What are common warning signs of cancer?

February 1, 2018 By Lucinda K. Porter RN

There are many kinds of cancers, thus many signs and symptoms. A sign is something that your health care provider can clearly see or measure, such as a mark on your body or an abnormal test result. A symptom is something only you notice.

Common cancer warning signs are weight loss without an explanation. A lump, especially in the testicles, breast, groin or neck is a sign. If you notice a new mole or change in a mole, or a sore that does not heal, this needs to be brought to your health care provider's attention. A persistent cough, hoarseness or coughing-up blood are other warning signs that need medical attention, as are unusual bleeding or discharge.

Some common cancer symptoms are changes in bowel or bladder habits. Nausea, vomiting, indigestion or difficulty swallowing are other symptoms. Feeling constantly tired or having a persistent headache may indicate cancer. The common signs and symptoms that may lead to a cancer diagnosis will very often lead to a non-cancer diagnosis.

February 4 is World Cancer Day. To learn more about cancer, visit the National Cancer Institute or CancerHealth.com.

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