



Symptoms for Breast Cancer include:

- A lump in the breast tissue. Breast tissue extends to the collarbone and underarm where some lymph nodes are located
- A change in size or shape of the breast
- An inverted or scaly nipple or watery or bloody discharge from the nipple
- A red rash with the texture of an orange rind that appears on the skin covering breast tissue

Perform monthly breast self-exams, have an annual breast exam by a medical professional and have yearly mammograms beginning at age 40, unless there are other risk factors for breast cancer.

Symptoms for colorectal cancer include:

- A change in bowel habits or change in consistency of stool that doesn't ease up (e.g. diarrhea or constipation)
- Rectal bleeding or blood on the stool
- Black, tarry stool
- Stomach cramps, gas or pain that is persistent
- Unexplained weight loss