

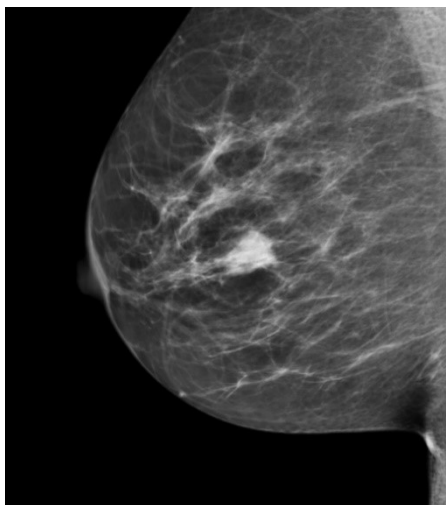
Cancer Prevention and Early Detection

Knowing if you should have a physical examination cancer, when and how often you should have it, and at what age to stop having it can be confusing. Talking over the following questions with your doctor can help you to understand.

A Physical examination usually includes:

- 1) Inspection: In medical terms means to look at the person or body part.*
- 2) Palpation: Is a method of feeling with the fingers or hands during a physical examination.*
- 3) Auscultation: Is listening to the sounds of the body during a physical examination.*
- 4) Percussion: Is a method of trapping body parts with fingers, hands or small instruments as a part of physical examination.*

Breast cancer (mammogram)



Once A Month

Adult women of all ages are encouraged to perform breast self-exams at least once a month. "Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important." While mammograms can help you to detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes.

3 Ways for Breast Self-Exam to be Performed.

1) In the Shower

With the pads/flats of your 3 middle fingers, check the entire breast and armpit area pressing down with light, medium, and firm pressure. Check both breasts each month feeling for any lump, thickening, hardened knot, or any other breast changes.

2) In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead.

3) Lying Down

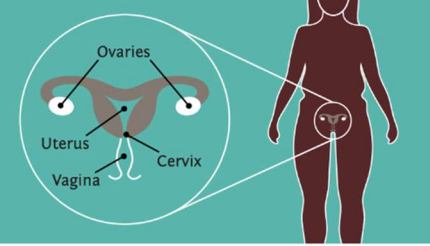
When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently covering the entire breast area and armpit.

Cervical cancer

There are many tests used for diagnosing cervical cancer. Not all tests described here will be used for every person. Some or all of these tests may be helpful for your doctor to plan the treatment of your cancer. Your doctor may consider these factors when choosing a diagnostic test:

What is cervical cancer?

Cervical cancer is a disease where abnormal cells grow on the cervix.



The type of cancer suspected

Your signs and symptoms

Your age and general health

The results of earlier medical tests

The following tests may be used to diagnose cervical cancer:

Bimanual pelvic examination and sterile speculum examination.

Pap test. / The liquid-based cytology test. / Computer screening. /

Human papillomavirus (HPV) typing test. / Colposcopy. / Biopsy.

Computed tomography (CT or CAT) scan. / Magnetic resonance

imaging (MRI). / Positron emission tomography (PET) or PET-CT

scan.

Colorectal cancer



The physical examination of colorectal carcinoma may show:

General appearance

Lethargy

Pallor

Emaciation

Confusion

Vital Signs

Vital signs are generally within normal limit, but patients with severe disease may have the following vital signs:

Low-grade fever

Decreased SPO2

Tachypnoea

Tachycardia

Hypotension

Abdomen

Discomfort on palpation

Hepatomegaly

Absent bowel sounds - may be suggestive of intestinal obstruction

Ascites

Rectal exam

	<p>Rectal bleeding</p> <p>Rectal mass</p> <p>Chest</p> <p>Decreased / absent breath sounds</p> <p>Skin</p> <p>Pallor</p> <p>Jaundice</p> <p>HEENT</p> <p>Jaundice</p> <p>Lymphadenopathy</p> <p>Extremities</p> <p>Swelling of hands and feet</p>
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Lung cancer




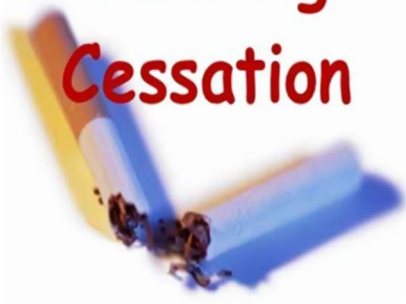
Physical Examination

During the physical examination, a doctor notes the person's weight and overall appearance. The person's general mood and feeling of well-being, which also may be affected by a lung or airway disorder, are noted. A doctor may ask a person to walk around or climb a flight of stairs to see if either activity causes shortness of breath. These activities may be done while measuring pulse oximetry, which is a way to quantify the amount of oxygen in the blood. Use of pulse oximetry can allow the doctor to determine if the level of oxygen in the blood is low or if it decreases during exertion.

Assessing skin color is important because a bluish discoloration (cyanosis) may indicate an inadequate amount of oxygen in the blood. Fingers are examined for clubbing (enlargement of areas around the tips of the fingers).

A doctor observes the chest to determine if the breathing rate and movements are normal. Using a stethoscope, a doctor listens to the breath sounds to determine whether airflow is normal or obstructed, whether the lungs contain fluid, or whether there are any abnormal lung sounds. By tapping (percussing) the chest

	<p>and/or by feeling how vibrations resulting from speaking are transmitted to the chest wall, a doctor can often determine if the lungs are filled with air or collapsed and if the space around the lungs contains fluid.</p> <p>In addition to examination of the chest, a complete physical examination may be needed, because disorders of the lungs may affect other parts of the body. Additionally, some symptoms that seem to suggest a lung disorder may be due to a problem elsewhere in the body. For example, shortness of breath might reflect an abnormality of the kidneys or heart.</p>
<p>Prostate cancer</p> 	<p>Physical Examination: Appearance of the Patient</p> <p>Cancer cachexia</p> <p>Skin</p> <p>Pallor</p> <p>HEENT</p> <p>HEENT examination of patients with prostate cancer is usually normal.</p> <p>Neck</p> <p>Neck examination of patients with prostate cancer is usually normal.</p> <p>Lungs</p> <p>Pulmonary examination of patients with prostate cancer is usually normal.</p> <p>Heart</p> <p>Cardiovascular examination of patients with prostate cancer is usually normal.</p> <p>Abdomen</p> <p>Suprapubic palpation of the bladder</p> <p>Overdistended bladder due to outlet obstruction</p> <p>Extremities</p> <p>Anaesthesia in the lower limbs</p>

	<p>Paresis in the lower limbs Lower-extremity lymphedema Bony tenderness Digital rectal examination Asymmetrical boggy mass with the change of texture may be palpated in the anterior wall of the rectum</p>
<p>Tobacco use cessation (Quitting tobacco) Smoking Cessation</p> 	<p>Physical Examination The physical examination of a patient who smokes may yield the following findings: General Examination Tired appearance / Smoke-adoored clothing / Hoarse voice Vitals Tachycardia / Hypertension / Tachypnoea / Orofacial / Stained teeth or fingernails / Tooth loss / Gum stains / Gum bleeding Cardiovascular System Normal S1 and S2 Gastrointestinal Haemoptysis / Epigastric tenderness Respiratory System Dyspnoea / Tachypnoea / Rales and Ronchi / Wheezing / Crackles Ophthalmology Cataract Musculoskeletal Claudication / Arthritis Neurological and Psychiatric Depression / Dysphoria / Anxiety Pregnancy Fundal height not corresponding to the period of gestation, suggests intra uterine growth restriction.</p>

THE MENTIONED SELF-EXAMINATION IS INFORMATION FOR HEALTH AWARENESS

This information is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your Physician or other qualified health professionals regarding any medical condition.