

Useful Addresses

More information on cancer prevention and its early detection is available at:
krebsliga.ch/frueherkennung

Cancer Hotline

T 0800 11 88 11, Monday to Friday,
9:00 a.m. – 7:00 p.m. Calls are free.
helpline@swisscancer.ch

Stop Smoking Helpline

T 0848 000 181, max. 8 centimes per minute
(landline)
Monday to Friday, 11:00 a.m. – 7:00 p.m.



The Cancer League in your region

Krebsliga Aargau
T 062 834 75 75
krebsliga-aargau.ch

Krebsliga beider Basel
T 061 319 99 88
klbb.ch

**Bernische Krebsliga
Ligue bernoise
contre le cancer**
T 031 313 24 24
bern.krebsliga.ch

**Ligue fribourgeoise
contre le cancer
Krebsliga Freiburg**
T 026 426 02 90
liguecancer-fr.ch

**Ligue genevoise
contre le cancer**
T 022 322 13 33
lgc.ch

Krebsliga Graubünden
T 081 300 50 90
krebsliga-gr.ch

**Ligue jurassienne
contre le cancer**
T 032 422 20 30
liguecancer-ju.ch

**Ligue neuchâtoise
contre le cancer**
T 032 886 85 90
liguecancer-ne.ch

**Krebsliga Ostschweiz
SG, AR, AI, GL**
T 071 242 70 00
krebsliga-ostschweiz.ch

**Krebsliga
Schaffhausen**
T 052 741 45 45
krebsliga-sh.ch

Krebsliga Solothurn
T 032 628 68 10
krebsliga-so.ch

**Thurgauische
Krebsliga**
T 071 626 70 00
tgkl.ch

**Lega ticinese
contro il cancro**
T 091 820 64 20
legacancro-ti.ch

**Ligue vaudoise
contre le cancer**
T 021 623 11 11
lvc.ch

**Ligue valaisanne
contre le cancer (Sion)**
T 027 322 99 74
lvcc.ch

Krebsliga Wallis (Brig)
T 027 604 35 41
krebsliga-wallis.ch

**Krebsliga
Zentralschweiz
LU, OW, NW, SZ,
UR, ZG**
T 041 210 25 50
krebsliga.info

Krebsliga Zürich
T 044 388 55 00
krebsligazuerich.ch

**Krebshilfe
Liechtenstein**
T 00423 233 18 45
krebshilfe.li



swiss cancer league

Early Detection of Cancer

Swiss Cancer League

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Post Box
3001 Berne
T 031 389 91 00

info@swisscancer.ch
krebsliga.ch



Postal account 30-4843-9
Thank you for your support
participate.krebsliga.ch



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Better Chances thanks to Early Detection

For some types of cancer, it is possible to detect the disease by means of appropriate testing before symptoms occur. Generally speaking, the earlier cancer is detected, the greater the chances are for successful treatment.

One-third of all cancer diseases could be avoided.

This is the reason that the Swiss Cancer League promotes prevention and early detection measures. The Cancer League recommends the following screening tests:



For Women and Men

Women and men aged 50 and over are recommended to have an early detection of colorectal cancer examination. Several research methods enable colorectal cancer detection before any symptoms are noticeable. The most important methods are the faecal occult blood test (FOBT) and the colonoscopy. Colon cancer screening programmes are available in several cantons. You'll automatically be invited for screening starting at 50 years of age. If you live in a canton without a programme, it is best for you to seek advice from your doctor or pharmacist.

For Women

Get your doctor to regularly perform a PAP test for the early detection of cervical cancer and also a breast examination. Whenever possible, women aged 50 and over are recommended to participate in a mammography programme for early detection of breast cancer. If you live in a canton that doesn't have a screening programme, consult your doctor for the best advice in this matter.

For Men

Systematic early detection of prostate cancer in men without a familial increased risk is not recommended. Men, aged 50 and over, who would like to learn about early detection of prostate cancer should discuss the pros and cons of a screening examination with their doctor.

Cancer Occurrence in the Family

If one of your close family members (parents, siblings or one of your own children) is suffering from breast, prostate, colorectal, ovarian cancer or a melanoma, your cancer risk may be increased. Discuss your situation with your doctor.

Physical Changes

Get clarification from your doctor on any unusual physical changes or persistent symptoms you may have. These can be:

- Blood in stool, changes in usual bowel movements, persistent abdominal pain
- Skin changes, moles which have changed in size, colour or shape
- Unusual swelling, knotted hardening (e.g., in the breast or chest, neck, groin, testicles)
- Bloody discharge from the nipple
- Chronic cough or hoarseness
- Difficulty in urinating
- Wounds/sores that are healing poorly or not healing at all (also in the mouth)
- Unexplained weight loss
- Unusual, persistent fatigue

