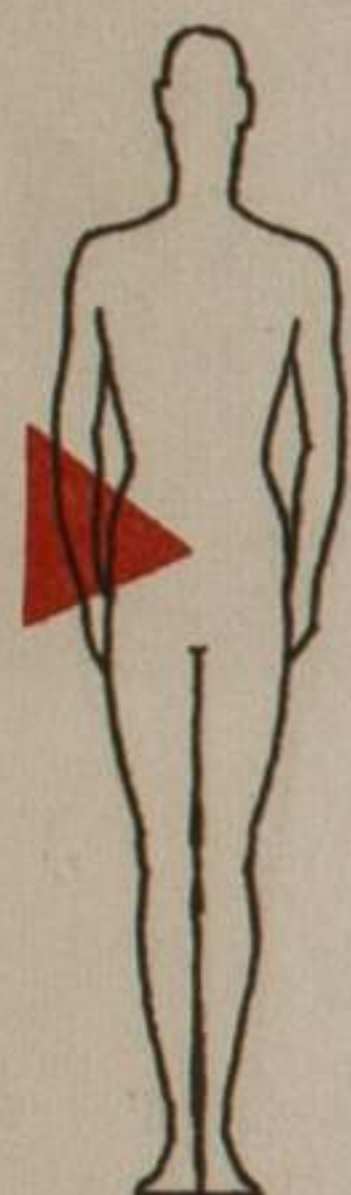


physician about it and have a chest X ray annually or as often as he advises. Be alert for any change, especially coughing up blood. Whether this symptom means cancer or not, it should receive immediate medical attention.

The rise in lung cancer among men in recent years—it now causes six times as many deaths among men as among women—means that your doctor will be on the lookout for it, particularly if you are over forty. You will probably be asked whether you smoke, and—if you do—how much, since a good deal of statistical evidence seems to point to a relationship between heavy cigarette smoking and cancer. Whatever the cause (some medical researchers question the significance of the parallel between the increase in cigarette smoking and lung cancer), regular chest X rays are still the best check on lung cancer, and new surgical methods make effective treatment safe in the early stages.

### KIDNEY, BLADDER, AND PROSTATE

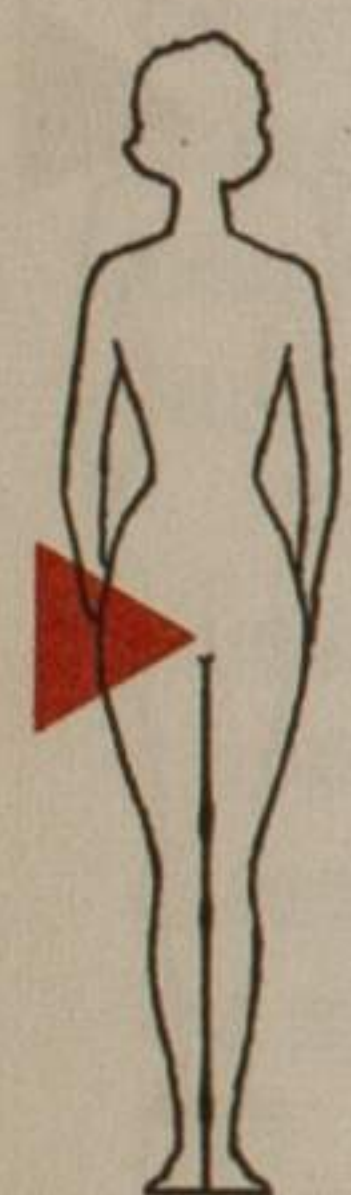
Trouble signals from the area of the urinary organs—particularly the appearance of blood in the urine, back pains, or difficulty in urinating—may, of course, arise from less severe causes. But they can also mean cancer of the kidney or bladder—about twice as frequent among men as women—and should have prompt medical attention if they persist. In men, similar symptoms call for examination of the prostate gland. Enlargement of this gland, which is fairly common in older men, is harmless in most cases, but only the physician's examination can rule out a developing cancer.



### UTERUS

Fourteen thousand lives a year—that is the toll that cancer of the uterus takes among American women today. And this number *could* be virtually zero. Two communities—one in Kansas, one in Ohio—have recently given us living proof that this form of the disease can be eliminated as a major killer.

Recently, a program for detecting uterine cancer was arranged in Abilene, Kansas; about 500 women were expected to come for examination. The response was overwhelming. Before the program was over, medical personnel for miles around were pressed into service to assist in the examination of 2,500 women who came. This response is evidence that the public education program *is* getting results. It is considered possible that this form of the disease could rapidly be eliminated as a major cause of death.



The program in Columbus, Ohio, proved the vital importance of the annual medical checkup. Thousands of women from the Columbus area were examined and asked to come back for annual checkups the three following years. Of the 512 cases discovered during the course of the program, all of those women diagnosed as having “early” cancer are alive today.

If you have not yet had such an examination, and should notice unusual bleeding or discharge from the vaginal tract, be sure to report these conditions to your physician. And don't put off your annual examination even though these symptoms are not present.

### LEUKEMIA AND LYMPHOMA

Today, cancer ranks as a leading cause of death among children. Leukemia and lymphoma are cancers of the blood-forming tissues. They cause more deaths of children under six than any other disease and take the lives of an alarmingly increasing number of adults—a toll estimated at more than 14,000 in 1962.

One of this country's leading cancer experts predicts that the first great breakthrough in determining the cause of cancer will probably come from research in leukemia. Many research scientists share his view, for since the first success of drugs in temporarily checking the progress of leukemia, the search for drugs and vaccines against the disease has become a major area of promise in cancer research. Until the last few years, no treatment of any sort was effective against leukemia, but the newly developed drugs now may extend the lives of patients up to three years. Such discoveries give scientists reason to hope for drugs that will add leukemia, and perhaps the rest of the cancers, to the roll of almost-forgotten diseases of the past.



### BREAST

The most common type of cancer among women in this country, breast cancer, is curable in eight out of ten cases—when it is found early. Breast cancer can occur at almost any age. Learning to examine your own breasts for trouble signals is your best protection. This should be done every month at the end of your menstrual period—and monthly after the menopause too. You will be reassured to know that most lumps that women discover in their breasts are not cancer. But again, let your physician be the one to reassure you about any such finding you may make, for this is the most common sign of this form of the disease. You should note carefully any change in

