



SpottingCancer

SAVES LIVES

STEP

2 MONITOR YOUR BODY REGULARLY

<https://www.spottingcancer.org>



**Cancer
Detection
Squad**

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How to Monitor Your Body

To detect cancer early, you must monitor your body regularly for any abnormalities

Cancer grows 24/7. Monitoring your body helps detect cancer signs and symptoms between scheduled doctor visits, screenings, and testings. Monitoring your body should take no longer than 10 minutes – a small investment in time that could save your life!

No one knows your body as well as you do; therefore, you should notice changes easily. Monitoring your body should cover your entire body with special emphasis on the body parts included in this booklet.

How to Monitor Your Body

Know your body.

Know the signs and symptoms.

Monitor your body on a regular basis in the same lit room, using the same long and handheld mirrors. It is suggested that women monitor their bodies consistent with their menstrual cycle.

Download the **Monitoring Charts** and update.

Download your **Baseline Chart** for comparison.

Monitor your body using the attached listed procedures to check for any changes that may have occurred.

Review the symptoms list to determine any changes.

Contact your medical team immediately should any changes occur so they can evaluate your findings.



Monitoring Your Ears

Knowing the signs & symptoms is half the battle! It is important that you monitor your body to detect any red flags for early cancer detection.

FREQUENCY

Monthly or daily if sign or symptoms are noticed.

PREPARATIONS

- ③ Know the **ear signs and symptoms** for early cancer detection.
- ③ Know what your ears typically look and feel like
- ③ Fixed mirror and a second handheld mirror
- ③ Lit area

EXAMINATION

- ③ Place ear between index finger and thumb. Slowly maneuver around the entire ear to spot any lumps.
- ③ Visually check the top of your ear for any skin changes.
- ③ Use a handheld mirror to check the back of your ear. Look for skin changes or lumps. Make sure to fold ear and earlobe as necessary to see the entire back area.
- ③ Inspecting the ear canal is difficult. Therefore, it is important that it gets checked during your annual physical exam.
- ③ Should you spot a sign or difference between the two ears consider it a “red flag”. It does not mean you have cancer. If it does not correct itself in one week, contact your primary care doctor for a professional evaluation.



NOTICE A CHANGE? HERE'S WHAT TO DO NEXT:



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Monitoring Your Eye

Knowing the signs & symptoms is half the battle! It is important that you monitor your body to detect any red flags for early cancer detection.

FREQUENCY

Monthly or daily if sign or symptoms are noticed.

PREPARATIONS

- 🔍 Know the **eye signs and symptoms** for early cancer detection.
- 🔍 Know what your eyeball and eyelids typically look and feel like
- 🔍 Mirror
- 🔍 Lit area

EXAMINATION

- 🔍 Look at each eyeball in the mirror in the same environment each time.
- 🔍 Close one eyelid at a time. Use your index finger pressing lightly in a circular motion over the entire eyelid to feel for any lumps or growth.
- 🔍 Open both eyes wide in bright light and compare structural or color differences in the eyeball portion of the eye and pupils.



NOTICE A CHANGE? HERE'S WHAT TO DO NEXT:

- 🔍 Monitoring your eyes is difficult. Therefore, at least once a year your eyes should be checked by an ophthalmologist for early detection of cancer.
- 🔍 Anytime you see a sign or difference between the two eyes consider it a "red flag". It does not mean you have cancer. If it does not correct itself in one week, contact your ophthalmologist for a professional evaluation.



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Monitoring Your Breast (female)

Knowing the signs & symptoms is half the battle! It is important that you monitor your body to detect any red flags for early cancer detection.

FREQUENCY

If you still menstruate, examine yourself a few days after your monthly period.

If you no longer menstruate, examine yourself on a specific day of the month.

If you are taking hormones, check with your health care provider to determine the best time for monitoring.

PREPARATIONS

- 🔍 Know the **breast signs and symptoms**.
- 🔍 Mirror

EXAMINATION

How to Monitor Your Breast Part 1: TOUCH



Check the OUTER HALF of your right breast. Lie down and roll on to your left side to examine your right breast. Place your right hand, palm up on your forehead.

Your breast should lie as flat on your chest as possible. It may be easier and more comfortable if you put a pillow behind your shoulder or back.



Using the flat pads of your three middle fingers—not the tips—move the pads of your fingers in little circles, about the size of a dime. For each little circle,

change the amount of pressure so you can feel ALL levels of your breast tissue. Make each circle three times—once light, once medium, and once deep—before you move on to the next area.



Start the circles in your armpit and move down to just below the bra line. Then slide your fingers over—just the width of one finger and move up again.

Don't lift your fingers from your breast as you move them to make sure you feel the entire area. Continue this up-and-down vertical strip pattern—from your collarbone to just below your bra line—until you reach the nipple.



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EXAMINATION (Continued)



Check the INNER HALF of your right breast. When you reach the nipple, remove pillow and roll onto your back, remove your hand from your forehead and place this arm at a right angle (see drawing).

Carefully check the nipple area using the same circular pressures as before, without squeezing. Then examine the remaining breast tissue using the up-and-down vertical strip pattern, until you reach the middle of your chest. Place your non-palpating hand down at your side, make a row of circles above and below your collarbone, working from your shoulder to your mid-line.

Roll on to your right side and repeat these steps on your left breast, using your right hand.

How to Monitor Your Breast Part Two: LOOK



Stand in front of a mirror and look closely at your breasts in the following three positions, viewing from the right and left as well as facing forward. Check for changes in the following:

Shape: Compare one to the other. One breast may normally be larger than the other, but sudden changes in size should not occur.

Skin: Check for rash, redness, puckering, dimpling, or orange-peel-textured appearance.

Nipples: Check for any physical changes such as a sudden inversion, scaliness, redness, itching, swelling, or discharge.

Vein patterns: Look for a noticeable increase in size or number of veins compared to the other breast.

Keep arms at your sides



Arms raised above your head bending forward, and



Place hands on your hips and hunch over.

NOTICE A CHANGE? HERE'S WHAT TO DO NEXT:

🔍 Should you spot any signs, consider them a "red flag". It does not mean you have cancer. If signs do not disappear within one week, contact your medical team for a professional evaluation.



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Monitoring Your Fingernails and Toenails

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FREQUENCY

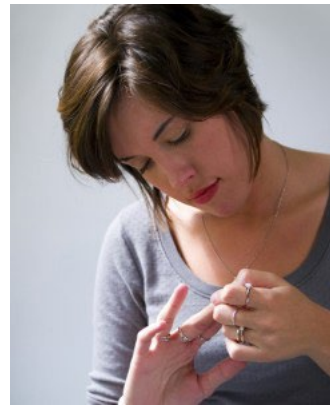
Monthly or every time you remove nail polish

PREPARATIONS

- 🔍 Know the **nail signs and symptoms**.
- 🔍 Nail polish remover

EXAMINATION

- 🔍 Remove nail polish from fingers and toes.
- 🔍 Check your fingernails and toenails for any of the signs and symptoms.



NOTICE A CHANGE? HERE'S WHAT TO DO NEXT:

- 🔍 Should you spot any signs, consider them a "red flag". It does not mean you have cancer. If signs do not disappear within one week, contact your medical team for a professional evaluation.



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Monitoring Your Lymph Nodes

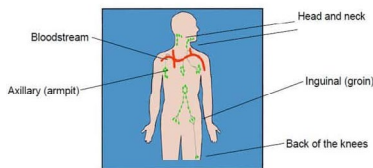
Knowing the signs & symptoms is half the battle! It is important that you monitor your body to detect any red flags for early cancer detection.

FREQUENCY

Monthly or daily if you see a sign or symptom

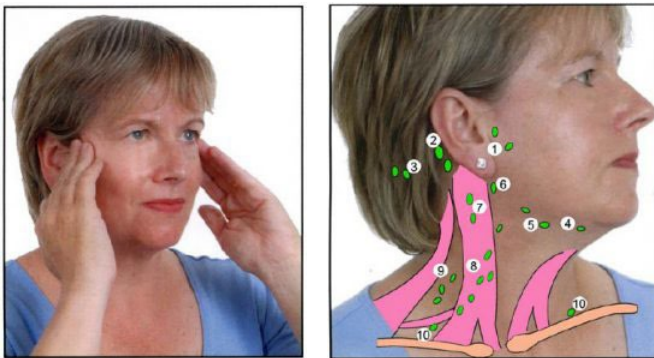
PREPARATIONS

- Know the **signs for lymph nodes** early cancer detection.
- Locate Lymph Nodes to be tested per chart below.



EXAMINATION

Head



- With your fingertips and a gentle circular motion feel the lymph nodes illustrated.
- Start with the nodes in front of the ear (no. 1), then follow in order finishing just above the collarbone (no. 10).
- Always check your nodes in this order.
- Check both sides for comparison. If you have an enlarged lymph node, it may feel firm and the size of a pea or grape.

Neck



- Tilt your head towards the side you are examining; this helps to relax the muscle.
- Now press your fingers under the muscle and above collarbone.
- Hunch your shoulders and bring your elbows forward to relax the skin.



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EXAMINATION (Continued)

Armpit

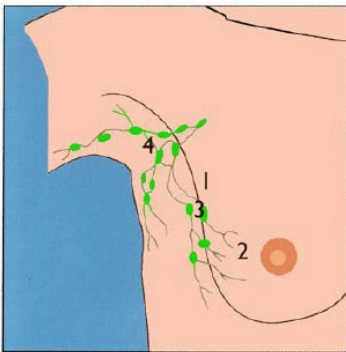
- ② Sit in a comfortable position.
- ② Check each armpit in turn.

To check the left side of your arm, place the fingers of your right hand high into the armpit and then lower your arm.



- ② Feel in the central area of the armpit.
- ② Check each armpit in turn.

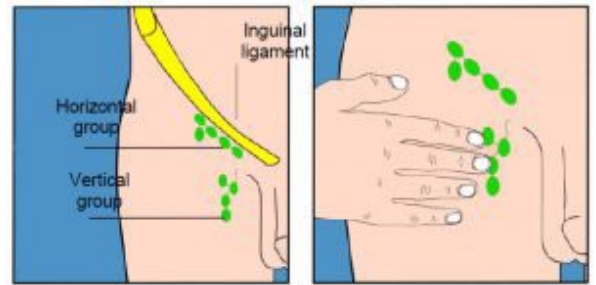
Now move your fingers firmly against the chest wall as follows:



- ② Feel along the front border of the armpit.
- ② Feel along the back border of the armpit.
- ② Feel along the inner border of the arm.

Now check the other armpit in the same way.

Groin



- ② Feel horizontally along the groin crease.
- ② Feel vertically along the upper thigh.

NOTICE A CHANGE? HERE'S WHAT TO DO NEXT:

- ② Should you spot any signs, consider them “red flags”. They do not mean you have cancer. If signs do not disappear within one week, contact your medical team for a professional evaluation.



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Monitoring Your Breast (male)

Knowing the signs & symptoms is half the battle! It is important that you monitor your body to detect any red flags for early cancer detection.

FREQUENCY

Monthly

PREPARATIONS

- 🔍 Know the **signs and symptoms for male breast** early cancer detection
- 🔍 Know what your breasts normally look and feel like
- 🔍 Hot shower or bath
- 🔍 Mirror



EXAMINATION

- 🔍 Take a warm soapy shower or bath before starting test.
- 🔍 Check each breast one at a time.
- 🔍 Use your right-hand fingers to check your left breast and your left-hand fingers to check your right breast.
- 🔍 With your fingers flat against the breast, press firmly in small, clockwise circles.
- 🔍 Start at the outermost top edge of your breast and spiral towards the nipple.
- 🔍 Feel for hard lumps or bumps in your breast. Be certain to cover all parts of your breast.
- 🔍 Gently squeeze both nipples and look for any discharge.
- 🔍 Look at size, shape, and contour of each breast, skin texture.

NOTICE A CHANGE? HERE'S WHAT TO DO NEXT:

- 🔍 If you spot any changes, irregularities, signs, or symptoms consider them “red flags”. They do not mean you have cancer. However, if you still them after one week, contact your medical team.



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Monitoring Your Mouth, Tongue, and Throat

Knowing the signs & symptoms is half the battle! It is important that you monitor your body to detect any red flags for early cancer detection.

FREQUENCY

Monthly, or if you notice a sign or symptom, repeat test every couple days.

PREPARATIONS

- 🔍 Know the **oral signs and symptoms** for early cancer detection
- 🔍 Know what your face typically looks like
- 🔍 Mirror
- 🔍 Flashlight
- 🔍 Camera
- 🔍 2×2 or 3×3 gauze



EXAMINATION

- 🔍 Rinse your mouth and throat to remove all particles and ensure no food, liquid, or candy coloring exist.
- 🔍 Position yourself in front of a mirror with bright light, a camera, and a flashlight.
- 🔍 Remove dentures.
- 🔍 Open mouth. Look in the mirror to ensure no coloring from food, liquids, or candy is present.
- 🔍 Look at your face in the mirror to see any visual changes.
- 🔍 Press along the sides and front of the neck and feel for tenderness or lumps. Do the same on your face. Take note of any bumps or swelling.
- 🔍 Pull your upper lip up and look for sores and color changes on your lips and gums. Repeat this procedure on your lower lip.
- 🔍 Use your fingers to pull out your cheeks and look for color changes such as red, white, or dark patches. Put your index finger on the inside and your thumb on the outside of your cheeks to feel for any lumps. Repeat on the other cheek.



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EXAMINATION (Continued)

- ③ Tilt your head back and open your mouth wide to see if there are lumps, spots, or color changes in the back of your throat.
- ③ Grab your tongue with cotton gauze and examine for swellings or color changes. Look at the top, back, and each side of your tongue.
- ③ Touch the roof of your mouth with your tongue and look at the underside of your tongue and the floor of your mouth. See if there are color changes or lumps. When possible, use one finger inside your mouth and one finger on the outside, corresponding to the same place and feel for unusual bumps, swelling or tenderness.
- ③ Photograph any suspicious areas that are difficult to see.

NOTICE A CHANGE? HERE'S WHAT TO DO NEXT:

- ③ Repeat the test in one week.



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Monitoring Your Scrotum/Testicles

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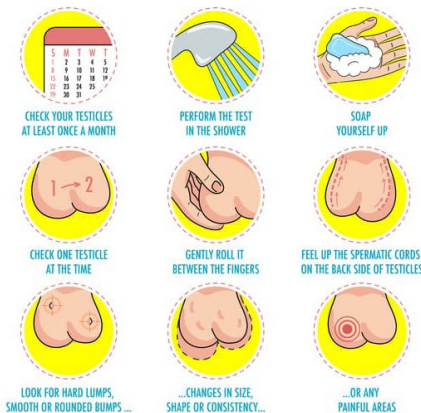
FREQUENCY

Monthly

PREPARATIONS

- 1 Know the **signs and symptoms for testicle** early cancer detection
- 2 Know what your testicles + Scrotum look and feel like
- 3 Mirror
- 4 Hot Shower or bath

CHECK YOUR TESTICLES



PEXAMINATION

- 1 Take a warm bath or shower.
- 2 Stand in front of a mirror. Check for any swelling on the scrotum skin.
- 3 Examine each testicle with both hands. Place the index and middle fingers under the testicle with the thumbs placed on top. Roll the testicle gently between the thumbs and fingers. Don't be alarmed if one testicle seems slightly larger than the other. That's normal.
- 4 Find the epididymis, the soft, tube-like structure behind the testicle that collects and carries sperm. If you are familiar with this structure, you won't mistake it for a suspicious lump. Cancerous lumps usually are found on the sides of the testicle but can also show up on the front.

NOTICE A CHANGE? HERE'S WHAT TO DO NEXT:

- 1 If you spot any abnormalities consider them "red flags". They do not mean you have cancer. However, consult your medical team for a professional evaluation.



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Monitoring Your Skin

Knowing the signs & symptoms is half the battle! It is important that you monitor your body to detect any red flags for early cancer detection.

FREQUENCY

Monthly

PREPARATIONS

- ③ Review your **baseline chart** and any photos
- ③ Know how your birthmarks, moles, freckles, and other body markings look and feel
- ③ Know the **signs for early skin cancer detection**
- ③ Bright light
- ③ Full-length mirror
- ③ Chair and stool
- ③ Hair dryer
- ③ Camera

EXAMINATION



Examine your face, especially your nose, lips, mouth, and ears – front and back. Use one or both mirrors to get a clear view.



Thoroughly inspect your scalp, using a blow dryer and mirror to expose each section to view. Get a friend or family member to help, if you can.



Check your hands carefully: palms and backs, between the fingers and under the fingernails. Continue up the wrists to examine both the front and back of your forearms.



Standing in front of the full-length mirror, begin at the elbows and scan all sides of your upper arms. Don't forget the underarms.



Next, focus on the neck, chest, and torso. Women should lift breasts to view the undersides.



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EXAMINATION (Continued)



With your back to the full-length mirror, use the hand mirror to inspect the back of your neck, shoulders, upper back and any part of the back of your upper arms you could not view in step 4.



Still using both mirrors, scan your lower back, buttocks, and backs of both legs.



Sit down; prop each leg in turn on the other stool or chair. Use the hand mirror to examine the genitals. Check the front and sides of both legs, thigh to shin, ankles, tops of feet, between toes and under toenails. Examine soles of the feet and heels.

NOTICE A CHANGE? HERE'S WHAT TO DO NEXT:

- ② Update **baseline chart**.
- ② Take photos of any suspected changes that have occurred and compare to previous photos.
- ② If you notice any changes, consider them “red flags”. They do not mean you have cancer. However, if these things do not subside within a week, contact your dermatologist or medical team for a professional evaluation.



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Monitoring Your Temperature

Knowing the signs & symptoms is half the battle! It is important that you monitor your body to detect any red flags for early cancer detection.

FREQUENCY

Take your temperature monthly.

PREPARATIONS

- ⑧ Know the **signs and symptoms for temperature variation**.
- ⑧ Use chart to record temperature and date taken.



EXAMINATION

- ⑧ Use thermometer to check your temperature.
- ⑧ Temperature should be taken at the same time(s) of day, and after similar activities and conditions. Consult your doctor if you are menstruating.
- ⑧ If your temperature hovers above 100.4 ° F (38° C), take your temperature daily and record on temperature chart.

NOTICE A CHANGE? HERE'S WHAT TO DO NEXT:

- ⑧ If you have a temperature over 100.4 ° F (38° C) for two days consider it a "red flag". This does not mean you have cancer. However, consult your medical team for a professional evaluation immediately.



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Monitoring Your Thyroid

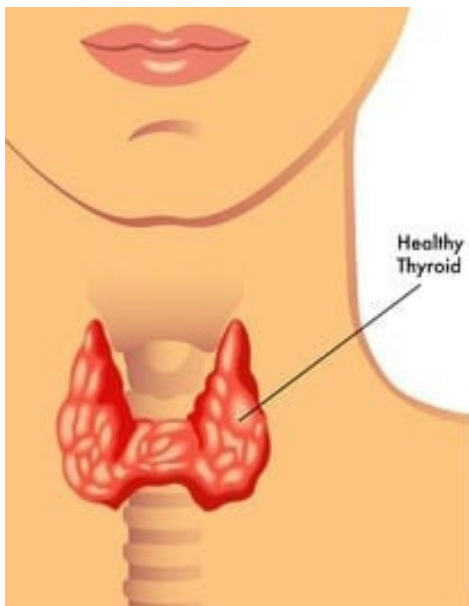
Knowing the signs & symptoms is half the battle! It is important that you monitor your body to detect any red flags for early cancer detection.

FREQUENCY

Take your temperature monthly.

PREPARATIONS

- 🔍 Know the **signs and symptoms for thyroid** early cancer detection
- 🔍 Mirror
- 🔍 Glass of water

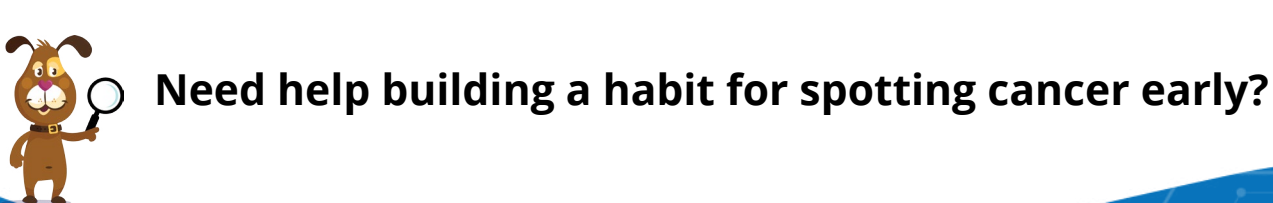


EXAMINATION

- 🔍 Locate your thyroid gland, which is above your collarbone and below your larynx (or voice box). Don't confuse your thyroid with your Adam's apple, which is above the thyroid gland.
- 🔍 Keeping your focus on this part of the neck, tip your head back, then swallow a drink of water.
- 🔍 Look at your neck in the mirror while you swallow. Check for any static or moving bumps.

NOTICE A CHANGE? HERE'S WHAT TO DO NEXT:

- 🔍 If you spot any abnormalities, consider them "red flags". They do not mean you have cancer. However, consult your medical team for a professional evaluation if the abnormality does not go away within 3 days.



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Monitoring Your Urine & Stool

Knowing the signs & symptoms is half the battle! It is important that you monitor your body to detect any red flags for early cancer detection.

FREQUENCY

Every time you urinate or have a bowel movement.

PREPARATIONS

🔍 Know the **urine or stool signs and symptoms** for early cancer detection.

EXAMINATION

🔍 Look at your waste before flushing.

NOTICE A CHANGE? HERE'S WHAT TO DO NEXT:

🔍 Should you spot any signs, consider them “red flags”. They do not mean you have cancer. Contact your medical team for a professional evaluation immediately.



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Monitoring Your Weight

Knowing the signs & symptoms is half the battle! It is important that you monitor your body to detect any red flags for early cancer detection.

FREQUENCY

Weigh yourself once a week. If unexpected weight loss occurs, then check your weight twice per week.

PREPARATIONS

- 🔍 Know the **signs and symptoms for weight**.
- 🔍 Scale.



EXAMINATION

- 🔍 Weigh yourself at the same time of day, wearing similar clothing and preferably using the same scale.
- 🔍 Record the date and your weight.

NOTICE A CHANGE? HERE'S WHAT TO DO NEXT:

- 🔍 If you notice an unexplained increase or decrease in weight weekly for a month, consider it a "red flag". It does not mean you have cancer. However, consult your medical team for a professional evaluation immediately.



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Personal Baseline Charts

Date Updated:

Personal Baseline (111, 74, 109)



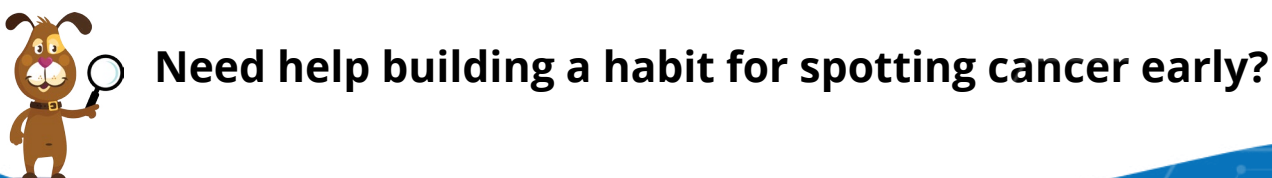
Your chart

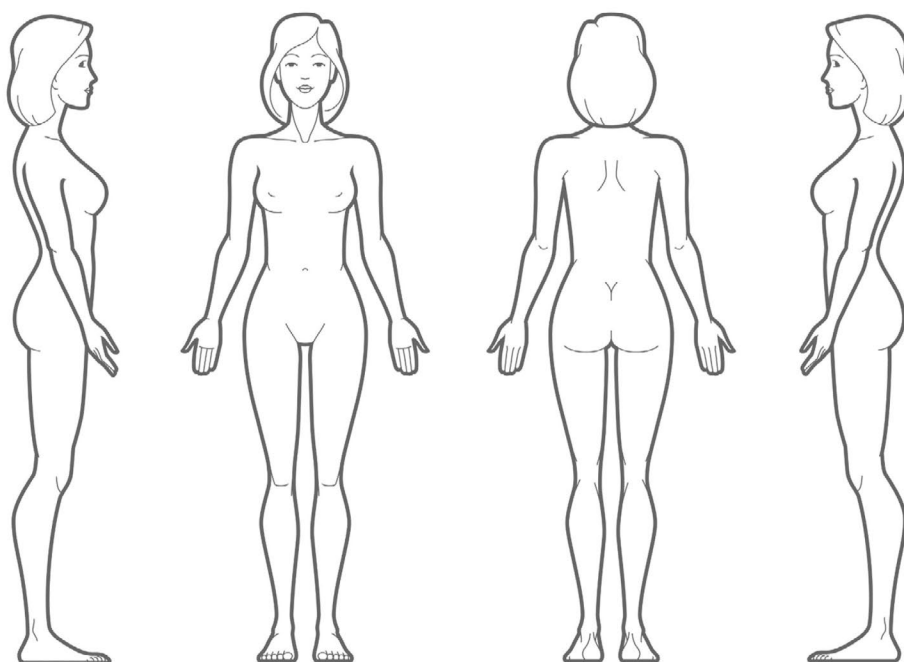
HOW TO USE BODY MAPS

- 1 Below you will find a male and female body chart. You will also find a chart to track the dates of your exams.
- 2 On the first exam, make a dot corresponding to the location on your skin of each freckle, mole, birthmark, bump, sore, scab, or scaly patch. Draw a line out to the margin and indicate its approximate size (use a ruler or measuring tape) and color, and the date.
- 3 For each exam after that, find the spot on your skin that matches each dot, record the new date next to the old one, and note any changes in size, color, or shape. Record any spots you did not see on last examination.

LAST CHECKED	TODAY'S DATE	BODY CHANGES

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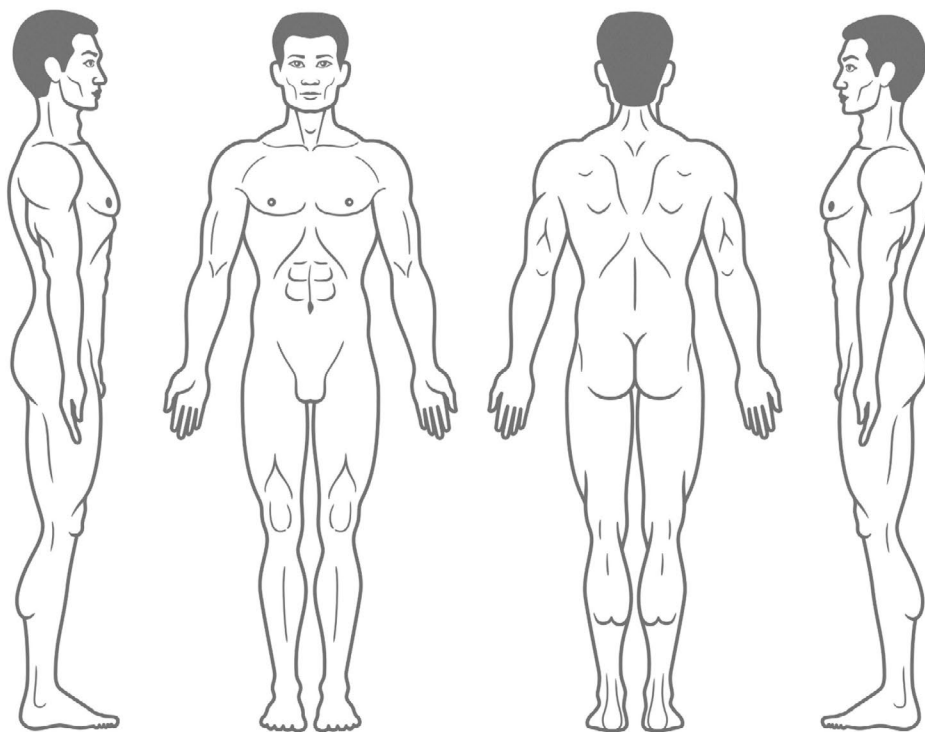


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Date Updated:

Your Vital Signs

Weight _____

Height _____

Blood Pressure _____

Oxygen _____

Pulse Rate _____

Normal Temperature _____

Blood Type _____

Your Vital Measurements

Chest _____

Waist _____

Abdomen _____

Hips _____

Left Bicep _____

Left Thigh _____

Left Calf _____

Right Bicep _____

Right Thigh _____

Right Calf _____

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Your Medical History

Ensure your health provider maintains your personal medical history (provider, detailed information, dates) you should keep a record as well and have access to information.

SURGERY AND FRACTURES

MAJOR ILLNESSES

MEDICINES

IMMUNIZATIONS

DOCTORS AND INSTITUTES

X-RAYS & IMAGING

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Body Monitoring Charts


Date Updated:

Areas to be Monitored



AREAS	FREQUENCY	LAST EXAM DATE	NEXT EXAM DATE
Eye	Monthly / daily if symptoms are noticed		
Female Breast	Monthly		
Fingernail & Toenail	Every time you remove nail polish / monthly		
Lymph Nodes	Monthly / daily if symptoms are noticed		
Male Breast	Monthly		
Oral Mouth & Throat	Monthly / every other day if symptoms are noticed		
Scrotum/Testicle	Monthly		
Skin	Monthly		
Thyroid	Monthly		
Temperature	Monthly		
Urine & Stool	Every time you produce waste		
Weight	Once a week / if unexpected weight loss then twice per week		
Ear	Monthly		

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Date Updated:

Symptoms to be Monitored



SYMPTOMS	YES / NO	DATE WHEN OBSERVED
Bleeding / Discharge / Bruising	<input type="checkbox"/>	
Chronic Fatigue / Weakness	<input type="checkbox"/>	
Continuous Swelling / Bloating	<input type="checkbox"/>	
Cough / Wheezing / Out of Breath	<input type="checkbox"/>	
Heavy Night Sweats	<input type="checkbox"/>	
Indigestion & Heartburn	<input type="checkbox"/>	
Low Grade Fever	<input type="checkbox"/>	
Non-Stop Itching	<input type="checkbox"/>	
Severe Headache	<input type="checkbox"/>	
Lumps / Mass / Tumors / Bumps	<input type="checkbox"/>	
Unexplained Falls	<input type="checkbox"/>	
Unexplained Pain	<input type="checkbox"/>	

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Need help building a habit for spotting cancer early?

Join the Squad!

Join the **Cancer Detection Squad** and together, we can build a lasting habit that will help you and your loved ones to *#SpotandSurvive*.

The Cancer Detection Squad is a movement of people committed to reducing cancer deaths through early detection and timely treatment.



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Thanks for Reading!

Don't forget to also download our other guides to help you **#SpotandSurvive!**



Download the Spotting Cancer **Signs & Symptoms Guide** to learn what to look for. Knowing and spotting indicators of cancer early can save your life.

[Download Now](#)



Because 5 to 10 percent of all cancers are genetically related. Knowing your family cancer history can help your medical team develop a monitoring program for you to detect cancer early. Download the **Family Cancer History Guide!**

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Download the **Screening and Testing Guide** to know the various screenings/testings necessary to help detect cancer early and save your life.

[Download Now](#)

Get the Word Out! We Can Beat Cancer Together.

The more resources we have the more we can spread our message. Help us, if you can, by donating yourself (every little bit helps) or helping to spread the word as a Spotting Cancer ambassador!

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Need help building a habit for spotting cancer early?



DISCLAIMER

None of the information on this booklet & website is meant to take the place of a comprehensive medical exam or substitute for screening/testing.

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