography beginning at age 45</li> </ul> <p>Diagnostic testing for symptomatic patients is not the same as screening tests, but may include clinical breast exams, ultrasound, MRI, and needle or open biopsy.</p>
<p><b>Hodgkin Lymphoma</b> Lymphoma is a broad term for cancer that begins in cells of the lymphatic system. The lymphatic system is part of the immune system. It helps protect the body from infection and disease.</p>	<ul style="list-style-type: none"> <li>Swollen lymph nodes in the neck, armpits, groin, or chest.</li> <li>A fever that occurs for no apparent reason, particularly at night</li> <li>Heavy sweating during sleep (may drench clothing or sheets)</li> <li>Unexplained weight loss over the past six months</li> </ul>	<ul style="list-style-type: none"> <li>Itching that can be especially bothersome after bathing or drinking alcohol</li> <li>Feeling very tired all the time (fatigue)</li> <li>A loss of appetite</li> <li>Shortness of breath, coughing, or chest pain</li> </ul>	<p>There is no widely recommended screening test for Hodgkin Lymphoma</p>
<p><b>Kidney (Renal) Cancer</b> Kidney cancer often doesn't have any symptoms in its early stages, and in about half of all cases, it's only detected during imaging obtained for evaluation of other conditions.</p>	<ul style="list-style-type: none"> <li>Urine may appear dark, rusty, or brown, or there may be blood in the toilet.</li> <li>A dull ache or pain in the side or lower back (flank) that's not caused by an injury. This pain is often felt on one side, deeper inside, and underneath the rib cage.</li> </ul>	<ul style="list-style-type: none"> <li>A lump or swelling in the back, under the ribs, or in the abdomen.</li> <li>Unexplained weight loss, fatigue, loss of appetite, fever, high blood pressure, or anemia.</li> </ul>	<p>There is no widely recommend screening test for renal cancer</p> <p>Diagnostic testing for symptomatic patients is not the same as screening tests, but may include urinalysis, ultrasound, CT, MRI, or biopsy.</p>
<p><b>Leukemia</b> Leukemia is a broad term for cancer that involves blood cells, generally within the bone marrow. Leukemia cells often behave like abnormal white blood cells.</p>	<ul style="list-style-type: none"> <li>Long-lasting tiredness that doesn't improve with rest</li> <li>Bruising more easily, bleeding that takes longer to stop, or frequent or severe nosebleeds</li> <li>More frequent, severe, or longer-lasting infections, especially in the lungs, urinary tract, gums, or around the anus</li> <li>Heavy sweating during sleep (may drench clothing or sheets)</li> </ul>	<ul style="list-style-type: none"> <li>Glands in the neck, armpit, groin, or above the collarbone that feel swollen when touched</li> <li>Tiny red spots called petechiae, or larger blotches called purpura on the skin</li> <li>Unusually pale appearance due to low red blood cell count</li> <li>Fevers</li> <li>Unexplained weight loss</li> </ul>	<p>There is no current screening protocol for leukemia</p> <p>Diagnostic testing for symptomatic patients is not the same as screening tests, but may include bloodwork, ultrasound, CT, MRI, or biopsy.</p>
<p><b>Lung Cancer</b> Lung cancer is the leading cause of cancer-related death in adults. Smoking causes most lung cancers, but nonsmokers can also develop lung cancer.</p>	<ul style="list-style-type: none"> <li>A cough that persists or worsens over time</li> <li>Chest pain, especially when breathing, coughing, or laughing</li> <li>Shortness of breath or wheezing</li> <li>Coughing up blood or rust-colored phlegm</li> <li>Unexplained weight loss or loss of appetite</li> </ul>	<ul style="list-style-type: none"> <li>Feeling tired all the time</li> <li>Hoarseness</li> <li>Frequent lung infections like bronchitis or pneumonia</li> <li>Swelling in the face and neck</li> <li>Widening of the fingertips and nailbeds, also known as "clubbing"</li> </ul>	<p>Risk- based Low-dose computed tomography (LDCT)</p> <p>Diagnostic testing for symptomatic patients is not the same as screening tests, but may include chest x-ray, sputum cytology, bronchoscopy, CT, MRI, PET, or biopsy.</p>
<p><b>Melanoma</b> Skin cancer is the most common type of cancer. The main types of skin cancer are squamous cell carcinoma, basal cell carcinoma, and melanoma. Melanoma is much less common than the other types but much more likely to invade nearby tissue and spread to other parts of the body. Most deaths from skin cancer are caused by melanoma.</p>	<ul style="list-style-type: none"> <li>Asymmetry: The mole or spot has an irregular shape with at least two parts that look very different</li> <li>Border: The border is irregular or jagged</li> <li>Color variation: The color is uneven, or the mole has different color shades</li> <li>Diameter: The mole or spot is larger than the size of a pea or can't be covered by a pencil tip eraser</li> <li>Spread of pigment: Pigment from the border of a spot spreads into surrounding skin</li> </ul>	<ul style="list-style-type: none"> <li>Evolving: The mole or spot has changed during the past few weeks or months</li> <li>Change in sensation, such as tenderness or pain</li> <li>Change in surface, itching , bleeding, redness, crusting, drainage or swelling</li> </ul>	<p>Skin self-exam</p> <p>Risk-based clinical exam: a full-body skin exam, which may include the use of a magnifying glass or dermatoscope.</p> <p>Risk-based Imaging: A doctor may use photography or 3D imaging to capture high-resolution images of the skin.</p>
<p><b>Non-Hodgkin Lymphoma</b> Non-Hodgkin lymphoma is a type of cancer that forms in the lymphatic system. Non- Hodgkin and Hodgkin lymphomas are differentiated based on the types and characteristics of lymphatic cells involved.</p>	<p>The most common symptom of NHL, swollen lymph nodes can occur in the neck, armpit, groin, or other parts of the body.</p> <ul style="list-style-type: none"> <li>Fever</li> <li>Night sweats</li> <li>Unexplained weight loss</li> <li>Fatigue</li> </ul>	<ul style="list-style-type: none"> <li>Skin rash or itchy skin:</li> <li>Cough or chest pressure:</li> <li>Loss of appetite</li> <li>Nausea or vomiting:</li> </ul>	<p>There is no widely recommended screening test for Non-Hodgkin Lymphoma</p> <p>Non-Hodgkin lymphoma (NHL) is diagnosed through a combination of tests, including a physical exam, blood and urine tests, imaging tests, and a biopsy</p>

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<b>Ovarian Cancer</b> Ovarian epithelial cancer, fallopian tube cancer, and primary peritoneal cancer form in the same kind of tissue and are treated in the same way. These cancers are often advanced at diagnosis.	<ul style="list-style-type: none"><li>Abdominal discomfort</li><li>Urinary symptoms</li><li>Appetite changes</li><li>Unexplained weight loss</li><li>Pain during sex</li><li>Irregular bleeding</li></ul>	<ul style="list-style-type: none"><li>Pelvic pain</li><li>Cramping</li><li>Constipation</li><li>Gas</li><li>Malaise</li><li>Fatigue</li></ul>	<p>There is no reliable screening test for ovarian cancer. Being a known BRCA carrier (breast cancer gene) would inform any screening conducted.</p> <p>However, you should discuss symptoms, concerns, and your family history with your healthcare provider.</p> <p>If you have unexplained signs or symptoms, your doctor may recommend a diagnostic test, such as a transvaginal ultrasound, a CA-125 blood test, or a rectovaginal pelvic exam.</p> <p>There is no widely recommended screening test for Pancreatic Cancer.</p>
<b>Pancreatic Cancer</b> Pancreatic cancer can develop from two kinds of cells in the pancreas: exocrine cells and neuroendocrine cells, such as islet cells. The exocrine type is more common and is usually found at an advanced stage. Pancreatic neuroendocrine tumors (islet cell tumors) are less common but have a better prognosis.	<p>Pancreatic cancer is often diagnosed late because it rarely causes symptoms in the early stages, but may include:</p> <ul style="list-style-type: none"><li>Jaundice: A painless condition that causes the skin and whites of the eyes to turn yellow.</li><li>Dark urine, pale stools, and itchy skin.</li><li>Pain in the upper abdomen, back, or side that may wake you up at night.</li><li>Unexplained weight loss or loss of appetite.</li></ul>	<ul style="list-style-type: none"><li>Digestive issues: Nausea, vomiting, indigestion, bloating, diarrhea, or constipation.</li><li>Other symptoms: Fatigue, high temperature, feeling hot or shivery, gallbladder or liver enlargement, blood clots, or diabetes.</li></ul>	<p>Risk-based Prostate-Specific Antigen (PSA) test is the most common screening test. Doctors may elect to perform a Digital rectal exam (DRE) to determine if the prostate is enlarged.</p>
<b>Prostate Cancer</b> Prostate cancer is the most common cancer and the second leading cause of cancer death among men in the United States. Prostate cancer usually grows very slowly and finding and treating it before symptoms occur may not improve men's health or help them live longer.	<p>Urinary symptoms</p> <ul style="list-style-type: none"><li>Difficulty starting or stopping urination</li><li>Weak or interrupted urine flow</li><li>Frequent urination, especially at night</li><li>Pain or burning during urination</li><li>Blood in the urine or semen</li></ul>	<p>Pain:</p> <ul style="list-style-type: none"><li>Pain in the lower back, hips, or pelvis</li><li>Pain in the chest (ribs)</li><li>Bone pain, which can be a dull ache or stabbing pain</li></ul>	
<b>Testicular Cancer</b> Testicular cancer most often begins in germ cells (cells that make sperm). It is rare and is most frequently diagnosed in men ages 20 to 34. Most testicular cancers can be cured, even if diagnosed at an advanced stage.	<p>Symptoms of testicular cancer can include:</p> <ul style="list-style-type: none"><li>A painless lump or swelling in a testicle</li><li>A change in the testicle's size or shape</li><li>A dull ache in the lower abdomen or groin</li><li>A feeling of heaviness in the scrotum</li><li>Enlargement or tenderness of the breast tissue</li></ul>	<ul style="list-style-type: none"><li>Pain in the back</li><li>Shortness of breath or trouble breathing</li><li>Coughing, sometimes with blood</li><li>Chest pain</li><li>Trouble swallowing</li><li>Weight loss</li></ul>	<p>There is no standard or routine screening test used for early detection of testicular cancer. Most often, testicular cancer is first found by men themselves, either by chance or during self-exam. Sometimes the cancer is found by a doctor during a routine physical exam.</p>
<b>Thyroid Cancer</b> There are four main types of thyroid cancer. These are papillary, follicular, medullary, and anaplastic. Papillary is the most common type. The four types differ in how aggressive they are. Thyroid cancer that is found at an early stage can often be treated successfully.	<p>Thyroid cancer usually develops slowly and without many obvious symptoms. However, some common symptoms include:</p> <ul style="list-style-type: none"><li>A lump or swelling in the neck or throat that may get bigger over time</li><li>Difficulty breathing or shortness of breath</li><li>Difficulty swallowing (dysphagia)</li></ul>	<ul style="list-style-type: none"><li>A hoarse voice or a cough that doesn't go away</li><li>Enlarged lymph nodes in the neck</li><li>Pain in the front of your neck, or a feeling like something is pressing against your neck</li><li>Changes to their voice, like hoarseness, that do not go away</li><li>Neck enlargement</li></ul>	<p>There is no standard or routine screening test used for early detection of thyroid cancer. Thyroid cancer that does not cause symptoms may be found during the following: A routine physical exam when the doctor checks the patient for lumps (nodules) or swelling in the neck and lymph nodes, or anything else that seems unusual.</p>
<b>Bladder Cancer</b> Cancers of the urinary tract typically arise from the bladder. Most bladder cancers arise from the innermost lining of the bladder (called transitional cell carcinoma).	<ul style="list-style-type: none"><li>Blood in the urine: The most common symptom, also known as hematuria, which can appear as streaks or turn the urine pink, orange, or brown. Blood in the urine is usually painless and may come and go.</li><li>Frequent urination: You may need to urinate more often, especially at night.</li></ul>	<ul style="list-style-type: none"><li>Pain or burning during urination: You may feel a burning sensation when passing urine.</li><li>Lower back pain: You may experience pain on one side of your lower back that doesn't feel like a pulled muscle or disk problem.</li><li>Other symptoms: You may also experience fatigue, unintended weight loss, loss of appetite, bone pain or tenderness, or swelling in the feet.</li></ul>	<p>The U.S. Preventive Services Task Force (USPSTF) recommends against routine screening for bladder cancer in asymptomatic adults because the potential harms outweigh the benefits.</p> <p>Diagnostic testing for symptomatic patients is not the same as screening tests, but may include urinalysis, urine tumor marker test, cystoscopy, or ultrasound.</p>

*Disclaimer: This information represents the most common symptoms and screening options available. If you have specific questions or concerns for your medical condition(s), please contact your primary care provider.*

Please visit the Missile Community Cancer Study website for additional information <https://www.airforcemedicine.af.mil/Resources/Missile-Community-Cancer-Study/>